

NEWLY REVISED AND UPDATED!

# S·T·O·P OBSESSING!

How to  
Overcome Your  
Obsessions  
and  
Compulsions

EDNA B. FOA, Ph.D.  
and REID WILSON, Ph.D.  
FOREWORD BY DAVID H. BARLOW, Ph.D.

# Stop Obsessing How To Overcome Your Obsessions And Compulsions

**James Claiborn,Cherlene  
Pedrick,Cherry Pedrick**

## **Stop Obsessing How To Overcome Your Obsessions And Compulsions:**

**Stop Obsessing!** Edna B. Foa, Reid Wilson, 2009-11-04 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

*The OCD Workbook* Bruce Hyman, Bruce M. Hyman, Cherry Pedrick, 2005 This revised edition of *The OCD Workbook* contains new findings on the causes of OCD including developments in genetic research It offers information on treatment options like neurosurgery and new medications and a new chapter on day to day coping strategies for people with OCD The new edition includes expanded coverage of related disorders like body dysmorphic disorder trichotillomania and skin picking New information on relapse prevention OCD in children and family involvement in OCD round out this important book Learn about the causes and symptoms of OCD Design a self directed cognitive behavior treatment plan Build a strong base of family support Evaluate professional treatment options Maintain your progress and deal with setbacks

**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

**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

*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

*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

*Concepts and Controversies in Obsessive-Compulsive Disorder* Jonathan S.

Abramowitz,Arthur C. Houts,2006-11-22 Few syndromes in psychopathology generate as much popular curiosity and clinical exploration as does obsessive compulsive disorder OCD Since the 1970s research on OCD has increased exponentially Speci c advances include an improved grasp of the heterogeneity of the disorder identi cation of putative subtyping schemes and the development of increasingly sophisticated theoretical models of the etiology and maintenance Perhaps most importantly research has led to advances in treatment and whereasthe rstlinetherapies cognitive behaviortherapyandserotonergicm ication are not entirely effective for every sufferer they have transformed OCD from an unmanageable lifetime af iction into a treatable problem that need not reduce quality of life Despite the aforementioned advances there have emerged a number of

sharp disagreements concerning OCD Differences have surfaced over phenomenological issues etiological models and approaches to treatment and often occur but not exclusively along disciplinary lines between biologically oriented and cognitively oriented authorities For example medical approaches posit that abnormal biological processes cause OCD whereas psychosocial formulations emphasize the role of learning and dysfunctional cognitions Yet because theoretical conjecture and empirical findings from within each tradition are typically addressed toward distinct and narrow audiences clinicians researchers and students with broad interests are hindered from gaining a clear grasp of the diverse and sometimes polarized perspectives

**Obsessive-Compulsive Disorder** Richard P. Swinson, Martin M. Antony, S. Rachman, Margaret A. Richter, 2001-10-31 Drawing upon extensive interviews and assessments of school age children who have lost a parent to death this book offers a richly textured portrait of the mourning process in children The volume presents major findings from the Harvard Child Bereavement Study and places them in the context of previous research shedding new light on both the wide range of normal variation in childrens experiences of grief and the factors that put bereaved children at risk The book also compares parentally bereaved children with those who have suffered loss of a sibling to death or of a parent through divorce exploring similarities and differences in these experiences of loss A concluding section explores the clinical implications of the findings and includes a review of intervention models and activities as well as a screening instrument designed to help identify high risk bereaved children

**The Obsessive Compulsive Trap: Real Help for a Real Struggle** Mark Crawford, 2004-06-01 The Obsessive Compulsive Trap is a down to earth and informative resource on obsessive compulsive disorder from a solid Christian perspective Dr Mark Crawford teaches how to diagnose OCD and describes the effects it has on more than 120 million people worldwide Drawing from an expansively clinical background he illustrates each chapter with clear examples of how men women and children have found real solutions for dealing with OCD It's time to get informed and start making changes in society's skewed understanding of this shattering disorder

**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

**Coping with Obsessive-Compulsive Disorder** Jan Van Niekerk, 2009-04-16 Obsessive Compulsive Disorder OCD is one of the most common mental health problems It leaves sufferers plagued by recurring unwanted thoughts and compulsive patterns of behaviour disrupting their everyday activities and preventing them from living their lives to the full In this groundbreaking work clinical psychologist Jan van Niekerk provides easy to follow strategies for breaking free from obsessive thoughts anxieties and rituals This comprehensive and helpful guide offers the most up to date techniques from cognitive behavioural therapy o Provides effective strategies for overcoming obsessional fears and reducing compulsive behaviours and ritualistic thinking o Helps you deal with low mood and low motivation o Shows you the benefits of following a healthy lifestyle and practicing regular

relaxation With step by step support sufferers of OCD will find a wealth of practical advice and encouragement to help them to understand their obsessions better reduce distress face their fears and overcome compulsions and so reclaim control of their lives **Journal of Behavior Therapy and Experimental Psychiatry** ,1991 **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 **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

**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 **Your Mental Health** Allen Frances,Michael B. First,1998 For the millions of Americans desperate for an understanding of the mental disorders and substance abuse problems that ravage the lives of one in five persons the screening questionnaire in this book helps with self diagnosis Chapters on specific disorders describe available treatment approaches **The Antidepressant Sourcebook** Andrew L. Morrison,1999 A user s guide for patients and families **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

**Using REBT with Common Psychological Problems** Joseph Yankura,1997 This practical guide leads the reader through case examples illustrating how practitioners can help their clients overcome common psychological problems by using REBT Topics include generalized anxiety disorder depression ADHD panic disorder anger and hostility and obsessive compulsive disorder Contributions by Albert Ellis Windy Dryden Ray DiGiuseppe Joe Yankura and others **The Big Book of Health Secrets** FC&A Publishing,2001-09

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