

RAEANN DUMONT

With a foreword by Dr. Aaron T. Beck

THE SKY
IS FALLING

UNDERSTANDING AND COPING
WITH PHOBIAS, PANIC, AND
OBSESSIVE-COMPULSIVE
DISORDERS

Sky Is Falling Understanding And Coping With Phobias Panic And Obsessive Compulsive Disorders

Kirsten Pagacz



Sky Is Falling Understanding And Coping With Phobias Panic And Obsessive Compulsive Disorders:

The Sky Is Falling Raeann Dumont, 1997 A woman hasn't left her house in 30 years due to fear of contamination A young man fears losing his job because he is afraid to give presentations Anxiety disorder expert Raeann Dumont cites case studies to lay out the facts about obsessive compulsive behaviors phobias and panic She helps readers recognize anxiety producing thoughts and shows how these compulsions can be managed *The Obsessive-Compulsive Disorder* Robert Collie, Harold G Koenig, 2014-01-21 Gain scientific and theological insight into OCD The Obsessive Compulsive Disorder Pastoral Care for the Road to Change delivers a provocative and stimulating discussion that is meant to inspire new areas of inquiry on this subject As an OCD sufferer pastoral counselor mental health student or professional you will reach a new understanding of a complex condition that can destroy the day to day lives of its victims The Obsessive Compulsive Disorder explores the connection between religion and OCD from many different perspectives You will explore case studies of OCD with religious connections through interviews diagnosed symptoms and discussion of the history of religious figures who suffered with OCD The book also provides a reference list of organizations that focus on OCD as well as Web sites and Internet addresses devoted to assisting caretakers and helping sufferers The Obsessive Compulsive Disorder will increase your knowledge of the evolution of humans and animals in relation to personality development and the obsessive compulsive disorder church leaders with the obsessive compulsive disorder brain development and biology and their links to the obsessive compulsive disorder quality of life issues for sufferers pastors and caregivers group therapy for OCD sufferers including personal stories of OCD in connection with faith and religion neurobiological perspectives on theological issues The Obsessive Compulsive Disorder brings you insightful new research into this complex mental illness and will assist you in understanding and helping people who suffer from OCD **Loving Someone with OCD** Karen J. Landsman, Kathleen M. Parrish, Cherlene Pedrick, 2005-05-01 People who suffer from mental illness rarely do so alone Their families and loved ones face their own set of unique challenges problems that deserve their own resources and sources of support This is the first book written specifically to the loved ones of people with obsessive compulsive disorder OCD It helps readers examine how OCD affects their lives and offers a straightforward system for building a healthier more constructive relationship with OCD sufferers The book contains basic information about OCD its definition cause and symptoms and a brief overview of treatments available for the disorder After these introductory sections the book focuses on ways readers can foster a healthy relationship with someone with OCD It includes tips for increasing family involvement making accommodation for the disorder in daily life and creating an action plan for change using family contracts The book also covers relational topics such as parenting and marriage self care and support networking Throughout the book illustrates important points with the real life stories of families living with OCD *Living with Anxiety Disorders* Allen R. Miller, 2008 Explains what anxiety disorders are treatment options and offers teens advice on how to successfully deal with them **The OCD Workbook** Bruce M.

Hyman,Cherlene Pedrick,2010-11-01 The OCD Workbook Third Edition offers the latest findings on the causes and most effective treatments for obsessive compulsive disorder OCD It includes helpful information on medications and shows readers how they can calm their impulses through techniques drawn from acceptance and commitment therapy and cognitive behavioral therapy

Leaving the OCD Circus Kirsten Pagacz,2016-01-01 The author s personal story of living with OCD and a guide for others suffering from the disease This book tells the story of the author s childhood and introduces the tools she used for healing such as meditation cognitive behavioral therapy medication exposure therapy yoga and others Readers will learn how OCD works to misshape a life and also how to begin work on their own issues of obsession and compulsion

The Ocd Workbook Bruce M Hyman Ph D,2009-09-14 While not intended as a substitute for psychiatric or psychological treatment by a qualified mental health professional this workbook helps guide readers through the steps toward controlling Obsessive Compulsive Disorder

Living with Depression Allen R. Miller,2007 Examines the consequences of day to day life where to go for help and features real life examples of people struggling with depression

The Complete Idiot's Guide to Overcoming Procrastination L. Michelle Tullier,1999 Offers advice on how to deconstruct unproductive work habits improve time management and increase productivity at work and at home

The OCD Workbook (Volume 2 of 2) (EasyRead Super Large 20pt Edition) ,

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