

[PDF] The OCD Workbook: Your Guide To Breaking Free From Obsessive-Compulsive Disorder

Cherlene Pedrick RN, Bruce M. Hyman PhD LCSW - pdf download free book

Books Details:

Title: The OCD Workbook: Your Guide
Author: Cherlene Pedrick RN, Bruce M
Released: 2010-11-01
Language:
Pages: 352
ISBN: 1572249218
ISBN13: 978-1572249219
ASIN: 1572249218



[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

Description:

Review

"This book is exceptional in that it has practical benefits for both obsessive-compulsive disorder (OCD) sufferers and for clinicians. For sufferers, it serves as a self-help treatment guide for understanding the disorder and using proven treatment techniques to bring about symptom

reduction. For clinicians, it serves as a treatment manual that can assist in making the initial diagnosis, identifying the particular OCD subtype, and developing a successful treatment plan.”
—Paul R. Munford, Ph.D., director of the intensive outpatient treatment program at the Cognitive Behavior Therapy Center for OCD and Anxiety in San Rafael, CA, author of *Overcoming Compulsive Washing*

“More than just a workbook, this work by Hyman and Pedrick defines and demystifies obsessive-compulsive disorder. In addition, it offers therapists and patients a highly specific and useful treatment program. *The OCD Workbook* should be an important addition to your collection of OCD treatment literature.”

—Robert H. Ackerman, MSW, clinical assistant professor in the Department of Psychiatry at the State University of New York, Health Science Center at Brooklyn

“A wealth of information and real help for people with OCD and their families! The OCD Workbook is a great resource that is practical and easy to understand, with the latest updates and effective step-by-step strategies.”

—Aureen Pinto Wagner, Ph.D., author of *Up and Down the Worry Hill: A Children’s Book About OCD*, *What to Do When Your Child Has OCD*, and *Treatment of OCD in Children and Adolescents*

“While there are many self-help books for OCD sufferers, there are few that are of the same caliber, in terms of completeness and usefulness, as Hyman and Pedrick’s *The OCD Workbook*. This is a first-rate resource for those seeking to recover their lives from this torturous disorder.”

—Fred Penzel, Ph.D., licensed psychologist and executive director of Western Suffolk Psychological Services in Huntington, NY, and author of *Obsessive-Compulsive Disorders*

“Bruce Hyman and Cherry Pedrick’s updated and expanded version of their classic, *The OCD Workbook*, is one of the best self-help books on OCD. Many sections have been expanded and new ones added. Readers will find up-to-date information on their own particular OCD concerns and how to conquer them.”

—Bruce Mansbridge, Ph.D., author of *The Complete Idiot’s Guide to Conquering Obsessive-Compulsive Behavior* and clinical assistant professor of psychology at the University of Texas, Austin

“The third edition of *The OCD Workbook* expands on the already comprehensive second edition by adding new insights in areas including mindfulness meditation, responsibility modification techniques, and acceptance and commitment therapy. Here the reader finds the most

comprehensive survey of cognitive behavioral treatment for OCD that is accessible to the layman. All is clearly written, easily grasped, and laid out in a very user-friendly manner. Every OCD sufferer should read this book!"

—Ian Osborn, MD, psychiatrist, assistant professor of psychiatry at the University of New Mexico Health Science Center, and author of *Tormenting Thoughts* and *Secret Rituals: The Hidden Epidemic of Obsessive-Compulsive Disorder*

"This book is an extremely helpful step-by-step guide to overcoming OCD. The authors are experienced in the treatment of this debilitating disorder and provide an easy formula for understanding and treating the symptoms of OCD and some spectrum disorders, such as health anxiety and body dysmorphic disorder. It is a very thorough book explaining the need to engage in therapy and how to apply specific strategies for specific symptoms. Some helpful hints are also provided for family members. I strongly recommend the book for those combating OCD."

—Fugen Neziroglu, Ph.D., board-certified behavior and cognitive therapist, director of the Bio-Behavioral Institute in Great Neck, NY, and author of *Body Dysmorphic Disorder*

"This is an excellently organized, self-directed program to assist sufferers of OCD. The examples of cognitive behavioral treatment components for adults and children with OCD are very comprehensive. Parents and family will find support and assistance in breaking the patterns of enabling, and therapists will be able to implement behavioral assignments that will decrease OCD suffering."

—Blanche Freund, adjunct professor of psychology and psychiatry at the University of Miami School of Medicine

"There has long been a need for a workbook that puts concrete instructions for doing therapy directly into the hands of people with OCD and their families. Hyman and Pedrick have admirably filled that need in this book. *The OCD Workbook* provides critically important practical information on how to overcome a wide variety of OCD symptoms."

—Jeffrey M. Schwartz, MD, research professor of psychology at the University of California, Los Angeles, and author of *Brain Lock* and *The Mind and the Brain*

From the Publisher *The OCD Workbook, Third Edition* offers the latest findings on the causes and most effective treatments for obsessive-compulsive disorder (OCD). It includes helpful information on medications and shows readers how they can calm their impulses through techniques drawn from acceptance and commitment therapy and cognitive behavioral therapy.

- Title: The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder
 - Author: Cherlene Pedrick RN, Bruce M. Hyman PhD LCSW
 - Released: 2010-11-01
 - Language:
 - Pages: 352
 - ISBN: 1572249218
 - ISBN13: 978-1572249219
 - ASIN: 1572249218
-