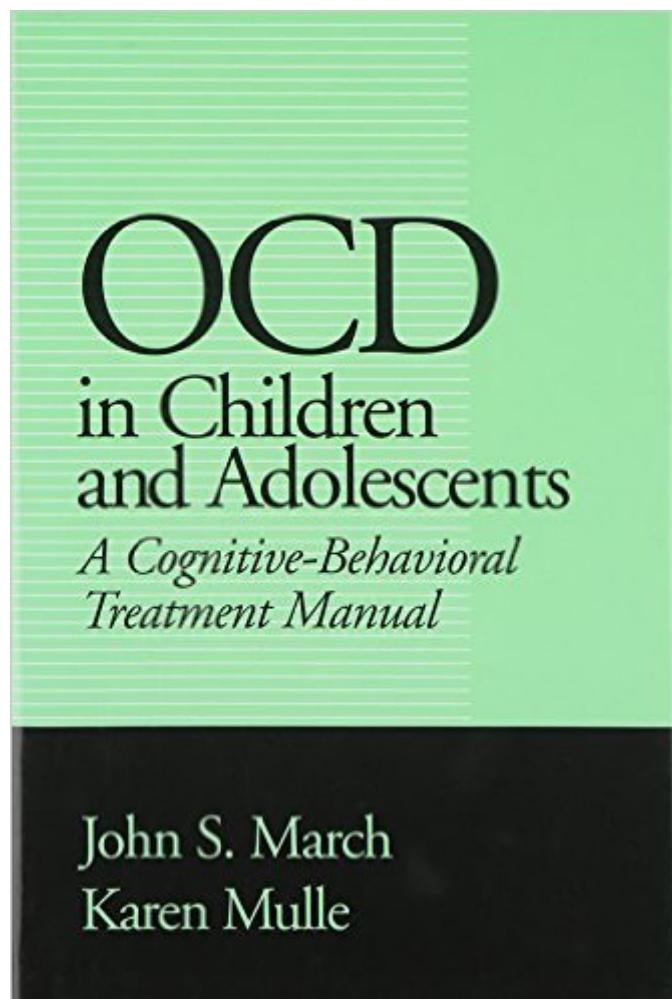


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# OCD In Children And Adolescents: A Cognitive-Behavioral Treatment Manual



## **Synopsis**

This practical manual presents a cognitive-behavioral treatment program that has been proven effective in eliminating or alleviating OCD symptoms in children across a broad range of ages and aptitudes. Building upon and expanding their internationally acclaimed HOW I RAN OCD OFF MY LAND, the authors provide an empirically grounded guide to assessment, treatment planning, and skills-based intervention. Clinicians are taken through the four stages of treatment--psychoeducation, cognitive training, mapping OCD, and graded exposure and response prevention--in 13 to 20 clearly structured treatment sessions. The book is enriched by sample dialogues, "clinical pearls" drawn from the authors' own experience, and appendices featuring reproducible rating scales, patient handouts, and tips and resources for parents. **PHOTOCOPY RIGHTS:** The publisher grants to individual purchasers nonassignable permission to reproduce handouts and forms in this book for clinical use with their clients. For details and limitations, see copyright page.

## **Book Information**

Hardcover: 298 pages

Publisher: The Guilford Press; 1 edition (May 21, 1998)

Language: English

ISBN-10: 1572302429

ISBN-13: 978-1572302426

Product Dimensions: 6.2 x 1 x 9.2 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 starsÂ  See all reviewsÂ  (13 customer reviews)

Best Sellers Rank: #146,150 in Books (See Top 100 in Books) #72 inÂ  Books > Health, Fitness & Dieting > Psychology & Counseling > Psychiatry > Child #81 inÂ  Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Mental Health #84 inÂ  Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Psychiatric

## **Customer Reviews**

John March is author of one of the best treatment manuals I have ever laid my eyes on. He and Mulle have laid out in very clear fashion what steps to follow in treating OCD in a child or adolescent. They add tips on what to do when problems arise and include gems of clinical knowledge that make this a must have resource for anyone treating OCD. While the book is about treating children and adolescents I have found it helped me think more clearly about doing the same

type of treatment with adults. This book is directed toward the therapists who may not have a background in cognitive behavioral treatment and explains some concepts that may seem strange to those from other backgrounds. It is not written for parents but I have recommended it to them since there is little else around that explains things anywhere near as clearly.

After searching the internet and reading many books for information in an effort to understand the condition my son suddenly developed, many references were made to this treatment manual. Although I am only a parent, and this book is meant for therapists, I decided to purchase it anyway. Along with my son's therapist and a low dose of medication, we used the methods and suggestions in this book to overcome his OCD. The real therapy happens at home with strong family involvement and support, so parents need to fully understand what they need to do. This book clearly guides you through the exposure and response prevention therapy steps, which is the only therapy that will help someone overcome OCD. Although I found some parts to be technical, rereading them helped me understand them better. I recommend this book for motivated parents, children & adolescents who want to overcome their OCD. The therapy is hard work, but after several weeks, you will be much better!

As a therapist in search of a clear understanding of the treatment protocols for OCD involving exposure response prevention techniques I found this book to be full of useful tools, guidelines, and case examples. Homework pages that can be copied and given to clients most helpful. This book is designed with the therapist in mind but parents may also find it helpful.

I purchased this book for work with adolescent clients and was new to this diagnosis - it is straightforward, clear, hopeful, and contains blueprints for treatment that are applicable to any population suffering from OCD. I would recommend this as the key text to use for treatment and is user-friendly for parents as well.

I bought this book to give to a supervisee working with an OCD child. She found it very helpful in understanding OCD, and also in the ideas and structure of the sessions. We both found this book combined with the "What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD" very beneficial in providing appropriate techniques, helping parents/guardians of the OCD child, as well as the child. Highly recommend!!!

This is a how to textbook for counselors. Every session is outlined step by step. If you want to treat your OCD client with CBT this book tells you exactly how.

This is an outstanding book about treatment of OCD in children and adolescents. This is my fourth or fifth copy as I like to loan it to parents or supervisees when I am working with them. The treatment model is very effective and the book makes it easy to understand and implement.

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