

1. Record Nr.	UNINA9910824951803321
Autore	March John S., MD.
Titolo	Talking back to OCD : the program that helps kids and teens say "no way"-- and parents say "way to go" // John S. March, with Christine M. Benton
Pubbl/distr/stampa	New York, : Guilford Press, c2007
ISBN	1-281-12426-5 9786611124267 1-59385-630-X
Edizione	[1st ed.]
Descrizione fisica	1 online resource (288 p.)
Altri autori (Persone)	BentonChristine M
Disciplina	618.92/85227
Soggetti	Obsessive-compulsive disorder in children Obsessive-compulsive disorder in adolescence
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 261-264) and index.
Nota di contenuto	Introduction -- Up close but not so personal : a new look at OCD for parents (and kids) -- What is OCD? -- What does OCD look like? -- What causes OCD? -- How is OCD treated? -- Eight steps for getting rid of obsessions and compulsions -- Step 1: what kind of treatment is this, anyway? -- Step 1: instructions for parents -- Step 2: talking back to OCD -- Step 2: instructions for parents -- Step 3: making a map -- Step 3: instructions for parents -- Step 4: finishing my toolkit -- Step 4: instructions for parents -- Step 5: beginning to resist -- Step 5: instructions for parents -- Step 6: I'm in charge now -- Step 6: instructions for parents -- Step 7: eliminating OCD everywhere -- Step 7: instructions for parents -- Step 8: keeping OCD away for good -- Step 8: instructions for parents.
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
