

OCD A Workbook for Clinicians, Children and Teens: Actions to Beat, Control & Defeat Obsessive Compulsive Disorder

By Christina Taylor

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OCD A Workbook for Clinicians, Children & Teens is a user-friendly, creative and interactive book to help children and teens take control of OCD. With specific chapters for each type of OCD, children and teens will learn cognitive behavioral strategies to overcome their obsessions and compulsions.


—Step-by-step worksheets and exercises to break free of OCD

-Strategies for contamination, checking, worrisome thoughts, perfectionism, hoarding, and religious obsessions and compulsions.

-Relaxation and thinking skills to manage anxiety

Use Actions to Beat, Control and Defeat— the ABCDs of OCD to effectively conquer symptoms

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Editorial Review

Review

"Dr. Taylor's OCD workbook is exceptionally well written and thorough, explaining the wide and varied symptoms of OCD and how the disorder affects daily life as a child or teen. This book is a timely resource for parents and caregivers and allows children and teens to actively manage symptoms and improve their quality of life. It provides the framework and support that families need to best, control and defeat OCD, no matter how daunting the task may be. The worksheets are invaluable and allow clinicians and families to develop a plan that can be implemented gradually and steadily. This ensures that strength is gained, successes are attained and that the team works together to defeat OCD. As a parent of a young adult with OCD, I highly recommend this book." --**Susan Schuster, PT, DPT**, President of OCD Connecticut

"Do you want to beat, control and defeat OCD? Dr. Taylor shows how children and teens can do exactly that. Her optimism for their recovery shines through as she demonstrates how they can take on the 'OCD Trickster' and eliminate the OCD symptoms that disrupt their lives. Using the metaphor of a 'fear rocket' for how obsessions and compulsions skyrocket out of control, she teaches how to ride it 'to a safe landing,' by managing the fear that drives OCD. With vivid examples of symptoms such as checking, scary thoughts and contamination, Dr. Taylor describes the ABCD's of eliminating them, providing easy-to-use worksheets for effective exposure and response prevention plans. This is a must-read for anyone who wants to help the young people in their lives recover from OCD!" --**Margaret Wehrenberg, PsyD**, Author of *The 10 Best-Ever Anxiety Treatment Techniques*

"I'm so please that Christina has written this wonderful book. With her extensive experience treating folks with OCD, Christina is well respected by experts in the field and most importantly by those whom she treats for this difficult illness. This book with it's easy to follow concepts, illustrations and charts, will be so helpful to many people. Behavior therapy techniques accessible in her book. It is sure to become a resource for them to continually refer to over time."--**Suzanne Wasylink, RN-BC**, Yale OCD Research Clinic

"Dr. Taylor has surely written one of the more comprehensive books for childhood OCD. It is a welcome addition to an area that still lacks adequate materials. It is chock full of helpful and proven approaches and materials, and I'm sure that it will be of great help to the many clinicians, parents, and children out there who do their best each day to cope with this serious and chronic problem." --**Fred Penzel, PhD**, Licensed Psychologist and Executive Director of Western Suffolk Psychological Services

"This is a wonderful book to help the afflicted, affected and treatment providers understand the complexity of OCD and its sub-types. Dr. Taylor's approach actively engages the OCD client in their own healing process. Her creative metaphor of the 'Fear Rocket' is a perfect visual imagery tool for the OCD client to utilize to gain control over their symptoms. For treatment providers it offers a clear protocol of progressive steps to follow including addressing the nuances of the OCD sub-types. Dr. Taylor's inclusion of worksheets concretizes the treatment process which results in the client, treatment provider and significant others/systems having clarity about the goals to be accomplished. This is a must have text for all who suffer from or work with OCD and it will be in my bookshelf!" --**Patricia Carl-Stannard, LCSW**, Associate Professor of Social Work, Sacred Heart University, Practicing Psychotherapist

"Dr. Taylor's well researched and sensitively written workbook on Obsessive Compulsive Disorder has elevated the dialogue and extended the knowledge about this challenging disorder. The integration of the

current information on both theory and treatment means that clients and clinicians alike can now improve recovery and management of OCD. The many new strategies and treatment options for clients will dispel the myths about OCD and reduce the worry that families and clinicians experience when trying to be of help to those affected. It's comprehensive and of value to clients, families and clinicians. It's engaging and optimistic in its presentation, so it is easy to read and understand. I would recommend it to anyone who wants to be a better therapist, support person or friend to those impacted by this condition." --**Ruth M Grant, PhD**, Sacred Heart University

"Christina J. Taylor's *OCD: A Workbook for Clinicians, Children & Teens* will be the professionals' newest go-to workbook for treating OCD, and is an ideal resource for children, adolescents and their parents. What's new about this workbook is the content, description and treatment of the obsessional aspects of OCD. The rhythm of the text and the clever worksheets carry the reader along in learning how to take Actions to Beat, Control & Defeat OCD." --**Diane E. Sholomskas, PhD**, Psychologist, Center for Anxiety Disorder & Phobias, Volunteer Faculty, Yale University School of Medicine

About the Author

Christina J Taylor, PhD, specializes in Cognitive Behavioral Therapy for Anxiety Disorders, including Obsessive Compulsive Disorder, Panic Disorder, Agoraphobia, Social Phobia, Generalized Anxiety Disorder, and specific phobias. Dr. Taylor lectures widely on anxiety disorders and provides training workshops for mental health professionals. She is an Associate Professor of Psychology at Sacred Heart University in Fairfield, Connecticut.

Users Review

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Deborah Rinehart:

Information is provisions for folks to get better life, information today can get by anyone in everywhere. The information can be a expertise or any news even a huge concern. What people must be consider when those information which is in the former life are hard to be find than now could be taking seriously which one works to believe or which one often the resource are convinced. If you have the unstable resource then you understand it as your main information it will have huge disadvantage for you. All those possibilities will not happen with you if you take OCD A Workbook for Clinicians, Children and Teens: Actions to Beat, Control & Defeat Obsessive Compulsive Disorder as the daily resource information.

Gregory Sims:

People live in this new time of lifestyle always make an effort to and must have the extra time or they will get wide range of stress from both daily life and work. So , if we ask do people have time, we will say absolutely of course. People is human not only a robot. Then we inquire again, what kind of activity do you possess when the spare time coming to an individual of course your answer will certainly unlimited right. Then do you try this one, reading publications. It can be your alternative within spending your spare time, the book you have read is usually OCD A Workbook for Clinicians, Children and Teens: Actions to Beat, Control & Defeat Obsessive Compulsive Disorder.

Teresa Spillman:

With this era which is the greater individual or who has ability in doing something more are more important than other. Do you want to become certainly one of it? It is just simple strategy to have that. What you need to do is just spending your time very little but quite enough to enjoy a look at some books. One of several books in the top listing in your reading list is actually OCD A Workbook for Clinicians, Children and Teens: Actions to Beat, Control & Defeat Obsessive Compulsive Disorder. This book that is certainly qualified as The Hungry Hills can get you closer in turning into precious person. By looking up and review this publication you can get many advantages.

Shawn Stoltzfus:

That guide can make you to feel relax. This book OCD A Workbook for Clinicians, Children and Teens: Actions to Beat, Control & Defeat Obsessive Compulsive Disorder was bright colored and of course has pictures on the website. As we know that book OCD A Workbook for Clinicians, Children and Teens: Actions to Beat, Control & Defeat Obsessive Compulsive Disorder has many kinds or style. Start from kids until young adults. For example Naruto or Private eye Conan you can read and believe you are the character on there. Therefore , not at all of book are make you bored, any it makes you feel happy, fun and relax. Try to choose the best book to suit your needs and try to like reading which.

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