

Paul R. Munford, Ph.D.

# Overcoming Compulsive Checking

FREE  
YOUR MIND  
FROM  
OCD

Stop worrying about:

- Risk and danger
- Being irresponsible or careless
- Causing accidents and making mistakes
- Unintentionally harming or offending someone
- Being criticized

“This book is invaluable to anyone who wants to stop checking.”

—PATRICIA B. PERKINS, JD, Executive Director,  
Obsessive-Compulsive Foundation

# Overcoming Compulsive Checking Free Your Mind From Ocd

**Paul R. Munford**

## **Overcoming Compulsive Checking Free Your Mind From Ocd:**

*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 [Evidence-Based Treatment Planning for Obsessive-Compulsive Disorder Facilitator's Guide](#) Timothy J. Bruce,David J. Berghuis,2011-04-26 This DVD Facilitator s Guide to the Evidence Based Psychotherapy Treatment Planning for Obsessive Compulsive Disorder DVD sold separately is designed to help teachers or trainers conduct lectures or training sessions on the content of the DVD The guide follows each section of the DVD providing succinct summaries of key section content section review test questions and answers and test style questions and answers covering key concepts Online links are provided to client homework exercises consistent with the therapeutic techniques described and demonstrated on the DVD References to empirical work supporting the treatments clinical resource materials and training opportunities are also cited The DVD Companion Workbook and Facilitator s Guide are designed so that instructors can cover only the content of the DVD or springboard into further coverage of any of the concepts Optional topics for further discussion with talking points are provided in each chapter of the Facilitator s Guide Designed to be used in conjunction with the DVD and its Companion Workbook this guide includes Summary highlights of content shown in the DVD Chapter review questions and answers summarizing key concepts Test style questions and answers on selected chapter concepts Optional topics for further discussion with talking points Scripts and critiques of the role played scenarios demonstrating selected aspects of the ESTs References to empirical support clinical resources and training opportunities for the treatments discussed Online links to client homework exercises consistent with the therapeutic techniques described and demonstrated Explanations of correct and incorrect answers to the test style questions from each chapter *Coping with OCD* Bruce M. Hyman,Troy DuFrene,2008-06-01 Coping with OCD offers a brief yet comprehensive and effective approach to dealing with the symptoms of obsessive compulsive disorder OCD a great book for people recently diagnosed with OCD and a source of in the moment strategies for managing symptoms for those already receiving treatment [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 Adult Psychotherapy Treatment Planner](#) Arthur E. Jongsma, Jr.,L. Mark Peterson,Timothy J. Bruce,2021-05-11 The

revised edition of the clinicians time saving Psychotherapy Treatment Planner Revised and updated the sixth edition of The Complete Adult Psychotherapy Treatment Planner offers clinicians a timesaving evidence based guide that helps to clarify simplify and accelerate the treatment planning process so they can spend less time on paperwork and more time with clients The authors provide all the elements necessary to quickly and easily develop formal customizable treatment plans that satisfy the demands of HMOs managed care companies third party payers and state and federal agencies This revised edition includes new client Short Term Objectives and clinician Therapeutic Interventions that are grounded in evidence based treatment wherever research data provides support to an intervention approach If no research support is available a best practice standard is provided This new edition also offers two new presenting problem chapters Loneliness and Opioid Use Disorder and the authors have updated the content throughout the book to improve clarity conciseness and accuracy This important book Offers a completely updated resource that helps clinicians quickly develop effective evidence based treatment plans Includes an easy to use format locating treatment plan components by Presenting Problem or DSM 5 diagnosis Contains over 3 000 prewritten treatment Symptoms Goals Objectives and Interventions to select from Presents evidence based treatment plan components for 45 behaviorally defined Presenting Problems Suggests homework exercises specifically created for each Presenting Problem Written for psychologists therapists counselors social workers addiction counselors psychiatrists and other mental health professionals The Complete Adult Psychotherapy Treatment Planner Sixth Edition has been updated to contain the most recent interventions that are evidence based

**The Handbook of Adult Clinical Psychology** Alan Carr,Muireann McNulty,2016-03-31 The second edition of the Handbook of Adult Clinical Psychology An Evidence Based Practice Approach like its predecessor provides clinical psychologists in training with a comprehensive practice handbook to help build the skills necessary to complete a clinical placement in the field of adult mental health While practical in orientation the book is based solidly on empirical evidence Building on the success of the previous edition this handbook has been extensively revised in a number of ways Throughout the book the text references and website addresses and have been updated to reflect important developments since the publication the first edition Recent research findings on the epidemiology aetiology course outcome assessment and treatment of all psychological problems considered in this volume have been incorporated into the text Account has been taken of changes in the diagnosis and classification of psychological problems reflected in the DSM 5 Chapters on ADHD in adults emotion focused therapy radically open dialectical behaviour therapy and schema therapy have been added The book is divided into 6 sections Section 1 covers conceptual frameworks for practice lifespan development classification and epidemiology CBT psychodynamic emotion focused systemic and bio medical models and general assessment procedures Section 2 deals with mood problems depression bipolar disorder suicide risk and anger management Section 3 focuses on anxiety problems social phobia generalized anxiety disorder panic disorder obsessive compulsive disorder post traumatic stress disorder and

depersonalization disorder Section 4 deals with psychological problems linked to physical health health anxiety somatization chronic pain adjustment to cancer and eating disorders Section 5 focuses on other significant psychological problems that come to the attention of clinical psychologist in adult mental health services ADHD in adults alcohol and other drug problems psychosis and psychological problems in older adults Section 6 contains chapters on therapeutic approaches to psychological distress related to complex childhood trauma dialectical behaviour therapy for borderline personality disorder racially open dialectical behaviour for over controlled presentations and schema therapy Each of the chapters on clinical problems explains how to assess and treat the condition in an evidence based way with reference to case material Interventions from cognitive behavioural psychodynamic interpersonal systemic and biomedical approaches are described where there is evidence that they are effective for the problem in question Skill building exercises and further reading for psychologists and patients are included at the end of each chapter This book is one of a set of three volumes which cover the lion s share of the curriculum for clinical psychologists in training in the UK and Ireland The other two volumes are the Handbook of Child and Adolescent Clinical Psychology Third Edition by Alan Carr and the Handbook of Intellectual Disability and Clinical Psychology Practice Second Edition edited by Alan Carr Christine Linehan Gary O Reilly Patricia Noonan Walsh John McEvoy **Daring to Challenge OCD** Joan Davidson,2014-08-01 Characterized by obsessive thoughts fears and anxiety obsessive compulsive disorder OCD can be an extremely debilitating condition However many people with OCD are reluctant to start treatment due to fear stigma and misconceptions regarding exposure and response prevention ERP therapy In Daring to Challenge OCD anxiety specialist Joan Davidson PhD gives a thorough overview of ERP what to expect during treatment and offers guidance to help readers finally overcome the common fears and anxiety that can stand in the way of getting the help they need

The Publishers Weekly ,2004 Needing to Know for Sure Martin N. Seif,Sally M. Winston,2019-12-01 Needing constant reassurance is a hidden struggle for many who fear the unknown In this guide readers will find evidence based skills grounded in cognitive behavioral therapy CBT to help them tolerate uncertainty face specific worrying scenarios and gradually reduce the compulsion to incessantly seek reassurance Free Yourself from OCD 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 **Break Free from OCD** Fiona Challacombe,Victoria Bream Oldfield,Paul M Salkovskis,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 *Overcoming Compulsive Washing* Paul R.

Munford,2014-05-14 This third book in a series on obsessive compulsive disorder helps people who wash compulsively overcome their fear of contaminating others or being contaminated by dirt germs or poisons Exceptional Child Education Resources ,2001 Subject Guide to Books in Print ,1991 The ERP Workbook for OCD Gerard Bishop,2025-10-20 Are obsessive thoughts and exhausting rituals controlling your life Does Any of This Sound Familiar You can t stop checking cleaning or counting even though it s exhausting You replay conversations or images until you re mentally drained You avoid places or people fearing they ll trigger anxiety You constantly seek reassurance only to doubt yourself again moments later I get it Living with OCD is like being stuck in a loop that never stops spinning You try to reason with your thoughts to calm yourself down but the what ifs always return stronger louder more convincing You start doubting everything even yourself I ve been there too And I know how heavy that feels Therapists who don t specialize in OCD often make it worse Medication dulls the edges but leaves the cycle intact Mindfulness apps Breathing exercises Useless against a disorder this specific You need a method that rewrites the alarm system at its source That method is Exposure and Response Prevention ERP But First a Warning If you re looking for a quick fix or a one hour cure this isn t it This workbook isn t for those expecting instant results without effort Real change takes courage honesty and consistency The exercises here will challenge you but they ll also transform you one step at a time If you re ready to face your fears commit to the process and finally regain control you ll discover how much freedom has been waiting on the other side of fear Inside this book The 14 types of hidden compulsions most people don t recognize as compulsions one of them is probably sabotaging your recovery right now Page 42 Why checking the lock 5 times creates more doubt than checking once Page 103 What actually happens in your brain during the first 10 minutes of an exposure and why quitting early makes OCD stronger Page 51 The counterintuitive reason contamination fears get worse the more you wash Page 92 How to sit with the thought what if I stab my partner without

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**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](http://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

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

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