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Breaking Free from OCD: A CBT Guide for Young People and ...

Breaking free from OCD A Cognitive Behavioural Therapy guide for young people and their families Written by leading experts on OCD, this step-by-step guide is written for adolescents with OCD and their families, to be used in home treatment or as a self-help book.

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“ The book offers some excellent information for parents wanting to tackle their child ' s OCD, so I would most definitely recommend this book to parents of children with OCD ” .

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Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT By Dr. Fiona Challacombe, Dr. Victoria Bream Oldfield and Professor Paul M Salkovskis. “ My number one recommendation for an OCD self-help book. ”

Break free from OCD | OCD-UK

Many people with OCD aren ' t easy to diagnose or treat. Clients with OCD can present as panicky, depressed, and agoraphobic, as well as with a wide range of personality problems and relationship issues. But by locating the obsessive thought that initially raises anxiety distress and the compulsive thought that provides the temporary relief, therapists can help these clients break their self ...

Breaking the Cycle: OCD Treatment that Works

Breaking Free From OCD. Obsessive-compulsive disorder left Ethan Smith ' s life in shambles.

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But he was finally able to get the upper hand. By Regina Boyle Wheeler May 6, 2015

Breaking Free From OCD | Everyday Health

Freedom from Obsessive-Compulsive Disorder provides Dr. Jonathan Grayson ' s revolutionary and compassionate program for finally breaking the cycle of overwhelming fear and endless rituals, including: Self-assessment tests that guide readers in identifying their specific type of OCD and help track their progress in treatment Case studies from Dr. Grayson ' s revolutionary and profoundly successful treatment program Blueprints for programs tailored to particular manifestations of OCD ...

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breaking free from ocd / ptsd: my self-directed journey Welcome! This blog documents my battle to live life again using the acclaimed book, 'The OCD Workbook - Third Edition' by Bruce M. Hyman, PH.D. and Cherry Pedrick as a starting point.

BREAKING FREE FROM OCD / PTSD: MY SELF-DIRECTED JOURNEY

Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT: Authors: Fiona Challacombe, Victoria Bream Oldfield, Paul M Salkovskis: Publisher: Random House, 2011: ISBN: 1446491846, 9781446491843: Length: 304 pages: Subjects

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Breaking Free from OCD. A CBT Guide for Young People and their Families. Author. Jo Derisley, Isobel Heyman, Sarah Robinson and Cynthia Turner. Buy Online. It then focuses on challenging the OCD by exposure response prevention (Facing your fears and not doing anything in response). There are exercises for the child and a section at the end of ...

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