

Daring To Challenge Ocd Overcome Your Fear Of Treatment And Take Control Of Your Life Using Exposure And Response Prevention

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Daring to Challenge OCD: Overcome Your Fear of Treatment ...

Daring to Challenge OCD: Overcome Your Fear of Treatment and Take Control of Your Life Using Exposure and Response Prevention. If you have obsessive-compulsive disorder (OCD), you may suffer from obsessive thoughts and anxiety, and use compulsions to alleviate your distress.

Daring to Challenge OCD: Overcome Your Fear of Treatment ...

In Daring to Challenge OCD, anxiety specialist Joan Davidson, PhD, gives a thorough overview of ERP, what to expect during treatment, and offers gentle guidance to help you finally overcome the common fears and obstacles that can stand in the way of getting the help you need. Three clients with different OCD symptoms share their personal stories and insights about OCD and treatment.

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Daring to Challenge OCD: Overcome Your Fear of Treatment ...

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Daring to Challenge OCD : Joan Davidson : 9781608828593

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Daring to Challenge OCD eBook by Joan Davidson, PhD ...

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"Characterized by obsessive thoughts, anxiety and compulsions, obsessive-compulsive disorder (OCD) can be an extremely debilitating condition. However, many people with OCD are reluctant to start treatment due to fear, stigma, and misconceptions regarding exposure and response prevention (ERP) therapy. In Daring to Challenge OCD, anxiety specialist Joan Davidson, PhD, gives a thorough overview of ERP, what to expect during treatment, and offers guidance to help readers finally overcome the common fears and anxiety that can stand in the way of getting the help they need"--

If you have obsessive-compulsive disorder (OCD), you may suffer from obsessive thoughts and anxiety, and use compulsions to alleviate your distress. You know, more than anyone, how debilitating this condition can be. But you may also be reluctant to start treatment due to fears and misconceptions regarding therapy--particularly exposure and response prevention (ERP) therapy. You may even think of a number of reasons not to go, or to drop out, but if you are committed to getting better, you need to take that important step toward healing. ERP is a proven-effective treatment that can help people with OCD break free from the constraints of their disorder; however, starting treatment can feel frightening. Many people wonder what treatment will be like and how they will ever face some of their worst fears. They want to hear from others who have successfully completed therapy. In Daring to Challenge OCD, anxiety specialist Joan Davidson, PhD, gives a thorough overview of ERP, what to expect during treatment, and offers gentle guidance to help you finally overcome the common fears and obstacles that can stand in the way of getting the help you need. Three clients with different OCD symptoms share their personal stories and insights about OCD and treatment. If you are considering treatment, you may ask yourself, What will my therapist expect me to do? Will treatment be too difficult for me to handle? Will I be asked to do things that put me at risk?What are realistic expectations for recovery? This book will demystify treatment for OCD so that you can face your fears and start changing your life. And if you are a therapist helping clients build motivation to engage in ERP, this book offers real treatment stories and exercises for clients, making it an invaluable resource for therapists and wonderful suggested reading for clients building motivation to commit to treatment.

Don't let your thoughts and fears define you. In Overcoming Harm OCD, psychotherapist Jon Hershfield offers powerful cognitive behavioral therapy (CBT) and mindfulness tools to help you break free from the pain and self-doubt caused by harm OCD. Do you suffer from violent, unwanted thoughts and a crippling fear of harming others? Are you afraid to seek treatment for fear of being judged? If so, you may have harm OCD--an anxiety disorder associated with obsessive-compulsive disorder (OCD). First and foremost, you need to know that these thoughts do not define you as a human being. But they can cause a lot of real emotional pain. So, how can you overcome harm OCD and start living a better life? Written by an expert in treating harm OCD, this much-needed book offers a direct and comprehensive explanation of what harm OCD is and how to manage it. You'll learn why you have unwanted thoughts, how to identify mental compulsions, and find an overview of cognitive-behavioral and mindfulness-based treatment approaches that can help you reclaim your life. You'll also find tips for disclosing violent obsessions, finding adequate professional help, and working with loved ones to address harm OCD systemically. And finally, you'll learn that your thoughts are just thoughts, and that they don't make you a bad person. If you have harm OCD, it's time to move past the stigma and start focusing on solutions. This evidence-based guide will help light the way.

Are you plagued by obsessive thoughts, rituals or routines? Would you like to regain control over your behaviour and cast your fears aside? Whether you are compelled to wash your hands more and more thoroughly or feel the need to keep checking that you've turned off appliances, obsessive worries can be a drain on daily life. However, you don't need to suffer any more. This practical guide, written by three leading cognitive behavioural therapy experts, enables you to make sense of your symptoms, and gives a simple plan to help you conquer OCD. Includes: detailed information on the many different manifestations of OCD; the differences between normal and obsessive worries; clear information on treating your individual problem; real-life case studies and examples; and advice and support for friends and family of OCD sufferers. Whether your condition is mild or severe, this definitive resource will help you reclaim your life and keep OCD away for good.

At any one time at least five million people in the United States are experiencing the symptoms of Obsessive-Compulsive Disorder (OCD), a mental disorder defined by recurrent, unwelcome thoughts (obsessions) and repetitive behaviors (compulsions) that OCD sufferers feel driven to perform. The OCD Answer Book is an authoritative reference for these adults and their loved ones, providing sound advice and immediate answers to their most pressing questions. -What is an obsession? -What is a compulsion? -Is it possible to "grow out" of OCD? -Does OCD run in families? -What increases my risk for OCD? -If I check something several times does that mean that I suffer from OCD? -I heard that OCD and strep throat might be related to each other. Is that true? Written by an experienced psychologist in an easy-to-read Q&A format, The OCD Answer Book helps readers and their loved ones cope with OCD, conquer their fears, and seek therapy when necessary.

Barry Joe McDonagh ("Joe Barry"), a native of Ireland, developed his anti-anxiety plan while studying at the University College of Dublin (UCD). His thoughts on anxiety and panic disorders were first published in 2001. Based on hard science and years of experience helping people who suffer from anxiety, Barry McDonagh has perfected the way to overcome anxiety and get people back to living life to the fullest. You will not only learn how to end your anxiety problem, but you will also discover how to turn this problem into personal triumph. Barry says " I teach people how to heal their anxiety so they can get back to living their life again to the fullest."

They're more than their problems Obsessive-compulsive teen Clarissa wants to get better, if only so her mother will stop asking her if she's okay. Andrew wants to overcome his eating disorder so he can get back to his band and their dreams of becoming famous. Film aficionado Ben would rather live in the movies than in reality. Gorgeous and overly confident Mason thinks everyone is an idiot. And Stella just doesn't want to be back for her second summer of wilderness therapy. As the five teens get to know one another and work to overcome the various disorders that have affected their lives, they find themselves forming bonds they never thought they would, discovering new truths about themselves and actually looking forward to the future.

"The most empowering OCD book I have ever read." --Reid Wilson, PhD, author of Stopping the Noise in Your Head Don't just survive--thrive. In Everyday Mindfulness for OCD, two experts in obsessive-compulsive disorder (OCD) offer a blend of mindfulness, humor, and self-compassion to help you stop dwelling on what's wrong and start enhancing what's right--leading to a more joyful life. If you've been diagnosed with OCD, you already understand how your obsessive thoughts, compulsive behavior, and need for rituals can interfere with everyday life. Maybe you've already undergone therapy or are in the midst of working with a therapist. It's important for you to know that life doesn't end with an OCD diagnosis. In fact, it's possible to not only live with the disorder, but also live joyfully. This practical and accessible guide will show you how. In Everyday Mindfulness for OCD, you'll discover how you can stay one step ahead of your OCD. You'll learn about the world of mindfulness, and how living in the present moment non-judgmentally is so important when you have OCD. You'll also explore the concept of self-compassion--what it is, what it isn't, how to use it, and why people with OCD benefit from it. Finally, you'll discover daily games, tips, and tricks for outsmarting your OCD, meditations and mindfulness exercises, and much, much more. Living with OCD is challenging--but it doesn't have to define you. If you're tired of focusing on how "hard" living with OCD is and are looking for fun ways to make the most of your unique self, this book will be a breath of fresh air.

This book describes the symptoms, diagnosis, and treatment of OCD, and offers advice for teenagers on how to deal with the problems it may cause while getting on with everyday life.

Do you ever wonder what is happening inside your brain when you feel anxious, panicked, and worried? In Rewire Your Anxious Brain, psychologist Catherine Pittman and author Elizabeth Karle offer a unique, evidence-based solution to overcoming anxiety based in cutting-edge neuroscience and research. In the book, you will learn how the amygdala and cortex (both important parts of the brain) are essential players in the neuropsychology of anxiety. The amygdala acts as a primal response, and oftentimes, when this part of the brain processes fear, you may not even understand why you are afraid. By comparison, the cortex is the center of "worry." That is, obsessing, ruminating, and dwelling on things that may or may not happen. In the book, Pittman and Karle make it simple by offering specific examples of how to manage fear by tapping into both of these pathways in the brain. As you read, you'll gain a greater understanding how anxiety is created in the brain, and as a result, you will feel empowered and motivated to overcome it. The brain is a powerful tool, and the more you work to change the way you respond to fear, the more resilient you will become. Using the practical self-assessments and proven-effective techniques in this book, you will learn to literally "rewire" the brain processes that lie at the root of your fears.