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How to Overcome Your Obsessions and Compulsions

**EDNA B. FOA, Ph.D.
and REID WILSON, Ph.D.**

FOREWORD BY DAVID H. BARLOW, Ph.D.

Stop Obsessing How To Overcome Your Obsessions And Compulsions

**Monnica T. Williams, Chad T.
Wetterneck**



Stop Obsessing How To Overcome Your Obsessions And Compulsions:

Stop Obsessing! Edna B. Foa, Reid Wilson, 2009-11-04 Newly Revised and Updated Are you tormented by extremely distressing thoughts or persistent worries Compelled to wash your hands repeatedly Driven to repeat or check certain numbers words or actions If you or someone you love suffers from these symptoms you may be one of the millions of Americans who suffer from some form of obsessive compulsive disorder or OCD Once considered almost untreatable OCD is now known to be a highly treatable disorder using behavior therapy In this newly revised edition of Stop Obsessing Drs Foa and Wilson internationally renowned authorities on the treatment of anxiety disorders share their scientifically based and clinically proven self help program that has already allowed thousands of men and women with OCD to enjoy a life free from excessive worries and rituals You will discover Step by step programs for both mild and severe cases of OCD The most effective ways to help you let go of your obsessions and gain control over your compulsions New charts and fill in guides to track progress and make exercises easier Questionnaires for self evaluation and in depth understanding of your symptoms Expert guidance for finding the best professional help The latest information about medications prescribed for OCD The OCD Workbook Bruce Hyman, Bruce M. Hyman, Cherry Pedrick, 2005 This revised edition of The OCD Workbook contains new findings on the causes of OCD including developments in genetic research It offers information on treatment options like neurosurgery and new medications and a new chapter on day to day coping strategies for people with OCD The new edition includes expanded coverage of related disorders like body dysmorphic disorder trichotillomania and skin picking New information on relapse prevention OCD in children and family involvement in OCD round out this important book Learn about the causes and symptoms of OCD Design a self directed cognitive behavior treatment plan Build a strong base of family support Evaluate professional treatment options Maintain your progress and deal with setbacks *The Severe and Persistent Mental Illness Treatment Planner* David J. Berghuis, Arthur E. Jongsma, Jr., Timothy J. Bruce, 2015-01-07 This timesaving resource features Treatment plan components for 31 behaviorally based presenting problems Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options A step by step guide to writing treatment plans that meet the requirements of most accrediting bodies insurance companies and third party payors Includes new Evidence Based Practice Interventions as required by many public funding sources and private insurers PracticePlanners THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS The Severe and Persistent Mental Illness Treatment Planner Second Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions Organized around 31 main presenting problems including employment problems family conflicts financial needs homelessness intimate relationship conflicts and social anxiety Over 1 000 prewritten treatment goals objectives and interventions plus space to

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Sexual Obsessions in Obsessive-Compulsive Disorder Monnica T. Williams, Chad T. Wetterneck, 2019-07-09 Sexual obsessions are a common symptom of OCD but addressing them in treatment is uniquely challenging due to feelings of shame prior misdiagnosis and the covert nature of ritualizing behaviors These complicating factors make it difficult for clients to disclose their symptoms and for clinicians to know how to approach treatment Sexual Obsessions in Obsessive Compulsive Disorder provides clinicians with the information and guidance needed to help clients experiencing unwanted and intrusive thoughts of a sexual nature Opening with background information on sexual obsessions and OCD including assessment and differential diagnosis Williams and Wetterneck then offer a complete step by step manual describing treatment using a combination of empirically supported CBT strategies such as exposure and response prevention cognitive therapy and acceptance and commitment therapy as well as useful mindfulness techniques Accompanying these practical step by step instructions are educational handouts and diagrams for clients designed to promote learning The book concludes with a discussion of relationship issues that commonly result from sexually themed OCD and how therapists can tackle these problems Sexual Obsessions in Obsessive Compulsive Disorder is an essential resource for clinicians who treat OCD as well as students and trainees from across the mental health professions

The OCD Workbook (Volume 2 of 2) (EasyRead Super Large 18pt Edition), **Fifty Signs of Mental Illness** James Whitney Hicks, 2006-01-01 A user friendly alphabetical guide to psychiatric symptoms and what readers should know about them this compelling book introduces a wide range of psychiatric symptoms and their treatments

The Anxiety and Phobia Workbook Edmund J. Bourne, 2025-07-01 The must have unparalleled essential resource for people struggling with anxiety and phobias now in its 8th edition with more than 1 4 million copies sold The Anxiety and Phobia Workbook offers powerful step by step treatment strategies for panic disorders agoraphobia generalized anxiety disorder obsessive compulsive disorder OCD post traumatic stress disorder PTSD worry and fear Readers will also find new information on climate anxiety health anxiety and coping with uncertainty

Obsessive-Compulsive Disorder Wayne K. Goodman, Matthew V. Rudorfer, Jack D. Maser, 2017-08-25 Obsessive compulsive disorder is now recognized to be a serious and chronic illness affecting more than 2% of the population While the last decade of the twentieth century witnessed many advances on both the pharmacological and the behavioral

fronts fewer than 50% of cases benefitted significantly from treatments available at the time In this volume originally published in 2000 leading authorities offer a comprehensive cutting edge overview of etiology diagnosis assessment and the latest cognitive behavioral biological and combined approaches to intervention A special focus is treatment resistant illness Obsessive Compulsive Disorder Contemporary Issues in Treatment will be an indispensable resource for all professionals who seek better solutions to the often seemingly intractable problems of their OCD clients **Treating OCD in Children and Adolescents** Martin Franklin,Martin E. Franklin,Jennifer B. Freeman,John S. March,2019-01-03 From foremost experts this authoritative work offers a framework for helping children overcome obsessive compulsive disorder OCD using the proven techniques of cognitive behavioral therapy CBT Therapists gain knowledge and tools to engage 6 to 18 year olds and their parents and implement individualized CBT interventions with a focus on exposure and response prevention In a user friendly conversational style the authors provide real world clinical guidance illustrated with vivid case examples Purchasers get access to a Web page where they can download and print the volume s reproducible handouts in a convenient 8 1 2 x 11 size Building on the earlier OCD in Children and Adolescents A Cognitive Behavioral Treatment Manual by John March and Karen Mulle this book reflects two decades of advances in the field most of the content is completely new **Coping With Tourette's Syndrome and Other Tic Disorders** Barbara Moe,2003-12-15 Discusses the causes manifestations and ways to cope with Tourette Syndrome and other related tic disorders

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