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Titolo	Talking Back to OCD [[electronic resource]] : The Program That Helps Kids and Teens Say
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Nota di contenuto	CONTENTS; Preface; Introduction: An Important Message for Parents; PART I; Up Close but Not So Personal:A New Look at OCD for Parents (and Kids); 1; What Is OCD?; 2; What Does OCD Look Like?; 3; What Causes OCD?; 4; How Is OCD Treated?; PART II; Eight Steps for Getting Rid of Obsessionsand Compulsions; 5; Step 1: What Kind of Treatment Is This, Anyway?; Step 1: Instructions for Parents; 6; Step 2: Talking Back to OCD; Step 2: Instructions for Parents; 7; Step 3: Making a Map; Step 3: Instructions for Parents 150; 8; Step 4: Finishing My Toolkit; Step 4: Instructions for Parents; 9 Step 5: Beginning to ResistStep 5: Instructions for Parents 199; 10; Step 6: I'm in Charge Now; Step 6: Instructions for Parents; 11; Step 7: Eliminating OCD Everywhere; Step 7: Instructions for Parents; 12; Step 8: Keeping OCD Away for Good; Step 8: Instructions for Parents; Summaries of the Steps; How to Find a Therapist; Resources; Therapist's Checklist of Obsessions and Compulsions; Index; About the Authors
Sommario/riassunto	Fourteen-year-old Eric is plagued by thoughts that germs on his hands

could be making his family sick. Kelly, age 8, feels distressed if she can't count her pencils in multiples of four. No one wants to get rid of OCD more than they do--that's why Talking Back to OCD puts the power to beat obsessions and compulsions in their hands. This uniquely designed volume is really two books in one. The first portion of each chapter teaches children and adolescents skills they can use to take charge of the illness. Instructions that follow show their parents how to provide encouragement and support. Base
