

Break Free From OCD

Overcoming Obsessive Compulsive Disorder With CBT

Breaking Free of OCD Jeff Wells 2016-04-07 This autobiographical account by Houston Pastor Jeff Wells describes his struggle with Obsessive-Compulsive Disorder during his adult years. In 1978, Jeff finished second place in the Boston Marathon, two seconds behind Bill Rodgers. This marked the beginning of his battle with Obsessive-Compulsive Disorder. OCD affected every area of his life and caused so much pain - at times overwhelming anguish and torment for over 30 years. In the spring of 2011, while Jeff was pastoring a large and thriving congregation, he reached his low point with mental disease and recognized how deeply he needed help. Out of desperation, he cried out to God and with the overwhelming prayer and support of his church, a few key friends and professionals, and especially with the love and support of his wife Gayle, Jeff details his journey to healing. The book is honest and forthright, and will bring hope to the many people who struggle in silence with mental pain and to their families.

Overcoming Compulsive Checking Paul R. Munford 2004 You may not know there are things you can do to start feeling better about your struggle with compulsive checking. Start with the book's self-assessment tools, which will help you understand the scope of your particular problem, then get ready to do something about it.

Treating OCD in Children and Adolescents Martin E. Franklin

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 Mullen), this book reflects two decades of advances in the field; most of the content is completely new.

Overcoming Unwanted Intrusive Thoughts Sally M. Winston
2017-03-01 You are not your thoughts! In this powerful book, two anxiety experts offer proven-effective cognitive behavioral therapy (CBT) skills to help you get unstuck from disturbing thoughts, overcome the shame these thoughts can bring, and reduce your anxiety. If you suffer from unwanted, intrusive, frightening, or even disturbing thoughts, you might worry about what these thoughts mean about you. Thoughts can seem like messages—are they trying to tell you something? But the truth is that they are just thoughts, and don't necessarily mean anything. Sane and good people have them. If you are someone who is plagued by thoughts you don't want—thoughts that scare you, or thoughts you can't tell anyone about—this book may change your life. In this compassionate guide, you'll discover the different kinds of disturbing thoughts, myths that surround your thoughts, and how your brain has a tendency to get "stuck" in a cycle of unwanted rumination. You'll also learn why common techniques to get rid of these thoughts can backfire. And finally, you'll learn powerful cognitive behavioral skills to help you cope with and

move beyond your thoughts, so you can focus on living the life you want. Your thoughts will still occur, but you will be better able to cope with them—without dread, guilt, or shame. If you have unwanted thoughts, you should remember that you aren't alone. In fact, there are millions of people just like you—good people who have awful thoughts, gentle people with violent thoughts, and sane people with “crazy” thoughts. This book will show you how to move past your thoughts so you can reclaim your life! This book has been selected as an Association for Behavioral and Cognitive Therapies Self-Help Book Recommendation—an honor bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

Clinician's Handbook for Obsessive Compulsive Disorder

Kieron O'Connor 2011-12-12 This book is the first to bring together new research to offer a hands-on clinical guide to treating people with all types of obsessive compulsive disorder (OCD) using an inference-based therapy (IBT). Provides clinical examples from the full range of OCD subtypes Coverage integrates theory and application Describes case management in detail - from initial assessment to terminating therapy and follow-up Shows how IBT can also be generalized and applied to other serious psychiatric disorders

The Beating OCD Workbook: Teach Yourself Stephanie

Fitzgerald 2015-09-10 Are you suffering from OCD? Do you want to learn techniques for overcoming destructive rituals or troubling thoughts? Would you like lasting strategies to help you stay free of OCD for good? This workbook provides an interactive course of CBT to tackle OCD. It doesn't just tell you how to feel better -- by using diagnostic tests, practical exercises and thought challenges, it will show you how to feel better. The coverage

includes all the forms and presentations of OCD, while the exercises and support throughout will give you a feeling of real progress. Helpful sections for relatives on how to help you best will all go towards preventing future relapses and help you to regain control of your life for good. "A great CBT workbook to guide towards OCD recovery" - Ashley Fulwood, Chief Executive of www.OCDUK.org

Coping with OCD Troy DuFrene 2008-06-01 When you have obsessive-compulsive disorder (OCD), it can feel like your own mind is at war with itself. Instead of having productive and positive thoughts, you rehash the same worries and fears over and over again until they become unbearable. Did you really remember to lock the front door? What if you were to hit someone while driving your car? You may find yourself engaging in exhaustive rituals to keep these thoughts at bay. But soon, the doubts come back with a vengeance. Coping with OCD offers a simple and engaging program that can help anyone with mild to moderate OCD get started on the road to recovery. This book begins with a crash course on what OCD is-and what it is not. You'll learn a proven, three-part program for recovery that uses safe and gradual exposure to distressing thoughts and situations, mindfulness practice, and techniques to restructure thinking. Additional chapters address how families can help, dealing with shame and blame, depression, and maintaining progress. The book also includes a helpful list of resources for further reading and additional support.

The Self-Compassion Workbook for OCD Kimberley Quinlan 2021-10-01 A compassionate guide to help you manage OCD symptoms, overcome feelings of shame and stigma, and revitalize your life! If you're one of millions who suffer from obsessive-compulsive disorder (OCD), you're all-too-familiar with feelings of anxiety, panic, shame, and uncertainty. In addition, the stigma associated with OCD can make you feel unworthy of receiving the compassion and kindness you need and deserve. You may even

experience unwanted intrusive thoughts that result in harsh self-judgment—which can actually hinder your recovery and lead to additional mental health problems. So, how can you break this destructive cycle and start feeling better? The Self-Compassion Workbook for OCD outlines a step-by-step program to help you understand the emotional experience of OCD, and develop the tools you need to manage your disorder and build a better life. Drawing on a powerful combination of cognitive behavioral therapy (CBT), exposure and response prevention (ERP), and compassion-focused therapy (CFT), this breakthrough guide will teach you how to balance intense emotions, lean into your fear, and focus on recovery. Over time, you'll learn to replace self-judgment with kindness and self-compassion, so you can stop suffering and start thriving. Living with OCD can be extremely challenging, but it doesn't have to rob you of your self-worth. You are so much more than your disorder! Let this book be your guide to discovering, supporting, and loving the best you that you can be.

Free from OCD Timothy A. Sisemore 2010-08-01 You may not know anyone else who suffers from repetitive “stuck” thoughts and compulsive rituals, but plenty of other teens experience symptoms of obsessive-compulsive disorder (OCD): the need to repeatedly wash their hands, check to make sure everything's okay, count possessions, put things in order, or even repeat thoughts over and over. Rituals like these may calm you down when you're feeling stressed or anxious, but you know all too well that the relief is temporary and you'll have to repeat the ritual when you start feeling uneasy again. This cycle can make you feel trapped, but also may seem impossible or even frightening to break. Free from OCD offers forty easy cognitive behavioral exercises to help you move past your symptoms and live freely and flexibly, without fear. You'll finally be able to stop compulsive thoughts in their tracks and keep them from coming back. This book helps you learn to:

- Notice when thoughts are based in

reality and when they're exaggerated •Recognize and neutralize situations that trigger your symptoms •Make friends and feel more confident in social situations •Use relaxation techniques instead of falling back on your rituals

The OCD Workbook for Teens Jon Hershfield 2021-03-01 Don't let OCD symptoms stand in the way of living your life! If you're a teen with obsessive-compulsive disorder (OCD), you may have intense, unwanted thoughts and behaviors that interfere with school, your social life, and just having fun. The good news is there are ways you can minimize these thoughts and behaviors, so you can get back to being a teen. This workbook will show you how! In *The OCD Workbook for Teens*, therapist and OCD expert Jon Hershfield offers proven-effective mindfulness and cognitive behavioral therapy (CBT) skills to help you deal with your worst OCD symptoms. You'll learn how to stay present in the moment, manage obsessive thoughts, make peace with uncertainty, and live your life joyfully—without being slowed down by compulsions. This isn't just a workbook to help you survive OCD. It's a workbook to help you thrive—in all aspects of life.

The Mindfulness Workbook for OCD Jon Hershfield 2020-12-01 If you have obsessive-compulsive disorder (OCD), you might have an irrational fear of being contaminated by germs, or obsessively double-check things. You may even feel like a prisoner, trapped with your intrusive thoughts. And while OCD can have a devastating impact on your life, getting real help can be a challenge. Combining mindfulness practices with cognitive-behavioral therapy (CBT), *The Mindfulness Workbook for OCD* offers practical and accessible tools for managing the unwanted thoughts and compulsive urges that are associated with OCD. With this workbook, you will develop present-moment awareness, learn to challenge your own distorted thinking, and stop treating thoughts as threats and feelings as facts. This fully revised and updated second edition also includes new meditations, information, and chapters on emotional and mental

contamination, existential obsessions, false memories, and more. If you're ready to take back your life back from OCD—and start living with more joy in the moment—this workbook has everything you need to get started right away.

Rewire Your OCD Brain Catherine M. Pittman 2021-06-01

Rewire the brain processes that cause obsessions and compulsions—and take back your life! If you've ever wondered why you seem to get trapped in an endless cycle of obsessive, compulsive thoughts, you don't have to wonder anymore. Grounded in cutting-edge neuroscience and evidence-based cognitive behavioral therapy (CBT), *Rewire Your OCD Brain* will show you how and why your brain gets stuck in a loop of obsessive thinking, uncertainty, and worry; and offers the tools you need to short-circuit this response and get your symptoms under control—for good. Written by clinical psychologist Catherine Pittman and clinical neuropsychologist William Youngs, this groundbreaking book will show how neurological functions in your brain lead to obsessions, compulsions, and anxiety. You'll also find tons of proven-effective coping strategies to help you manage your worst symptoms—including relaxation, exercise, healthy sleep habits, cognitive restructuring, cognitive defusion, distraction, and mindfulness. The brain is powerful, and the more you work to change the way you respond to obsessive thoughts, the more resilient you'll become. If you're ready to rewire the brain processes that lie at the root of your obsessive thoughts, this book has everything you need to get started today.

Obsessive-Compulsive Disorder For Dummies Charles H. Elliott

2008-11-24 Arguably one of the most complex emotional disorders, Obsessive Compulsive Disorder is surprisingly common. Furthermore, most people at some time in their lives exhibit a smattering of OCD-like symptoms. *Obsessive Compulsive Disorder For Dummies* sorts out the otherwise curious and confusing world of obsessive compulsive disorder. Engaging and comprehensive, it explains the causes of OCD and describes the

rainbow of OCD symptoms. The book shows readers whether OCD symptoms represent normal and trivial concerns (for example, a neat freak) or something that should be checked out by a mental health professional (for example, needing to wash hands so often that they become raw and red). In easy to understand steps, the authors lay out the latest treatments that have been proven to work for this disorder, and provide practical and real tools for living well long-term. Whether you or someone you care about has this disorder, *Obsessive Compulsive Disorder For Dummies* gives you an empathic understanding of this fascinating yet treatable mental disorder.

Freedom from Obsessive Compulsive Disorder Jonathan Grayson
2014-05-06 Nearly six million Americans suffer from the symptoms of obsessive-compulsive disorder, which can manifest itself in many ways: paralyzing fear of contamination; unmanageable “checking” rituals; excessive concern with order, symmetry, and counting; and others. *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 Previously unexplored manifestations of OCD such as obsessive staring, Relationship OCD (R-OCD), obsessive intolerance of environmental sounds and chewing sounds Therapy scripts to help individuals develop their own therapeutic voice, to motivate themselves to succeed New therapies used in conjunction with exposure techniques “Trigger sheets” for identifying and planning for obstacles that arise in treatment Information on building a support group And much more Demystifying the process of OCD assessment and treatment, this indispensable book helps sufferers make sense of

their own compulsions through frank, unflinching self-evaluation, and provides not only the knowledge of how to change—but the courage to do it.

Cognitive Behavioural Therapy Made Simple Seth J. Gillihan
2020-10-29 TEN SIMPLE STRATEGIES TO MANAGE ANXIETY, DEPRESSION, WORRY AND OTHER COMMON MENTAL HEALTH CONCERNS. Cognitive behavioural therapy is a proven form of psychotherapy that is often the first-line of treatment recommended for managing depression, anxiety, worry, and other common issues. *Cognitive Behavioural Therapy Made Simple* delivers a simplified approach to learning the most essential parts of cognitive behavioural therapy and applying them to your life. Written by licensed psychologist and bestselling author Seth Gillihan, *Cognitive Behavioural Therapy Made Simple* replaces workbook pages and technical language with quick and highly accessible cognitive behavioural therapy strategies that can be used on an as-needed basis. Presented with simple and straightforward language, *Cognitive Behavioural Therapy Made Simple* encourages readers to succeed with: - Practical explanations of 10 essential CBT principles: such as challenging negative thought patterns, behavioural activation, and overcoming procrastination, organized in a similar structure to in-person cognitive behavioural therapy - Supportive guidance: for creating goals and outlining strategies to help yourself meet them - Helpful self-evaluation sections: to help you track your progress and reflect on what you've learned using cognitive behavioural therapy For people who are interested in realizing the proven benefits of CBT, *Cognitive Behavioural Therapy Made Simple* is a vital resource that will promote personal growth as you overcome challenges and improve your wellbeing.

Getting Over OCD, Second Edition Jonathan S. Abramowitz
2018-02-15 "Tens of thousands of readers are living freer, happier lives thanks to the clinically proven strategies in this book. Now thoroughly updated based on the latest science, the workbook

helps OCD sufferers use the powerful techniques of cognitive-behavioral therapy (CBT)--the most effective treatment for the disorder--to achieve lasting recovery. Examples and stories of people with a wide range of obsessional thoughts and compulsive behaviors illustrate the 10 steps of the program and assure readers they are not alone. Numerous worksheets and other practical tools can be downloaded and printed for repeated use. The second edition is revised throughout with cutting-edge strategies for coping with unwanted thoughts that can't be eliminated completely, plus new learning techniques drawn from brain research"--

How to Deal with OCD Elizabeth Forrester 2015-11-17 OCD, or obsessive compulsive disorder, is a common and difficult condition characterised by intrusive thoughts which produce worry and the compulsive desire to carry out repetitive behaviours aimed at reducing anxiety. OCD symptoms can range from mild to severe, and can really impact upon our mental health and ability to enjoy life. Recovery from OCD is possible, however. By picking this book up you've taken the first stride. Now, using the STEP system - a structured, CBT-based approach that delivers both support and proven techniques for combating obsessive thoughts - you can begin to transform your daily life. Written by an expert author with many years of clinical experience, this book will help you get a better understanding of your OCD, take practical steps to progress to a healthier, happier outlook - without fear of setbacks or relapse. ABOUT THE SERIES Everyone feels overwhelmed sometimes. When that happens, you need clarity of thought and practical advice to progress beyond the problem. The How To Deal With series provides structured, CBT-based solutions from health professionals and top experts to help you deal with issues thoroughly, once and for all. Short, easy to read, and very reassuring, these books are your first step on a pathway to a happier future. They are perfect for self-directed use and are designed so that medical professionals can prescribe

them to patients.

Ocd Scott Granet 2018-11-20 The Complete OCD Workbook delivers a new action-oriented approach that combines CBT, ERP, and mindfulness strategies to effectively take control of OCD. OCD manifests in many forms, but the only solution for treatment is to take action. Applying proven therapeutic strategies to actionable exercises, The Complete OCD Workbook arms you with the tools you need to fight obsessive thoughts and compulsions, and take your life back from OCD. Designed for various types of OCD, from "Pure" (thoughts only) to compulsive behaviors, this workbook combines CBT, ERP, and mindfulness strategies into a step-by-step method for confronting intrusive thoughts and behaviors. Tracking your progress through reflective questionnaires and journal entries, The Complete OCD Workbook offers a supportive, self-paced framework to free yourself from OCD. The Complete OCD Workbook includes: An essential introduction that provides an overview of the primary treatment methods such as CBT, ERP, and mindfulness. Actionable exercises that use questionnaires, checklists, and reflective prompts to provide a hands-on and personalized approach to treating OCD. Real stories that offer support throughout your journey to healing, from patients who understand and have overcome struggles associated with OCD. OCD is determined--it doesn't give up easily. But you have the determination to challenge it, and that is the first of many successes you'll discover in The Complete OCD Workbook.

Relationship OCD Sheva Rajae 2022-01-02 A powerful CBT approach to help you find freedom from obsessive relationship anxiety, doubt, and fear of commitment Do you obsess over your partner's flaws? Does thinking about the future of your relationship leave you imagining the worst-case scenario? When it comes to navigating the world of romantic relationships, some feelings of anxiety, doubt, and fear are to be expected. But if your fears are so extreme that they threaten to destroy an otherwise

healthy relationship, you may have relationship OCD—a form of obsessive-compulsive disorder (OCD) that causes chronic obsessive doubt and anxiety in relationships. So, how can you free yourself to discover deeper intimacy and security? Relationship OCD offers an evidence-based, cognitive behavioral approach to finding relief from relationship anxiety, obsessive doubt, and fear of commitment. You'll learn to challenge the often-distorted thought patterns that trigger harmful emotions, increase your ability to think rationally, and ultimately accept the presence of intrusive thinking while maintaining the values of a healthy relationship. Relationships are the ultimate unknown. If you're ready to let go of needing to know for sure, this book will help you find satisfaction and thrive in your romantic relationships—in all their wonderful uncertainty.

Pure Ocd Chrissie Hodges 2017-01-10 Silenced by shame from tormenting obsessions, Chrissie Hodges' believed God must be punishing her. Alone and scared for 12 years with terrifying obsessions, sexual intrusive thoughts, and exhausting rituals, Chrissie was unaware she was battling Pure OCD until diagnosed in a psychiatric hospital after surviving a gruesome suicide attempt...

A Clinician's Guide to Treating OCD Jan van Niekerk 2018-08-01 As a clinician, you know how difficult it can be to treat clients with obsessive-compulsive disorder (OCD) using a one-size-fits-all approach. This powerful and evidence-based guide offers a variety of customizable treatment strategies-made simple and practical-for helping clients with OCD. Written by a psychologist and expert in treating obsessive-compulsive disorder, A Clinician's Guide to Treating OCD combines powerful, evidence-based therapies to help you create a concise and customizable treatment plan. The methods including cognitive behavioral therapy (CBT), exposure and response prevention therapy (ERP), inference-based therapy (IBT), metacognitive therapy (MCT) and acceptance and commitment therapy (ACT), are presented in an

easy-to-follow format, incorporate the newest research, and offer a wide range of skills for helping OCD clients. The standalone treatment protocols outlined in each chapter represent a specific model and procedure for addressing the mechanisms underlying the OCD. In addition, you'll find worksheets and online resources to help you create individualized treatment programs to best suit your clients' needs. If you're looking for a simple, customizable approach to treating clients with OCD, this book has everything you need to get started.

Is Fred in the Refrigerator? Shala Nicely 2018-05-29 "A masterfully written memoir-meets-educational-meets-inspirational tale that I couldn't put down." Ashley Smith, PhD, coauthor of *Childhood Anxiety Disorders* A gripping memoir that gives voice to the invisible, life-destroying power of obsessive-compulsive disorder, and how one woman stood up to fear, embraced the unknown, and reclaimed her life. Even at nine years old, Shala Nicely knew there was nothing normal about the horrifying thoughts that tormented her at bedtime, or the nightly rituals she summoned to beat them back. More importantly, she knew to obey her mind's Rule #1: keep its secret, or risk losing everything and everyone she loved. It would be almost two decades before she learned the name of the menacing monster holding her hostage: obsessive-compulsive disorder (OCD). It would take years longer to piece together the keys to recovery that would change her life forever, beginning with the day she broke her monster's silence. Writing with wry wit, unflinching candor, and resounding insight, Shala takes readers on a riveting journey into the dark and dimly understood inner workings of OCD and its frequent co-conspirator, body dysmorphic disorder (BDD). Thwarted repeatedly as she struggles to escape the clutches of these formidable foes, she finally stumbles upon an unexpected path to freedom. As she journeys into the heart of fear to reclaim her life, she weaves a self-compassionate roadmap to recovery: to living in an uncertain world and being happy anyway. With an

Afterword by Reid Wilson, PhD offering powerful guidance for applying Shala's strategies in daily life, *Is Fred in the Refrigerator?* will leave legions of those affected by mental illness feeling seen, understood, and empowered. "A memoir ... about all of us with this kind of mind." Jon Hershfield, MFT, author of *Overcoming Harm OCD* "One of the clearest descriptions of the experience of OCD ... you'll cry, you'll cheer, and you'll put your shoulders back with Shala as she conquers the OCD demon." Randy O. Frost, PhD, Harold and Elsa Siipola Israel Professor of Psychology at Smith College and coauthor of the New York Times bestseller *Stuff: Compulsive Hoarding and the Meaning of Things* *Breaking Free from OCD* Jo Derisley 2008 This step-by-step guide is written for adolescents with OCD and their families. Using the principles of cognitive behavioural therapy, which is the proven method for helping those with OCD, it offers teenagers a structured plan of treatment which can be read alone, or with a parent, counsellor or mental health worker.

Needing to Know for Sure Martin N. Seif 2019-12-01 Powerful skills based in cognitive behavioral therapy (CBT) to help you break free from the fear of uncertainty and put a stop to compulsive checking and reassurance seeking. "How do I know I made the right decision?" "What if I'm wrong?" "I need to know for sure." Do you have thoughts like these—thoughts that cause you to second-guess yourself, and lead to anxiety, stress, and worry? Do you find yourself repeatedly checking your email for no reason, asking others for their opinions about something again and again, or lying awake at night overanalyzing and planning ahead in an attempt to feel less anxious? If so, you probably have a problem with compulsive reassurance seeking. The good news is that you can break free from this "reassurance trap"—this book will show you how. In this unique guide, you'll find proven-effective tips and tools using CBT to help you tolerate uncertainty, face specific worrying scenarios, and gradually reduce the compulsion to incessantly seek reassurance. Most

importantly, you'll learn to deal with those pesky "doubt attacks" and trust your own judgment. Asking for reassurance is a self-reinforcing behavior—if you do it, you're less likely to handle stressful situations without needing further reassurance. And so the cycle continues. The CBT skills in this book will help you break this exhausting and painful pattern, so you can build self-confidence and improve your life.

Clinical Obsessive-Compulsive Disorders in Adults and Children

Robert Hudak 2011-02-17 Clinical Obsessive-Compulsive

Disorders in Adults and Children is a complete, comprehensive overview of OCD, covering its underlying causes, manifestations and treatment. The book begins by covering the basic science of OCD and its biological basis and mechanisms. It discusses the treatment for both adults and children with an emphasis on providing information for clinicians to use in their everyday practice. Using the latest information regarding evidence-based treatments, it takes the reader through medication options, including behavioural therapy, support groups and recent developments in surgical treatment. The clinical manifestations of OCD are covered, as well as the differentiation between OCD and other neuropsychiatric disorders with similar presentations. Chapters on spectrum illnesses including body dysmorphic disorder, impulse control disorders such as trichotillomania, and hoarding are also included. This book will appeal to all mental health professionals, from practitioners to researchers, working in the field of compulsive disorders.

Overcoming Obsessive Thoughts Christine Purdon 2005

Obsessive-compulsive disorder is now rated the fourth most common psychological disorder in the United States. This resource addresses obsessive thoughts as a specific symptom of the disorder, and in addition to self-care strategies, offers information about professional care.

Break Free from Intrusive Thoughts Debra Kissen 2021-02-02

Proven strategies to move through intrusive thoughts and live

your best life Intrusive thoughts are disturbing thoughts or images that appear out of nowhere and make it hard to go about your day, especially in tandem with other anxiety disorders. *Break Free from Intrusive Thoughts* is a sensitive, modern guide to developing a more accepting relationship with them so you can stop them from holding you back. The truth about intrusive thoughts—Learn what intrusive thoughts are, what causes them, and what they really mean. Different recovery techniques—Explore a range of therapy techniques, including Cognitive Behavioral Therapy, Exposure and Response Prevention, Acceptance and Commitment Therapy, and mindfulness. Hands-on healing—Get unstuck from unhelpful thinking patterns through exercises like writing out your fears and labeling your emotions, so you can accept your intrusive thoughts and let them pass. Learn how to call a truce with your intrusive thoughts and get back to your life.

Sexual Obsessions in Obsessive-Compulsive Disorder

Monnica T. Williams 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.

Overcoming Obsessive Compulsive Disorder, 2nd Edition David Veale 2021-08-26 Break free from unhelpful rituals and take control of your life 'Clear, practical, focused and useful... extremely helpful both for those who suffer from obsessive compulsive disorder and those who care for them' Paul Salkovkis, University of Bath Are you plagued by a recurring thought or idea that just won't go away, or feel the need to wash your hands repeatedly, to hoard things, or to repeatedly check all appliances in the house have been turned off before you leave? These are common symptoms of obsessive compulsive disorder (OCD), a condition that causes distress to hundreds of thousands of people. Using methods based on real clinical practice and proven cognitive behavioural therapy (CBT) techniques, this revised and updated edition teaches you:

- How to face fears and avoided situations
- How to control disturbing thoughts, images and urges
- Strategies to break free from the destructive cycle of obsessive behaviour

Overcoming self-help guides use clinically proven techniques to treat long-standing and disabling conditions, both psychological and physical. **READING WELL** This book is recommended by the national Reading Well Books on Prescription scheme for England delivered by The Reading Agency and the Society of Chief Librarians with funding from Arts Council England and Wellcome. www.reading-well.org.uk Series editor: Professor Peter Cooper

Overcoming Obsessive-Compulsive Disorder David Veale 2009-08-27 A Books on Prescription Title Break free from unhelpful rituals and take control of your life Are you plagued by a recurring thought or idea that just won't go away? Perhaps you

feel the need to wash your hands frequently, hoard things or repeatedly check that all appliances have been turned off before leaving home? These are common symptoms of obsessive compulsive disorder (or OCD), a condition that causes distress to hundreds of thousands of people. Cognitive Behavioural Therapy has been clinically proven to significantly reduce symptoms of OCD. Learn how to break free from the destructive cycle of obsessive behaviour and regain control of your life. Shows you how to reduce the distress caused by disturbing thoughts, images and urges Reduces and gradually helps you overcome compulsions Offers advice on how partners, relatives and friends can help.

Break Free from OCD Fiona Challacombe 2011-09-09 Are you plagued by obsessive thoughts, rituals or routines? Would you like to regain control over your behaviour and cast your fears aside? Whether you are compelled to wash your hands more and more thoroughly or feel the need to keep checking that you've turned off appliances, obsessive worries can be a drain on daily life. However, you don't need to suffer any more. This practical guide, written by three leading cognitive behavioural therapy experts, enables you to make sense of your symptoms, and gives a simple plan to help you conquer OCD. Includes: detailed information on the many different manifestations of OCD; the differences between normal and obsessive worries; clear information on treating your individual problem; real-life case studies and examples; and advice and support for friends and family of OCD sufferers. Whether your condition is mild or severe, this definitive resource will help you reclaim your life and keep OCD away for good.

Free Yourself from Ocd: Cbt-Based Strategies to Manage Intrusive Thoughts and Compulsive Behaviors Jonah Lakin 2020-08-11 Practical, proven strategies to break free from the symptoms of OCD People with obsessive-compulsive disorder (OCD) often experience an overwhelming cycle of intrusive

thoughts and compulsive behaviors. *Free Yourself from OCD* is your guide to simple, effective, therapy-based techniques that help you find relief and take back your life. Explore user-friendly strategies that have been clinically proven to help people dealing with OCD. This book will teach you how to better understand and manage your OCD through exercises like identifying problematic thoughts and behaviors, overcoming intrusive urges, and staying focused and resilient. *Free Yourself from OCD* features: Evidence-based exercises--Learn specific coping techniques that use exposure and response prevention therapy and mindfulness-based cognitive behavioral therapy. Real examples--Read anecdotes and case studies based on real people with OCD, so you can see for yourself how the exercises work. For everyone--These practical, evidence-based strategies and techniques range the entire spectrum of OCD, so you can find expert advice for the symptoms that affect you most. Help end the cycle of OCD with advice and exercises for living more peacefully.

Obsessive Compulsive Disorder Diary Charlotte Dennis

2019-09-19 "Let's begin to talk about our mental health and page by page, bit by bit, we will be okay" Drawing on her experience of living with OCD and her journey to recovery, this diary combines Charlotte's personal story with Cognitive Behavioural Therapy self-help activities. The book is packed full of journaling and sketching activities, and Charlotte's own designs and entries will give you a jumping off point to add your own sketches, doodles and photos to help you understand your OCD. It also has daily tasks adapted or expanded from CBT that help manage anxiety, avoidance, obsessions and compulsions. There are completed activities as examples throughout and Charlotte shares her own story of OCD throughout the book, to raise awareness and to remind you that you are not alone. Her relatable OCD struggles and victories will help you tackle OCD.

Can Christianity Cure Obsessive-Compulsive Disorder? Ian Osborn 2008-04-01 Obsessive-compulsive disorder (OCD) is a

relentless condition, the primary symptom being the occurrence of terrifying ideas, images, and urges that jump into a person's mind and return again and again, despite the individual's attempt to remove them. Christians who suffer from OCD may grapple with additional guilt, as the undesired thoughts are frequently of a spiritual nature. Yet people may be surprised to learn that some of the greatest leaders in Christian history also struggled with this malady. What did they experience? How did they cope? Were they able to overcome these tormenting, often violent, obsessions? Where did God fit into the picture? Ian Osborn shares the personal accounts of Martin Luther, John Bunyan, and Saint Thérèse of Lisieux, as well as his own story, in exploring how faith and science work together to address this complex issue.

Managing OCD with CBT For Dummies Katie d'Ath 2016-02-12

Break the chains of OCD with Cognitive Behavioural Therapy Are you suffering from Obsessive Compulsive Disorder (OCD)? You're not alone. Whether you've tried countless treatments or are seeking help for the first time, this expert, accessible guide is your beacon of hope for breaking the chains of this crippling disorder. Managing OCD with CBT For Dummies uses mindfulness-based Cognitive Behavioural Therapy (CBT) to eradicate OCD from your day-to-day life. Through clear and sensitive direction, you'll find out how to identify and correct negative thought patterns, confront your problems with positive solutions and recognise the power of cognitive thinking. Once a term only used by psychologists and counselors, CBT is now in common use and has become the preferred treatment method for a variety of psychological issues, including anxiety and depression, self-esteem, eating disorders, addiction, and many others. If you're planning on trying it on its own or in conjunction with other types of therapies, you'll be heartened to know that a staggering 75% of people with OCD are significantly helped by CBT—which is why it remains the treatment of choice for tackling the disorder by the National

Institute for Health and Clinical Excellence (NICE). Demonstrates how CBT encourages new thinking patterns to combat destructive thought tendencies Explains the causes and symptoms of OCD Shows you how to use CBT to modify everyday thoughts and behaviours with the aim of positively influencing your emotions Illustrates the importance of facing your fears and offers positive strategies on exposure therapy There's no need to let OCD continue to control your life. This how-to guide helps you break down the negative patterns that have been keeping you hostage—and allows you to build a positive future free of the hold of OCD.

Overcoming Harm OCD Jon Hershfield 2018-12-01 Don't let your thoughts and fears define you. In *Overcoming Harm OCD*, psychotherapist Jon Hershfield offers powerful cognitive behavioral therapy (CBT) and mindfulness tools to help you break free from the pain and self-doubt caused by harm OCD. Do you suffer from violent, unwanted thoughts and a crippling fear of harming others? Are you afraid to seek treatment for fear of being judged? If so, you may have harm OCD—an anxiety disorder associated with obsessive-compulsive disorder (OCD). First and foremost, you need to know that these thoughts do not define you as a human being. But they can cause a lot of real emotional pain. So, how can you overcome harm OCD and start living a better life? Written by an expert in treating harm OCD, this much-needed book offers a direct and comprehensive explanation of what harm OCD is and how to manage it. You'll learn why you have unwanted thoughts, how to identify mental compulsions, and find an overview of cognitive-behavioral and mindfulness-based treatment approaches that can help you reclaim your life. You'll also find tips for disclosing violent obsessions, finding adequate professional help, and working with loved ones to address harm OCD systemically. And finally, you'll learn that your thoughts are just thoughts, and that they don't make you a bad person. If you have harm OCD, it's time to move past the stigma and start

focusing on solutions. This evidence-based guide will help light the way.

Jesus and Ocd Charles Thompson 2017-04-20 Have obsessions and compulsions paralyzed your life? Does it seem like your battle with obsessive compulsive disorder is leading you in circles with no way out? You can learn from the Israelites in the Old Testament who were fearful to enter the promised land and two men who were different. Joshua and Caleb stood out in the crowd due to the faith they exhibited. Both inherited what God had promised. By having faith, you can walk in their footsteps and inherit your promised land—one in which OCD does not rule your life. Charles Thompson, who suffers from OCD himself, provides tools to boost your faith through prayer, Bible study, spiritual warfare, and devotionals while incorporating established medical methods. The workbook will help you confront OCD by looking at it through God's eyes. You'll find that anxiety and pressure can be relieved—and that God has a loving plan for you.

The OCD Workbook Bruce M. Hyman 2010-11-01 If you have obsessive-compulsive disorder (OCD), chances are that your persistent obsessive thoughts and time-consuming compulsions keep you from enjoying life to the fullest. But when you are in the habit of avoiding the things you fear, the idea of facing them head-on can feel frightening and overwhelming. This book can help. The OCD Workbook has helped thousands of people with OCD break the bonds of troubling OCD symptoms and regain the hope of a productive life. Endorsed and used in hospitals and clinics the world over, this valuable resource is now fully revised and updated with the latest evidence-based approaches to understanding and managing OCD. It offers day-to-day coping strategies you can start using right away, along with proven-effective self-help techniques that can help you maintain your progress. The book also includes information for family members seeking to understand and support loved ones who suffer from this often baffling and frustrating disorder. Whether you suffer

with OCD or a related disorder, such as body dysmorphic disorder or trichotillomania, let this new edition of The OCD Workbook be your guide on the path to recovery. This new edition will help you: use self-assessment tools to identify your symptoms and their severity; create and implement a recovery strategy using cognitive behavioral self-help tools and techniques; learn about the most effective medications and medical treatments; find the right professional help and access needed support for your recovery; and maintain your progress and prevent future relapse.

Cognitive Behaviour Therapy for Obsessive-compulsive

Disorder Victoria Bream 2017-07-13 Obsessive-compulsive disorder can be a very disabling and distressing problem.

Cognitive behavioural therapy (CBT) has been shown to be very effective in helping people to overcome OCD. However, OCD is a highly heterogeneous disorder, often complicated by contextual factors, and therapists are often left wondering how to apply their knowledge of treatment to the particular problems as they face them in clinical practice. This book provides the reader with an understanding of the background to and principles of using CBT for OCD in a clear practical 'how to' style. It also elucidates the particular challenges and solutions in applying CBT for OCD using illustrative case material and guidance on formulation-driven intervention. The book also addresses commonly occurring complexities in the treatment of OCD, for example working with comorbidity, perfectionism, shame and family involvement in symptoms. Throughout the book, the authors provide tips on receiving and giving supervision to trouble-shoot commonly encountered problems, resulting in a guide that can help clinicians at all levels of experience.

Innovations in CBT for Childhood Anxiety, OCD, and PTSD

Lara J. Farrell 2019-04-25 The book collates the latest innovations in cognitive behavioral therapy for child and adolescent anxiety disorders, obsessive-compulsive disorder (OCD) and post-traumatic stress disorder (PTSD).

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Table of Contents Break Free

From OCD Overcoming
Obsessive Compulsive Disorder
With CBT

1. Understanding the eBook
Break Free From OCD
Overcoming Obsessive
Compulsive Disorder With CBT

- The Rise of Digital Reading Break Free From OCD Overcoming Obsessive Compulsive Disorder With CBT
- Advantages of eBooks Over Traditional Books

2. Identifying Break Free From
OCD Overcoming Obsessive
Compulsive Disorder With CBT

- Exploring Different Genres
- Considering Fiction vs. Non-Fiction
- Determining Your Reading Goals

3. Choosing the Right eBook
Platform

- Popular eBook Platforms
- Features to Look for in an Break Free From OCD

Break Free From OCD Overcoming Obsessive Compulsive Disorder With

Overcoming Obsessive
Compulsive Disorder
With CBT

- User-Friendly Interface

4. Exploring eBook Recommendations from Break Free From OCD Overcoming Obsessive Compulsive Disorder With CBT

- Personalized Recommendations
- Break Free From OCD Overcoming Obsessive Compulsive Disorder With CBT User Reviews and Ratings
- Break Free From OCD Overcoming Obsessive Compulsive Disorder With CBT and Bestseller Lists

5. Accessing Break Free From OCD Overcoming Obsessive Compulsive Disorder With CBT Free and Paid eBooks

- Break Free From OCD Overcoming Obsessive Compulsive Disorder With CBT Public Domain eBooks

• Break Free From OCD
Overcoming Obsessive
Compulsive Disorder
With CBT eBook

- Break Free From OCD Overcoming Obsessive Compulsive Disorder With CBT Budget-Friendly Options

6. Navigating Break Free From OCD Overcoming Obsessive Compulsive Disorder With CBT eBook Formats

- ePub, PDF, MOBI, and More
- Break Free From OCD Overcoming Obsessive Compulsive Disorder With CBT Compatibility with Devices
- Break Free From OCD Overcoming Obsessive Compulsive Disorder With CBT Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of Break Free

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From OCD Overcoming

With CBT

CBT

~~Obsessive Compulsive~~

Disorder With CBT

- Highlighting and Note-Taking Break Free From OCD Overcoming Obsessive Compulsive Disorder With CBT
- Interactive Elements Break Free From OCD Overcoming Obsessive Compulsive Disorder With CBT

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Break Free From OCD Overcoming Obsessive Compulsive Disorder With CBT

8. Staying Engaged with Break Free From OCD Overcoming Obsessive Compulsive Disorder With CBT

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Break Free From OCD Overcoming Obsessive Compulsive Disorder With CBT

9. Balancing eBooks and Physical Books Break Free From OCD Overcoming Obsessive Compulsive Disorder

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine Break Free From OCD Overcoming Obsessive Compulsive Disorder With CBT

- Setting Reading Goals Break Free From OCD Overcoming Obsessive Compulsive Disorder With CBT
- Carving Out Dedicated Reading Time

12. Sourcing Reliable

Break Free From OCD Overcoming Obsessive Compulsive Disorder With Information of Break Free From OCD Overcoming Obsessive Compulsive Disorder With CBT

- Fact-Checking eBook Content of Break Free From OCD Overcoming Obsessive Compulsive Disorder With CBT
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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