

# When Once Is Not Enough



Help for  
Obsessive  
Compulsives

Gail Steketee, Ph.D.  
Kerrin White, M.D.

# When Once Is Not Enough Help For Obsessive Compulsive

**Michael A. Jenike, Lee Baer, William E. Minichiello**

## **When Once Is Not Enough Help For Obsessive Compulsive:**

When Once is Not Enough Gail Steketee, Kerrin White, 1990 This book offers a proven behavioral approach to treating OCD in a simple self help format Recognize and confront your fears Use simple exercises to block rituals keep going with positive coping strategies and handle complications and relapses

**The Oxford Handbook of Obsessive Compulsive and Spectrum Disorders** Gail Steketee, 2012 A review of current literature on obsessive compulsive disorder OCD and its associated spectrum conditions including body dysmorphic disorder BDD hoarding trichotillomania tic disorders and Tourette s Syndrome

Obsessive-compulsive Disorder Padmal De Silva, Stanley Rachman, 2004 Obsessive compulsive disorder is a relatively common psychological problem whose symptoms may include repeated checking excessive hand washing or other cleaning rituals extreme slowness or unwanted repugnant intrusive thoughts In some the disorder can seriously affect everyday life In this book the authors have drawn on their clinical and research experience to give a lucid account of the nature of obsessive compulsive problems The book is intended for those who have this disorder as well as their family and friends It will also appeal to the general readers interested in finding out about the disorder It gives up to date information about the nature symptoms causes and theories of obsessive compulsive disorder The book also discusses the treatments that are available and provides valuable practical advice to those who may need help Numerous case histories are given throughout the book highlighting various aspects of the disorder and its treatment

**Understanding OCD** Leslie J. Shapiro, 2015-03-10 One of the most experienced therapists in the world for treatment resistant obsessive compulsive disorder OCD explains the disorder the treatments available and the skills needed to overcome and outsmart OCD This is an eye opening study of one of the most common psychiatric ailments diagnosed today obsessive compulsive disorder OCD Written by Leslie J Shapiro a renowned therapist at one of the most well known OCD facilities in the world this reference shares effective treatment strategies and clinical factors for helping therapists mental health professionals psychology students clergy and others deal with patients coping with this illness The author offers case examples from her 15 years of residential work with patients demonstrating how sufferers even the most treatment resistant can get control of the condition Organized into three sections this guidebook first reveals how OCD and guilt are intertwined and explores survival instincts cultural factors and the nature of thoughts The second section covers aspects of the obsessive conscience such as scrupulosity moralosity and obsessive guilt The book s conclusion describes effective exposure and response prevention strategies for these symptoms and examines methods of treatment that augment and help maintain recovery An in depth discussion on the differences between compulsive and impulsive behaviors as well as other treatment impediments is included

**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

**Treatment Plans and Interventions for Depression and Anxiety Disorders** Robert L. Leahy, Stephen J. Holland, Lata K. McGinn, 2011-10-26 \_ This widely used book is packed with indispensable tools for treating the most common clinical problems encountered in outpatient mental health practice Chapters provide basic information on depression and the six major anxiety disorders step by step instructions for evidence based assessment and intervention illustrative case examples and practical guidance for writing reports and dealing with third party payers In a convenient large size format the book features 125 reproducible client handouts homework sheets and therapist forms for assessment and record keeping The included CD ROM enables clinicians to rapidly generate individualized treatment plans print extra copies of the forms and find information on frequently prescribed medications \_ New to This Edition The latest research on each disorder and its treatment Innovative techniques that draw on cognitive behavioral mindfulness and acceptance based approaches Two chapters offering expanded descriptions of basic behavioral and cognitive techniques 47 of the 125 reproducibles are entirely new \_ Provided by publisher

**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

**Let's Talk Facts about Obsessive-Compulsive Disorder** American Psychiatric Association, 1988-07

*A Thousand Frightening Fantasies* William Van Ornum, 1997 This book is based on an international survey which offers hope and help to countless people suffering from invalid fears and anxieties about sin guilt and punishment

Treatments of Psychiatric Disorders ,2001

**The Behavior Therapist** ,1995

**Getting Old Without Getting Anxious** Peter V. Rabins, Lynn Lauber, 2005 Discusses strategies and

techniques on how the elderly can lead a more productive life free from stress anxiety and depression      **Polly's Magic Games** Constance H. Foster,1994 A book for children with OCD to share with their families and friends      **The Journal of Clinical Psychiatry** ,1993      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      **The Complete Mental Health Directory** Laura Mars,2001 This Second Edition has broadly expanded to offer the most comprehensive information covering the field of behavioral health with critical information for both the layman mental health professional For the layman this directory offers understandable descriptions of 25 Mental Health disorders as well as detailed information on Associations Media Support Groups Mental Health Facilities For the professional The Complete Mental Health Directory offers critical comprehensive information on Managed Care Organizations Information Systems Government Agencies Provider Organizations For immediate access to information The Complete Mental Health Directory four indexes a brand new Web Sites Index a Disorder Index an Organization Index a Geographic Index This comprehensive volume of needed useful information will be a welcome addition to any reference collection      **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      **Essentials of Abnormal Psychology** Robert E. Emery,Thomas F. Oltmanns,2000 This brief exploration of the essentials of abnormal psychology offers readers an engaging innovative systems approach by integrating the biological psychological and social perspectives in an interesting and concurrent story Readable reader friendly research methods are mainstreamed throughout the text Detailed case studies and briefer cases illustrate interesting clinical issues AGetting Help feature in each chapter directs readers to responsible sources if they are looking for help for themselves or others Abnormal Behavior Examples Definitions and Methods of Study Perspectives on Causes of Abnormal Behavior Treatment of Psychological Disorders Classification and Assessment Mood Disorders Anxiety Disorders Traumatic Stress Disorders Dissociative Disorders and Somatoform Disorders Stress and Physical Health Personality Disorders Eating Disorders Substance Abuse Disorders Sexual and Gender Identity Disorders Schizophrenic Disorders Pervasive Developmental Disorders and Psychological Disorders of Childhood Mental Health and the Law Anyone needing a brief accessible introduction to the major topics of abnormal psychology      **The Monster in the Cave** David Mellinger,Steven Jay Lynn,2004 Maybe you feel nervous and ill at ease all day every day or maybe it s only social situations or elevators or heights or injections that make you break out in a cold sweat Maybe your fears keep you from leaving your house or just keep you from living life to the fullest Whether the problem is mild or debilitating this book can help you gain a solid understanding of the physical emotional and mental aspects of your ongoing struggle and arm you with

an array of tools based on the latest scientific research and evidence based practice to face your fears and live your life In  
The Monster in the Cave David Mellinger and Steven Jay Lynn respected scholars and clinicians with over fifty years  
experience between them offer you a menu of techniques to help you confront and calm your fears whether you are plagued  
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finally live the life you want *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

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