

Take Control Of Ocd The Ultimate Guide For Kids W

Anthony C. Puliafico,Joanna A. Robin

Take Control of OCD Bonnie Zucker,2021-09-16 *Take Control of OCD: The Ultimate Guide for Kids With OCD* is a unique guide just for kids ages 10-16 with Obsessive-Compulsive Disorder to help them take control of their disorder and find success in school and in life. Using a cognitive-behavioral therapy method to stress gradual exposure to students' obsessive thinking patterns, the book takes kids step-by-step through a ladder-based process to conquer their fears and demolish their worries. Focusing on helping kids change their obsessive thoughts, tolerate uncertainty, develop positive self-talk and stress management, advocate for their needs in school, find successful relaxation procedures, and face their fears, the book includes workbook-style pages for kids to complete. By interviewing kids with OCD from across the country, the author offers tons of advice, information, and ideas for students, by students just like them. This handy guidebook is sure to help children with OCD change their behaviors and conquer their worries, discovering a sense of accomplishment and achievement. Ages 10-16

Take Control of OCD Bonnie Zucker,2021-09-23 *Take Control of OCD: A Kid's Guide to Conquering Anxiety and Managing OCD* is a must-have guide for kids and teens ages 10-16 with Obsessive-Compulsive Disorder to help them take control and use their strengths to find success in school and in life. This fully updated second edition: Uses a cognitive-behavioral therapy and exposure/response prevention method to stress gradual exposure to obsessive thinking patterns. Provides a step-by-step ladder-based process to help readers conquer their fears and demolish their worries. Helps kids change their obsessive thoughts, tolerate uncertainty, and develop positive self-talk and stress management. Also helps kids advocate for their needs in school and build successful relaxation procedures. Includes workbook-style pages for readers to complete. By interviewing kids with OCD from across the country, the author offers tons of advice, information, and ideas for students, by students just like them. Readers will find themselves in this book, as it normalizes and validates the often hidden and undisclosed thoughts, urges, and images, and accompanying rituals and compulsions that so many children and teens with OCD struggle with. Ages 10-16

What to Do When Your Brain Gets Stuck Dawn Huebner,2021-07-15 A Gold NAPPA (National Parenting Publications Awards) winner Moonbeam Children's Book Award for Activity Books (Silver) Did you know that people have brain sorters that keep their brains from getting cluttered with unnecessary thoughts? Sometimes these brain sorters get mixed up, though, and brains get clogged with thoughts that really bother kids. If that has happened to you, if it's hard for you to feel safe or sure of yourself because certain thoughts have gotten stuck, this book is for you. *What To Do When Your Brain Gets Stuck* guides children and their parents through the cognitive-behavioral techniques used to treat obsessive compulsive disorder. This interactive self-help book turns kids into super-sleuths who can recognize and more appropriately respond to OCD's tricks. With engaging examples, activities, and step-by-step instructions, it helps children master the skills needed to break free from OCD's sticky thoughts and urges, and live happier lives. This What-to-Do Guide is the complete resource for educating, motivating, and empowering children to work toward change. This book is part of the Magination Press What-to-Do Guides for Kids® series and includes an "Introduction to Parents and Caregivers." What-to-Guides for Kids® are interactive self-help books designed to guide 6-12 year olds and their parents through the cognitive-behavioral techniques most often used in the treatment of various psychological concerns. Engaging, encouraging, and easy to follow, these books educate, motivate, and empower children to work towards change.

Talking Back to OCD John S. March,2006-12-28 No one wants to get rid of obsessive-compulsive disorder more than someone who has it. That's why *Talking Back to OCD* puts kids and teens in charge. Dr. John March's eight-step program has already helped thousands of young people show the disorder that it doesn't call the shots--they do. This uniquely designed volume is really two books in one. Each chapter begins with a section that helps kids and teens zero in on specific problems and develop skills they can use to tune out obsessions and resist compulsions. The pages that follow show parents how to be supportive without getting in the way. The next time OCD butts in, your family will be prepared to boss back--and show an unwelcome visitor to the door. Association for Behavioral and

Cognitive Therapies (ABCT) Self-Help Book of Merit

Parenting Kids With OCD Bonnie Zucker, 2021-09-03 *Parenting Kids With OCD* provides parents with a comprehensive understanding of obsessive-compulsive disorder, its symptoms, types, and presentation in children and teens. The treatment of OCD is explained, and guidelines on how to both find appropriate help and best support one's child are provided. Family accommodation is the rule, not the exception, when it comes to childhood OCD; yet, higher accommodating is associated with a worsening of the child's symptoms and greater levels of familial stress. Parents who have awareness of how they can positively or negatively impact their child's OCD can benefit their child's outcome. Case examples are included to illustrate the child's experience with OCD and what effective treatment looks like. OCD worsens when there is increased stress for the child; therefore, stress management is an essential component for improvement. Parents will learn how to manage stress in themselves and encourage effective stress management for their children.

Freeing Your Child from Obsessive-Compulsive Disorder Tamar Chansky, Ph.D., 2011-06-15 If you're a parent of one of the more than one million children in this country with obsessive-compulsive disorder, you know how confusing, even frightening, the symptoms of OCD can be. You're terrified of losing your child and angry about the havoc this disorder has wreaked in your family. More than anything, you want to be able to unlock the secrets of OCD, understand the cause of your child's bizarre symptoms, and help your child break free of these disruptive, relentless thoughts and actions. In her landmark book, *Freeing Your Child from Obsessive-Compulsive Disorder*, Dr. Tamar E. Chansky creates a clear road map to understanding and overcoming OCD based on her successful practice treating hundreds of children and teenagers with this disorder. In Part I, Dr. Chansky cracks the code of the peculiar rules and customs of OCD -- the handwashing, tapping, counting, and so forth. She explains how OCD is diagnosed, how to find the right therapist partner, and how to tailor treatment options to your child's needs. You'll learn how powerful behavioral modification can be and when medication can help. In Part II, you'll learn how not to be pulled in by your child's debilitating rituals at home or at school, how to talk to your child about the brain tricks OCD causes, and how to create an effective OCD battle plan that will empower your child to boss back the OCD monster. You'll also learn how to cope in moments of crisis. Part III offers specific advice for how to help your child handle the most common manifestations of OCD such as fears of contamination, checking, getting things just right, intrusive thoughts, and more. Part IV is an indispensable guide to additional resources, including books, videos, organizations, and websites. Filled with Dr. Chansky's compassionate advice and inspiring words from the many children with OCD whom she has helped, this book will be your lifeline. Battling back from OCD is hard work, but with the comprehensive, proven guidance in this book, you can help your child reclaim a life free from its grip.

The OCD Workbook for Kids Anthony C. Puliafico, Joanna A. Robin, 2017-12-01 Does your child have OCD? In this much-needed Instant Help workbook, kids will learn to identify obsessions and compulsions, understand them, and use simple tools based in exposure and ritual prevention to cope with and overcome this difficult disorder. If your child has obsessive-compulsive disorder (OCD), he or she may suffer from obsessive thinking, use rituals to soothe anxiety, and act compulsively in ways that are disruptive and sometimes harmful. As you know all too well, OCD can greatly interfere with school, friends, and home life. So, how can you help your child be their very best? With this evidence-based workbook for kids, your child will learn how and why they struggle, and gain a greater understanding of what OCD is by identifying common symptoms, including contamination concerns, fear of harm, need for order/symmetry, and excessive doubting. Your child will then be gently guided to name their own symptoms and rate the extent to which each symptom causes them anxiety. The workbook also provides a framework for children to apply exposure and ritual prevention strategies to anxiety-provoking situations independently or with help from you or a caregiver. Detailed instructions for completing exposure exercises will be covered, including how long exposures should last, and how often they should be repeated. Finally, the workbook will show you and your child how to build a solid support system of family, friends, teachers, and professionals to aid you in managing OCD symptoms and building a lifestyle that will help you both deal with your child's symptoms more effectively. If

your child's OCD is holding them back from living the happy childhood you want for them, this easy-to-read and practical workbook can help them cope with symptoms and really thrive—at home, in the classroom, and well into adulthood.

Obsessive-compulsive Disorders Fred Penzel,2000 Offers advice on how to choose the most effective therapies and medications, and how to avoid relapses.

Helping Your Child with OCD Lee Fitzgibbons,Cherlene Pedrick,2003 Helping Your Child with OCD, written by Lee Fitzgibbons, a psychologist specializing in the treatment of OCD in children and adolescents, and Cherry Pedrick, coauthor of The OCD Workbook, offers parents personalized strategies they can use to help their child break free from OCD. With this thorough, step-by-step guide, you'll learn how to: recognize your child's specific OCD symptoms, understand causes of and treatment options for OCD, and teach your child the tools and techniques they need to deal with their OCD behavior. You'll learn invaluable treatment methods any child can use to help facilitate recovery, such as how to boss back their OCD, use positive self-talk, and many other effective ways of dealing with their disorder. Most importantly, you'll learn what you can do to promote and support your child's progress in therapy. Chock-full of fill-ins, assessments, and progress charts, the book's unique workbook format will encourage you to get, and stay, involved with your child's recovery. Book jacket.

What to Do when Your Child Has Obsessive-Compulsive Disorder Aureen Pinto Wagner,2002-06 There are over one million children in the US who suffer from Obsessive-Compulsive Disorder. These children often have uncontrollable worries and engage in seemingly senseless rituals. Parents and school professionals often feel helpless and frustrated as they struggle to understand and help the child stop the bizarre doubts and habits that take over the child's mind and life. Now, there is hope and help.Dr. Aureen Wagner brings you the latest scientific advances in the treatment of this beguiling disorder along with her many years of experience in treating children and teenagers. Using the metaphor of the Worry Hill, for which she has received international recognition, Dr. Wagner presents a powerful step-by-step approach that countless children have used successfully to triumph over OCD. Her skill, compassion and expert guidance will provide new hope, energy and resolve to help children and their caregivers conquer OCD.Designed to be used alone or with the children's integrated companion book: Up and Down the Worry Hill.

Treatment Plans and Interventions for Obsessive-Compulsive Disorder Simon A. Rego,2016-02-19 Providing clinicians with evidence-based therapeutic techniques that they can tailor to the needs of individual clients, this state-of-the-art treatment planner is filled with case examples and clinical tools. Simon A. Rego presents the latest thinking on obsessive-compulsive disorder (OCD) and explains how it has been reclassified in DSM-5. He shows how to combine exposure and ritual prevention therapy with other cognitive and behavioral interventions--based on a comprehensive case formulation--and describes proven strategies for enhancing motivation and overcoming common obstacles in treatment. In a large-size format for easy photocopying, the book includes 10 reproducible handouts and forms. Purchasers get access to a Web page where they can download and print the reproducible materials.

Anxiety-Free Kids Bonnie Zucker,2021-09-03 Anxiety-Free Kids (2nd ed.) offers parents strategies that help children become happy and worry-free, methods that relieve a child's excessive anxieties and phobias, and tools for fostering interaction and family-oriented solutions. Using a unique companion approach that offers two books in one—a practical, reader-friendly book for parents and a fun workbook for kids—this solutions-oriented guide utilizes the cognitive-behavioral approach to therapy and integrates the parent in the child's self-help process. Research has shown that if left untreated, children with anxiety disorders are at higher risk to perform poorly in school, to have less-developed social skills, and to be more vulnerable to substance abuse. Covering the six most commonly occurring anxiety disorders—generalized anxiety, separation anxiety, specific phobias, social phobias, panic disorder, and obsessive-compulsive disorder—this book gives kids and parents successful strategies for achieving relaxation, conquering worries, challenging faulty thinking patterns, developing positive self-talk, and facing one's fears. Educational Resource

Exposure Therapy for Treating Anxiety in Children and Adolescents Veronica L.

Raggi, Jessica G. Samson, Julia W. Felton, Heather R. Loffredo, Lisa H. Berghorst, 2018-02-02 Written by a team of clinicians specializing in the treatment of children and adolescents, this professional guide offers a comprehensive, practical resource for implementing exposure therapy when treating children and adolescents with anxiety. Each chapter is devoted to tailoring exposure work to a specific anxiety-related condition, such as separation anxiety, phobias, panic, social anxiety, and more, using a variety of creative exposure ideas and activities. In *Exposure Therapy for Treating Anxiety in Children and Adolescents*, you'll find detailed hierarchies and clinical suggestions for treating each specific childhood anxiety condition, including separation anxiety, school refusal, selective mutism, specific phobia, generalized anxiety, panic disorder, social anxiety, obsessive compulsive disorder (OCD), and emotion tolerance. The book also offers an overview of exposure therapy and its implementation in children and adolescents, including a review of current research and empirical findings on this approach. With this book, you'll also find solid strategies for conducting detailed clinical assessments, so you can gain a greater understanding the specific anxiety triggers and factors that play a role in the development of and maintenance of the child's problem, and learn how this information can be used to guide you in your development of specific exposure exercises. Finally, you'll find tips on how to assess for family variables that may contribute to the maintenance of the child's condition, as well as ways to work with parents in becoming effective coaches for their children during exposure-based activities. Children are vastly different than adults in their treatment needs and in the process through which effective therapy is implemented. If you're looking for clear, practical guidelines for designing, adapting, and implementing specific exposure exercises for your young clients, this book provides everything you need in one place.

The OCD Workbook Bruce M. Hyman, Cherlene Pedrick, 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.

The Mindfulness Workbook for OCD Jon Hershfield, Tom Corboy, 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.

[A Perfectionist's Guide to Not Being Perfect](#) Bonnie Zucker, 2022-02-22 It's hard for teens to be

happy when they've created a very narrow window of what defines success. The goal of this helpful book is to encourage teens to maintain their desire to achieve without striving to always be perfect and to appreciate and love who they are just as they are, not for what they do or accomplish. Finding a balance between work and play is key. Challenging perfectionism is about the pursuit of happiness. When teens can recognize that perfectionism is a disadvantage, they can become motivated to do something about it. For many, it may just be shifting the perfectionism a bit to land in a more positive place. It might be about deciding when and where to be slightly perfectionistic, when and where they can let go of high standards and all-or-nothing thinking, and when it's okay to simply do a "good enough" job on something.

The Common Core Approach to Building Literacy in Boys Liz Knowles, Martha Smith, 2014-05-27 Written with a focus on the English Language Arts Common Core Standards, this book provides a complete plan for developing a literacy program that focuses on boys pre-K through grade 12. Despite the fact that reading and literacy among boys has been an area of concern for years, this issue remains unresolved today. Additionally, the emphasis and focus have changed due to the implementation of the English Language Arts Common Core Standards. How can educators best encourage male students to read, and what new technologies and techniques can serve this objective? *The Common Core Approach to Building Literacy in Boys* is an essential resource and reference for teachers, librarians, and parents seeking to encourage reading in boys from preschool to 12th grade. Providing a wide array of useful, up-to-date information that emphasizes the English Language Arts Common Core Standards, the bibliographies and descriptions of effective strategies in this book will enable you to boost reading interest and performance in boys. The chapters cover 16 different topics of interest to boys, all accompanied by a complete bibliography for each subject area, discussion questions, writing connections, and annotated new and classic nonfiction titles. Information on specific magazines, annotated professional titles, books made into film, websites, and apps that will help you get boys interested in reading is also included.

Breaking Free of Child Anxiety and OCD Eli R. Lebowitz, 2021 Anxiety disorders and OCD are the most common mental health problems of childhood and adolescence. This book provides a complete, step-by-step program for parents looking to alleviate their children's anxiety by changing the way they themselves respond to their children's symptoms.

What Do You Say? William Stixrud, PhD, Ned Johnson, 2022-08-16 A guide to effectively communicating with teenagers by the bestselling authors of *The Self-Driven Child* If you're a parent, you've had a moment--maybe many of them--when you've thought, How did that conversation go so badly? At some point after the sixth grade, the same kid who asked why non-stop at age four suddenly stops talking to you. And the conversations that you wish you could have--ones fueled by your desire to see your kid not just safe and healthy, but passionately engaged--suddenly feel nearly impossible to execute. The good news is that effective communication can be cultivated, learned, and taught. And as you get better at this, so will your kids. William Stixrud, Ph.D., and Ned Johnson have 60 years combined experience talking to kids one-on-one, and the most common question they get when out speaking to parents and educators is: What do you say? While many adults understand the importance and power of the philosophies behind the books that dominate the parenting bestseller list, parents are often left wondering how to put those concepts into action. In *What Do You Say?*, Johnson and Stixrud show how to engage in respectful and effective dialogue, beginning with defining and demonstrating the basic principles of listening and speaking. Then they show new ways to handle specific, thorny topics of the sort that usually end in parent/kid standoffs: delivering constructive feedback to kids; discussing boundaries around technology; explaining sleep and their brains; the anxiety of current events; and family problem-solving. *What Do You Say?* is a manual and map that will immediately transform parents' ability to navigate complex terrain and train their minds and hearts to communicate ever more successfully.

Understanding Ocd for Kids Barbara B Recce, 2023-03-31 *Understanding OCD for Kids* is a must-read for parents and children dealing with obsessive-compulsive disorder. This comprehensive guide offers a wealth of information and practical advice to help children understand and cope with

OCD. Written in a language that children can easily understand, this book provides an in-depth look at what OCD is, how it affects children, and the different types of OCD. The book also delves into the causes and triggers of OCD, providing parents with valuable insights into how they can support their child's recovery. With chapters dedicated to diagnosing OCD in children, coping with OCD through cognitive-behavioral therapy and self-help strategies, and supporting a child with OCD, this book offers a complete roadmap for parents who want to help their child manage their symptoms and overcome OCD. Featuring real-life success stories, this book inspires hope and provides encouragement to families who are struggling with OCD. The book also includes additional resources and reading materials for parents and children, making it an invaluable resource for anyone dealing with OCD. Don't let OCD control your child's life. Order *Understanding OCD for Kids* today and take the first step towards helping your child overcome OCD and live a happier, more fulfilling life.

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Table of Contents **Take Control Of Ocd The Ultimate Guide For Kids W**

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. Understanding the eBook <i>Take Control Of Ocd The Ultimate Guide For Kids W</i> <ul style="list-style-type: none"> ◦ The Rise of Digital Reading <i>Take Control Of Ocd The Ultimate Guide For Kids W</i> ◦ Advantages of eBooks Over Traditional Books 2. Identifying <i>Take Control Of Ocd The Ultimate Guide For Kids W</i> <ul style="list-style-type: none"> ◦ Exploring Different Genres ◦ Considering Fiction vs. Non-Fiction ◦ Determining Your Reading Goals 3. Choosing the Right eBook Platform <ul style="list-style-type: none"> ◦ Popular eBook Platforms ◦ Features to Look for in an <i>Take Control Of Ocd The Ultimate Guide For Kids W</i> ◦ User-Friendly Interface 4. Exploring eBook Recommendations from <i>Take Control Of Ocd The Ultimate Guide For Kids W</i> <ul style="list-style-type: none"> ◦ Personalized Recommendations ◦ <i>Take Control Of Ocd The Ultimate Guide For Kids W</i> User Reviews and | <ul style="list-style-type: none"> Ratings <ul style="list-style-type: none"> ◦ <i>Take Control Of Ocd The Ultimate Guide For Kids W</i> and Bestseller Lists 5. Accessing <i>Take Control Of Ocd The Ultimate Guide For Kids W</i> Free and Paid eBooks <ul style="list-style-type: none"> ◦ <i>Take Control Of Ocd The Ultimate Guide For Kids W</i> Public Domain eBooks ◦ <i>Take Control Of Ocd The Ultimate Guide For Kids W</i> eBook Subscription Services ◦ <i>Take Control Of Ocd The Ultimate Guide For Kids W</i> Budget-Friendly Options 6. Navigating <i>Take Control Of Ocd The Ultimate Guide For Kids W</i> eBook Formats <ul style="list-style-type: none"> ◦ ePub, PDF, MOBI, and More ◦ <i>Take Control Of Ocd The Ultimate Guide For Kids W</i> Compatibility with Devices ◦ <i>Take Control Of Ocd The Ultimate Guide For Kids W</i> Enhanced eBook Features 7. Enhancing Your Reading Experience <ul style="list-style-type: none"> ◦ Adjustable Fonts and Text Sizes of <i>Take Control Of Ocd The Ultimate</i> |
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Guide For Kids W

- Highlighting and Note-Taking Take Control Of Ocd The Ultimate Guide For Kids W
- Interactive Elements Take Control Of Ocd The Ultimate Guide For Kids W

8. Staying Engaged with Take Control Of Ocd The Ultimate Guide For Kids W

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Take Control Of Ocd The Ultimate Guide For Kids W

9. Balancing eBooks and Physical Books Take Control Of Ocd The Ultimate Guide For Kids W

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Take Control Of Ocd The Ultimate Guide For Kids W

10. Overcoming Reading Challenges

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

11. Cultivating a Reading Routine Take Control Of Ocd The Ultimate Guide For Kids W

- Setting Reading Goals Take Control Of Ocd The Ultimate Guide For Kids W
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Take Control Of Ocd The Ultimate Guide For Kids W

- Fact-Checking eBook Content of Take Control Of Ocd The Ultimate Guide For Kids W
- 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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