

Obsessive-Compulsive Disorder (OCD)

A condition in which you have frequent unwanted obsessions that cause you to perform compulsions.

Obsessive symptoms can include:



Fear of germs or dirt.



Fear of making a mistake.



Need for order, neatness, symmetry or perfection.



Fear of causing harm to yourself or someone else.

Compulsive symptoms can include:



Arranging things in a very specific way.



Bathing or washing your hands over and over.



Repeatedly checking things.



Number rituals such as counting repeatedly.

Treating Obsessive Compulsive Disorder

Eric Hollander



Treating Obsessive Compulsive Disorder:

Understanding and Treating Obsessive-Compulsive Disorder Jonathan S. Abramowitz, 2006-04-21 Among the most prevalent and personally devastating psychological disorders the development of a cognitive approach to obsessive compulsive disorder OCD has transformed our understanding and treatment of it In this highly practical and accessible book Jonathan Abramowitz presents a model of OCD grounded in the most up to date research that incorporates both cognitive and behavioral processes He then offers a step by step guide to psychological treatment that integrates psychoeducation cognitive techniques and behavioral therapy exposure and response prevention Unlike other manuals for the treatment of OCD this book teaches the reader how to tailor the choice of techniques and delivery modes for individuals presenting with a wide range of specific OCD symptoms such as contamination fears and cleaning rituals fears of harm and compulsive checking symmetry and ordering and severe obsessions with mental rituals The techniques are illustrated with numerous case examples clinical forms and handouts are provided for use with patients A final chapter suggests strategies for overcoming common obstacles in treatment

Obsessive-Compulsive Disorder For Dummies Charles H. Elliott, Laura L. Smith, 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

Treating Obsessive-compulsive Disorder Samuel M. Turner, Deborah C. Beidel, 1988 **Clinical Handbook of Obsessive-Compulsive and Related Disorders** Eric A. Storch, Adam B. Lewin, 2015-07-03 This handbook examines evidence based treatment of obsessive compulsive and related disorders for a broad clinical audience Focusing on both children and adults with these conditions it discusses various manifestations of OCD e g contamination perfectionism related conditions e g hoarding trichotillomania and Tourette syndrome and cases with complicating factors Chapters describe case specifics offer assessment guidelines and illustrate evidence based psychotherapy Case examples depict real life complexities of presentation notably in terms of comorbid conditions and hard to treat subpopulations Topical areas addressed in the Handbook include Phenomenology assessment and treatment of multiple types of OCD in adults and children Treating not just right experiences in children with OCD Treating obsessive compulsive disorder in very young children Treatment of OCD

comorbid with other disorders like depression and Autism Spectrum Disorder Treatment of OCD when presenting with complicating factors like limited insight extreme family accommodation and poor motivation The Clinical Handbook of Obsessive Compulsive and Related Disorders is an essential resource for clinicians and professionals as well as researchers and graduate students in clinical psychology psychiatry social work counseling programs pediatrics public health and related disciplines **Treatment of Obsessive Compulsive Disorder** Lata K. McGinn, William C. Sanderson, 1999-06-01

Treatment for patients with obsessive compulsive disorder OCD has dramatically improved with the innovative use of cognitive behavioral therapies Drs McGinn and Sanderson have developed a comprehensive method of treatment that combines psychoeducational and cognitive restructuring with traditional exposure and response prevention techniques A detailed session by session guide is presented to help clinicians assess and treat OCD with this unique blend of therapies Using a composite case example the authors demonstrate exactly how to implement various strategies from the initial interview to the conclusion of treatment **Current Treatments of Obsessive-Compulsive Disorder** Michele Tortora Pato, Joseph Zohar, 2008-11-01 During the 10 years since publication of the first edition of this comprehensive volume progress in neuroscience has had direct and immediate clinical implications in both the pharmacological and psychological arenas in the treatment of one of psychiatry's greatest challenges obsessive compulsive disorder OCD This second edition reflects this progress Chapters include the latest data on the use of all current OCD treatments in special populations such as the strictly religious the elderly children adolescents and those who are pregnant and all are illustrated with new and updated detailed case histories that highlight specific treatments and diagnostic issues This edition includes Three new pharmacotherapy chapters that discuss the use of sertraline paroxetine and citalopram and updates of the original edition's chapters on clomipramine fluoxetine and fluvoxamine An expanded chapter on children and adolescents that emphasizes the benefits of early detection and describes the latest findings in immunological research with particular regard to pediatric autoimmune neurologic disorders associated with streptococcal infection PANDAS An expanded behavioral therapy chapter that encompasses not only detailed treatment plans for both individuals and groups including multifamily groups but also up to date empirical data to support their use The latest data on compounds for treating OCD twice the number of compounds are now available than when the first edition was published including details of the dramatic increase in our knowledge of pharmacokinetics receptor profiles interactions and comparative efficacy during the past decade The clinical implications of today's broadened definition of OCD which includes disorders such as body dysmorphic disorder trichotillomania pathological gambling and Tourette's syndrome and the complicated diagnostic and management issues with a call for innovative treatment approaches raised by the intimate relationship between OCD and schizophrenia 15% of patients with schizophrenia also have OCD A multidisciplinary approach to treatment resistant OCD which occurs in approximately 30% of all cases suggesting ways to combine our current knowledge and focus it on the treatment of a specific individual With their

extensive clinical and research experience in treating OCD the distinguished contributors to this volume provide clinicians with the latest most reliable data so that they may better match treatment approaches with each patient's unique needs Of enduring practical value this updated how to manual will be welcomed by all clinicians treating patients with OCD as well as students and other interested clinicians as an effective tool in the ongoing challenge to understand and treat this frustrating disorder Psychological Treatment of Obsessive-compulsive Disorder Martin M. Antony,Christine Purdon,Laura J.

Summerfeldt,Laura Summerfeldt,2007 Written by prominent OCD specialists this volume provides practical step by step descriptions of psychological approaches to treating OCD Practitioners experienced in treating this disorder will appreciate the discussion of more advanced issues including dealing with treatment resistance and comorbidity and treating OCD in special populations New Perspectives in Research and Treatment of Obsessive-compulsive Disorder Fritz Hohagen,1998

Cognitive Therapy for Obsessive-compulsive Disorder Sabine Wilhelm,Gail Steketee,2006 Based on research funded by the National Institute of Mental Health this manual presents for the first time a purely cognitive approach to treating obsessive compulsive disorder OCD BOOK JACKET **Obsessive-Compulsive Disorder** Mario Maj,2000-08 Be guided by the evidence Obsessive compulsive disorder is probably the psychiatric disorder for which most significant progress has been made in the last 20 years concerning pharmacologic and psychotherapeutic interventions A serious discrepancy still exists between research evidence and clinical practice and an update of this evidence and an international debate on it as provided by this volume is long overdue This volume provides Vital information on a considerably under diagnosed situation An objective source of information Contributions from internationally acclaimed experts This fourth volume in the WPA Series Evidence and Experience in Psychiatry is of relevance to all psychiatrists psychologists mental health nurses managers and policy makers **A Clinician's Guide to Treating OCD** Jan van Niekkerk,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

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

Obsessive-Compulsive Disorder Ross G. Menzies, Padmal de Silva, 2003-03-28 A comprehensive text for trainees and practitioners *Mastery of Obsessive-Compulsive Disorder: A Cognitive-Behavioral Approach Therapist Guide* Edna B. Foa, Michael J. Kozak, 2004-11-11 This program has at its foundation the use of ritual prevention and prolonged actual and imaginable exposure exercises Therapists will learn the best methods for assessing OCD and formulating a treatment program tailored to their client's particular OCD symptoms Sample lists of exposure items are provided for fear of contamination fear of supernatural harm and fear of causing harm to self and others by acts of negligence This Therapist Guide is designed to help psychotherapists in assessing and treating obsessive compulsive disorder OCD It is divided into three sections In the first section a summary of the symptoms of OCD and methods for assessing the disorder are presented In the second section the relative efficacy of the available treatments and how to arrive at treatment recommendations for individuals with OCD who seek treatment are discussed In the third section a guide to cognitive behavioral treatment by exposure and ritual prevention is provided Also in this section the components of the treatment procedures whose efficacy has been experimentally documented are described and illustrated as well as those aspects of their practical application that inhabit experimentally uncharted territory of clinical wisdom and artistry **The Obsessive Mind** Francesco Mancini, 2018-10-26 The Obsessive Mind offers a well defined and comprehensive understanding of obsessive compulsive disorder and its treatment model Based on the results of current research the book offers a psychological perspective on the disorder a complete presentation of useful strategies and techniques that can be implemented in therapy and work that can

be done with family members of OCD patients all proposed coherently with the theoretical model of the disorder It also illustrates the pivotal role of moral goals as proximal psychological determinants of the obsessive symptomatology The Obsessive Mind can be used by new clinicians to become acquainted with the theory and treatment of OCD as well as more advanced clinicians to improve their OCD treatment skills and learn new interventions and ways to get out of deadlock in treatment and thereby increase efficacy

Treating OCD in Children and Adolescents Martin Franklin, Martin E. Franklin, Jennifer B. Freeman, John S. March, 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 Mulle this book reflects two decades of advances in the field most of the content is completely new

Current Insights in Obsessive Compulsive Disorder Eric Hollander, 1994 Presented here is comprehensive coverage of the most recent and significant advances in the basic research and clinical investigation of obsessive compulsive disorder a common disorder associated with intrusive obsessional thoughts or recurrent ritualistic behaviour

Managing Mr. Bossy Hillary Ammon Psy.D., 2023-09-01 Like the superheroes in her favorite movies Chloe was battling a monster However her monster was a bit different than the monsters in the movies Chloe called him the worry monster The worry monster s opinions were mixed up in her thoughts telling her what to do and causing her to worry about her choices The more Chloe thought about the worry monster s opinions the more often his opinions popped up and the louder they got in her head Chloe felt like she was losing the battle against the worry monster He was impacting her ability to focus in school Even doing daily routines became more difficult Chloe wanted to tell her parents about the worry monster but she wasn t sure how to tell them She didn t know anyone else who battled a worry monster By being brave and finally sharing that she was battling a worry monster with adults in her life Chloe discovered that other kids battled worry monsters too After meeting with a psychologist Chloe learned that based on what her worry monster worried about she had something called obsessive compulsive disorder OCD Along with the help of her superhero sidekicks including her parents and therapist Chloe learned strategies to effectively battle her worry monster named Mr Bossy in a form of therapy called exposure and response prevention ERP therapy Chloe approached the situations that caused her to worry These were called exposures During these exposures she might hear Mr Bossy s opinions but she no longer changed her behaviors based on them Over time Mr Bossy got less and less opinionated and a bit quieter in her head She learned that Mr Bossy s opinions were just that opinions not facts and started to become more comfortable with

uncertainty Obsessive-compulsive Disorder Heidi Watkins,2010 The ailments and conditions that afflict people today can be confusing disturbing and painfulboth emotionally and physically The Perspectives on Diseases and Disorders series provides clear careful explanations that offer readers and researchers insight into what these conditions are what causes them how people live with them and the latest about treatment and prevention All volumes in the series include primary and secondary viewpoints bibliographies detailed indexes and lists of organizations to contact for additional information Book jacket

Clinician's Guide to Treating OCD Jan Van Niekerk,2018-09-20 Written by a psychologist and expert in treating obsessive compulsive disorder OCD this manual brings together five powerful evidence based therapies to help clinicians create a concise and customizable treatment plan The methods including cognitive behavioral therapy CBT exposure therapy and acceptance and commitment therapy ACT are presented in an easy to follow format incorporate the newest research and give clinicians a wide range of skills for addressing the mechanisms underlying OCD

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, Find Positivity in **Treating Obsessive Compulsive Disorder** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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