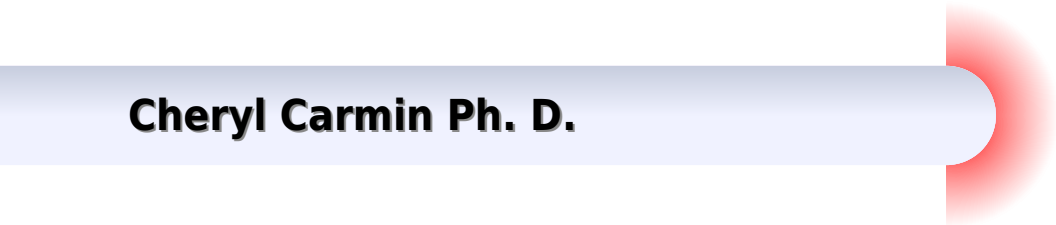


Symptoms of Obsessive Compulsive Disorder



Obsessive Compulsive Disorder

Cheryl Carmin Ph. D.



Obsessive Compulsive Disorder:

Obsessive-Compulsive Disorder Bruce M. Hyman, Cherry Pedrick, 2011-01-01 Presents an overview of obsessive compulsive disorder that includes information on the nature symptoms treatment and methods of dealing with the disease

Obsessive-compulsive Disorder Christopher Pittenger, 2017-09-12 Obsessive compulsive disorder affects approximately one person in 40 and causes great suffering Effective treatments are available that can help many and our understanding of the psychology neurobiology and clinical treatment of the disorder has advanced dramatically over the past 25 years Nevertheless much remains to be learned and a substantial minority of patients benefit little even from the best treatments we have to offer today This volume provides the first comprehensive summary of the state of the field summarizing topics ranging from genetics and neurobiology through cognitive psychology clinical treatment related conditions societal implications and personal experiences of patients and clinicians This book is unique in its comprehensive coverage that extends far beyond the realm of cognitive behavioral therapy As such it will serve as a valuable introduction to those new to the field a fascinating resource for OCD sufferers and their families and an essential reference for students clinicians and researchers

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 Specific advances include an improved grasp of the heterogeneity of the disorder identification 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 where as the rest line therapies cognitive behavior therapy and serotonergic medication are not entirely effective for every sufferer they have transformed OCD from an unmanageable lifetime affliction 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 cognitive behaviorally 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, 1996 *Obsessive-Compulsive Disorder* Sandra Giddens, 2008-08-15 Discusses obsessive compulsive disorder in teenagers including its symptoms causes and treatments Obsessive Compulsive Disorder Leslie J. Shapiro, 2020-07-23 A comprehensive introduction to one of the most common psychiatric disorders a condition that results in intrusive irrational thoughts and or repetitive illogical physical or mental actions Titles in this Health

and Psychology Sourcebooks series address psychological physical or environmental conditions that threaten human health and wellbeing This book presents a comprehensive overview of OCD one of the five most common psychiatric disorders Obsessions range from those associated with contamination safety and order or symmetry to scrupulosity or the need to do the right thing Compulsions range from counting touching and tapping to excessive cleaning washing arranging or even hoarding Written by a therapist among the most experienced in the world in dealing with this disorder this book covers the incidence symptoms diagnosis history development and causes as well as the effects and costs of OCD It also addresses theory research and treatments and offers insight into and case studies illustrating how the disorder displays in society at work and in relationships A glossary of terms suggested further readings and resource websites and organizations listing are included

Clinical Handbook of Obsessive-Compulsive Disorder and Related Problems Jonathan S. Abramowitz, Dean McKay, Steven Taylor, 2008 Obsessive compulsive disorder OCD is a complex set of thoughts and behaviors that can vary greatly from person to person and can be related to and complicated by a wide range of other disorders Clinicians are confronted with the challenge of accurately classifying its many variants and developing effective systematic treatments for them Some believe that OCD and related problems should be treated as subtypes of one condition others argue that OCD is composed of a spectrum of many similar conditions that should be treated individually In this handbook Jonathan S. Abramowitz Dean McKay and Steven Taylor present an approach to diagnosis and treatment that considers subtype and spectrum concepts They examine specific presentations of OCD the symptoms that are often seen in practice as well as the many disorders that may fall within the OCD spectrum For each symptom and putative spectrum condition they discuss empirical support theories of etiology and treatment issues The volume covers cognitive behavioral and biological factors as well as the latest approaches to psychological and pharmacologic therapy including complicating factors in treatment In concluding chapters the authors critically address the current literature on proposed subtype and spectrum disorders consider the clinical implications of the literature and map out a comprehensive integrated approach for understanding OCD and related conditions The only work on OCD that covers treatment options for specific symptoms and the full spectrum of related disorders this handbook is a must have for clinicians who are dedicated to improving the lives of patients with these challenging mental conditions

Mastery of Obsessive-Compulsive Disorder Edna B. Foa, Michael J. Kozak, 2004-11-11 Self monitoring forms to accompany Client Workbook for Mastery of Obsessive Compulsive Disorder ISBN 0 19 518683 4

Obsessive-Compulsive Disorder Vladimir Kalinin, 2014-04-03 Although Obsessive Compulsive Disorder OCD has been known since the ancient times the exact etiology and pathogenesis of OCD unfortunately still remain unknown In addition the therapeutic approaches elaborated for the treatment of OCD as a whole are not perfect and this disorder as a rule is characterized by unfavorable course and lack of full therapeutic response In the current book some modern data on pathogenesis phenomenology and treatment of OCD are presented Besides the data on co morbidity of OCD with other

neurological and psychiatric disorders are also included This book is intended for broad circle of readers but mostly for psychiatrists psychologists and neurologists *Clinical Guide to Obsessive Compulsive and Related Disorders* Jon E. Grant, Samuel Chamberlain, Brian L. Odlaug, 2014 Clinical Guide to Obsessive Compulsive and Related Disorders is a complete comprehensive overview of OCD and related disorders trichotillomania excoriation disorder hoarding disorder body dysmorphic disorder and tic disorders Based on the DSM 5 the book uses the latest evidence based information regarding treatments including medication options behavioral therapies alternative treatments and developments in surgical treatment

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 children's 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 *Sexual Obsessions in Obsessive-Compulsive Disorder* Monnica T. Williams, Chad T. Wetterneck, 2019-07-09 Sexual obsessions are a common symptom of OCD but addressing them in treatment is uniquely challenging due to feelings of shame prior misdiagnosis and the covert nature of ritualizing behaviors These complicating factors make it difficult for clients to disclose their symptoms and for clinicians to know how to approach treatment Sexual Obsessions in Obsessive Compulsive Disorder provides clinicians with the information and guidance needed to help clients experiencing unwanted and intrusive thoughts of a sexual nature Opening with background information on sexual obsessions and OCD including assessment and differential diagnosis Williams and Wetterneck then offer a complete step by step manual describing treatment using a combination of empirically supported CBT strategies such as exposure and response prevention cognitive therapy and acceptance and commitment therapy as well as useful mindfulness techniques Accompanying these practical step by step instructions are educational handouts and diagrams for clients designed to promote learning The book concludes with a discussion of relationship issues that commonly result from sexually themed OCD and how therapists can tackle these problems Sexual Obsessions in Obsessive Compulsive Disorder is an essential resource for clinicians who treat OCD as well as students and trainees from across the mental health professions **Obsessive-Compulsive Disorder** Hilary W. Poole, 2018-08-01 Have you ever worried that you've forgotten something important even though you knew everything was really okay Some people can't stop themselves from checking or counting or washing their hands These are symptoms of obsessive compulsive disorder OCD OCD can leave people feeling helpless and out of control The lives of millions of kids are

affected by mental illness And yet it s all too common for kids to feel like they are alone with their problems Whether you re seeking information for family friends or yourself these books help explain the challenges faced by people with mental disorders

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

The World of Obsessive-Compulsive Disorder Dana Fennell,2022-01-11 This book depicts the lives of people with OCD Based primarily on interviews with those who have the disorder this book follows them from when they first started to believe they had a problem all the way to life after treatment

Obsessive-compulsive Disorder Peggy J. Parks,2011 Obsessive compulsive disorder commonly called OCD is a complex mental illness that involves repetitive thoughts obsessions which cause people to perform repetitive acts compulsions in an effort to seek relief Through objective overviews primary sources and full color illustrations this title examines What Is Obsessive Compulsive Disorder What Causes Obsessive Compulsive Disorder What Problems Are Associated with Obsessive Compulsive Disorder and Can People Overcome Obsessive Compulsive Disorder

[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

"It'll Be Okay." Shannon Shy,2009-03-13 Shannon Shy is a senior civilian attorney with the Department of the Navy and a retired U S Marine Corps Reserve Lieutenant Colonel In 1997 while on active duty with the Marines he was diagnosed with a severe case of obsessive compulsive disorder or OCD His OCD had become so severe he became practically non functioning He constantly

found himself in a seemingly endless loop of intrusive and irrational thoughts mental anguish physical pain and odd behaviors It got to the point where he secretly and repeatedly thought that suicide would be better than the anguish embarrassment and the pain While he had suspected for several years that he had some disorder he was afraid to admit it to anyone and afraid to be diagnosed He had concluded that doing so would cause him to lose his career and his wife and two young sons Finally after some nudging from his wife and a colleague and after one very memorable OCD episode he called a psychiatrist With the aid of doctors medication and behavioral therapy he developed an effective behavioral strategy what he calls Ground Rules and Checkpoints to manage his OCD He now lives a very happy and productive life and has for many years without medication and without doctors OCD no longer adversely affects him This book is about how a young Marine officer attorney and family man faced and overcame a relentless enemy called OCD It is a story about struggle perseverance and overcoming adversity This book is not intended as medical advice Rather it provides hope comfort confidence and insight to some practical techniques for those suffering from OCD and for those trying to help someone with OCD

Obsessive-Compulsive Disorder Demystified Cheryl Carmin Ph. D.,2010-02 A comprehensive and helpful guide explains what parts of the brain are responsible for causing obsessive compulsive disorders what sufferers can do to stop it and what family members can do to help List examples and cases studies A good tool for OCD sufferers to use in understanding and explaining to others how OCD works

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

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