

Christine Purdon, Ph.D., C.Psych.
David A. Clark, Ph.D., L.Psych.

Overcoming Obsessive Thoughts

HOW
TO GAIN
CONTROL
OF YOUR
OCD

- LEARN TO:
- Identify and manage your ritualistic and intrusive thoughts
 - Overcome your fear of unwanted thoughts
 - Reduce your anxiety
 - Find emotional relief from obsessional thinking

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I have ever seen."

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Association for Cognitive Psychotherapy and professor of
psychiatry, Weill-Cornell University Medical College

Overcoming Obsessive Thoughts How To Gain Control Of Your Ocd

James Claiborn, Cherry Pedrick



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Overcoming Obsessive Thoughts Christine Purdon, David A. Clark, 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

Evidence-Based Treatment Planning for Obsessive-Compulsive Disorder, Companion Workbook David J.

Berghuis, Robert G. Bruce, 2011-04-26 Improve the Quality of Mental Health Care This Companion Workbook to the Evidence Based Treatment Planning for Obsessive Compulsive Disorder DVD follows each section of the DVD summarizing important content and providing section reviews as well as test questions and answers to enhance learning of the material The Workbook can be used as an individual self paced learning tool or in classroom or workshop settings Designed to be used in conjunction with the DVD this Companion Workbook includes Summary highlights of content shown in the DVD Chapter review questions covering key chapter concepts Test questions of selected chapter concepts References to empirical support clinical resources and training opportunities for the empirically supported treatments ESTs discussed Scripts and critiques of the role played scenarios demonstrating selected aspects of the ESTs Online links to client homework exercises consistent with the therapeutic techniques described and demonstrated Explanations of correct and incorrect answers to the test questions from each chapter Also available Evidence Based Treatment Planning for Obsessive Compulsive Disorder DVD Workbook Study Package 978 1 1180 2893 3 This study package includes both the Evidence Based Treatment Planning for Obsessive Compulsive Disorder DVD 978 0 470 41792 8 and the Evidence Based Treatment Planning for Obsessive Compulsive Disorder DVD Companion Workbook 978 0 470 56859 0 Evidence Based Treatment Planning for Obsessive Compulsive Disorder DVD 978 0 470 41792 8 sold separately This DVD offers clear step by step guidance on the process and criteria for diagnosing obsessive compulsive disorder and using empirically supported treatments to inform the treatment planning process Evidence Based Treatment Planning for Obsessive Compulsive Disorder DVD Facilitator's Guide 978 0 470 56851 4 The Facilitator's Guide assists professionals in leading an educational training session **The Severe and**

Persistent Mental Illness Treatment Planner David J. Berghuis, Arthur E. Jongsma, Jr., Timothy J. Bruce, 2011-02-17 The flexible format of The Severe and Persistent Mental Illness Treatment Planner 2nd Edition enables you to choose between evidence based and traditional best practice treatment approaches for your patients Fully revised to meet your needs as a mental health professional working in today's long term care facilities this time saving resource contains over 1 000 rewritten treatment goals objectives and interventions plus space for recording specific treatment plan options This guide is organized around 31 behaviorally based issues from employment problems and family conflicts to financial needs and homelessness to intimate relationship conflicts and social anxiety [The Complete Idiot's Guide to Conquering Obsessive Compulsive Behavior](#) Bruce Mansbridge, Ph.D., 2009-05-05 Practical help for the millions who suffer Over 6 million

Americans and millions more around the world suffer from some degree of obsessive compulsive behavior For the vast majority of these people this behavior impacts the quality of their lives However OC behavior can be difficult to understand and even harder to change The Complete Idiot s Guide r to Conquering Obsessive Compulsive Behavior is a practical guide created specifically for middle range sufferers to help them overcome OC behavior and take back control of their lives Millions of people from teens to seniors suffer from OC behavior Written by a well respected and acknowledged author in this field Heightened awareness of the disorder thanks to the popular TV series Monk **The Anti-Anxiety Program** Peter J. Norton,Martin M. Antony,2021 A lifeline for anxiety sufferers this expertly crafted workbook has been revised and updated to be even more user friendly Readers discover a new sense of freedom as they work through this comprehensive program grounded in cognitive behavioral therapy CBT Step by step the book provides skills for changing anxiety provoking ways of thinking and for confronting feared situations safely and gradually Updated with over a decade s worth of research advances the second edition includes more detailed instructions for customizing the program extra support for staying motivated vivid stories that run throughout the book new separate chapters on relaxation and mindfulness and downloadable audio recordings The large size format makes it easy to fill in the worksheets readers can download and print additional copies as needed *Coping with OCD* Troy DuFrene,Bruce Hyman,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 **Break Free from OCD** Fiona Challacombe,Victoria Bream Oldfield,Paul M. Salkovskis,2011 We all occasionally worry that we might have left the gas on or the window open not washed our hands thoroughly or forgotten to lock the front door But do these kinds of thoughts play on your mind or become obsessive If so you are not alone **Canadian Journal of Psychiatry** ,2006 *American Book Publishing Record* ,2006 *The BDD Workbook* James Claiborn,Cherlene Pedrick,Cherry Pedrick,2002 OCD experts James Claiborn and Cherry Pedrick show readers who suffer from Body Dysmorphic Disorder how to overcome debilitating obsessions with perceived flaws in their appearance establish a balanced body image and enhance other aspects of their self image and self esteem Overcoming Obsessive Compulsive Disorder, 2nd Edition David Veale,Rob Willson,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.readingwell.org.uk Series editor Professor Peter Cooper

Overcoming Obsessive Compulsive Disorder David Veale, Rob Willson, 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 *Joyce in the Belly of the Big Truck; Workbook* Joyce A. Cascio, 2005-05 *The Habit Change Workbook* James Claiborn, Cherry Pedrick, 2001 Without preaching moralizing or theorizing the authors deliver a program for breaking bad habits Grounded in proven cognitive behavioral principles the book helps readers assess their habits and proceed to dismantle them 35 charts [Let's Talk Facts about Obsessive-Compulsive Disorder](#) American Psychiatric Association, 1988-07 [Obsessive-compulsive Disorders](#) Michael A. Jenike, Lee Baer, William E. Minichiello, 1998 This is the most complete clinical reference on obsessive compulsive disorders It incorporates scientific foundations and clinical studies Discussed in detail are the behavioural therapies and psychotropic medications that are used to control symptoms Practical advice is provided on clinical management The first edition received positive reviews in the New England Journal of Medicine as extremely useful as a reference source for any clinician interested in treating obsessive compulsive disorders The third edition is divided into six sections Section I The Clinical Picture presents a descriptive picture of the clinical features of OCD Section II Illnesses Related to OCD Spectrum Disorders Section III Pathophysiology and Assessment Section IV Treatment includes detailed information on treatments that have

proven effective including behaviour therapy medications and the often overlooked area of neurosurgical treatment as well as specific clinical strategies and case studies Section V Patient and Clinic Management includes step by step information on running an OCD clinic Section VI Appendix includes rating scales referral sources references etc Complete coverage of the aetiology diagnosis and treatment of OCD in children adolescents and adults written by contributors who are the leading authorities on OCD The editors are from MGH OCD clinic a major U S treatment center also involved in the latest research in OCD The leading reference on OCD Written by leading authorities in the field New drugs and latest information on indications and contraindications New information about the biology of disorders Major updating of obsessive compulsive spectrum and fringe disorders Expanded bibliography *The Complete Mental Health Directory* Richard Gottlieb, 2006-03 Provides comprehensive coverage of 27 specific mental health disorders from adjustment disorders to tic disorders including a separate section devoted to pediatric and adolescent issues as well as support systems and other resources

Obsessive-compulsive Disorder Casebook John H. Greist, James W. Jefferson, 1995 Obsessive Compulsive Disorder Casebook Revised Edition presents 60 case histories of OCD Each case offers a discussion by the author and editors regarding their opinion on each diagnosis This book will be useful to psychiatric residents because it provides examples of the many kinds of obsessions they will encounter in practice **The Journal of Clinical Psychiatry**, 1993 **Stop Obsessing!** Edna B. Foa, Reid Wilson, 2001-07-31 Newly Revised and Updated Are you tormented by extremely distressing thoughts or persistent worries Compelled to wash your hands repeatedly Driven to repeat or check certain numbers words or actions If you or someone you love suffers from these symptoms you may be one of the millions of Americans who suffer from some form of obsessive compulsive disorder or OCD Once considered almost untreatable OCD is now known to be a highly treatable disorder using behavior therapy In this newly revised edition of Stop Obsessing Drs Foa and Wilson internationally renowned authorities on the treatment of anxiety disorders share their scientifically based and clinically proven self help program that has already allowed thousands of men and women with OCD to enjoy a life free from excessive worries and rituals You will discover Step by step programs for both mild and severe cases of OCD The most effective ways to help you let go of your obsessions and gain control over your compulsions New charts and fill in guides to track progress and make exercises easier Questionnaires for self evaluation and in depth understanding of your symptoms Expert guidance for finding the best professional help The latest information about medications prescribed for OCD

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