

Obsessive Compulsive Anonymous

**Recovering from
Obsessive Compulsive Disorder**

Obsessive Compulsive Anonymous Recovering From Obsessive Compulsive Disorder

**James B. Davis, Kathryn
Swanson, Maureen Lynch**



Obsessive Compulsive Anonymous Recovering From Obsessive Compulsive Disorder:

Obsessive Compulsive Anonymous Obsessive Compulsive Anonymous,1990 Time Tested Recovery Principles For OCD We of Obsessive Compulsive Anonymous OCA have all felt the fury of Obsessive Compulsive Disorder OCD OCD with its crippling power had left us physically emotionally and spiritually sick Here we present firsthand our struggles and recoveries from OCD Fortunately now the medical and psychological communities have effective treatments for OCD For many of us though this wasn't enough The 12 Step program of OCA has proven to be an important part in our continuing recoveries from OCD Here we include The 12 Step program for OCD Endorsements from psychiatrists and psychologists 33 personal stories of OCD and recovery Resources for OCD

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Obsessive Compulsive Anonymous ,1990 Loving Someone with OCD Karen J. Landsman,Kathleen M. Parrish,Cherlene Pedrick,2005-05-01 People who suffer from mental illness rarely do so alone Their families and loved ones face their own set of unique challenges problems that deserve their own resources and sources of support This is the first book written specifically to the loved ones of people with obsessive compulsive disorder OCD It helps readers examine how OCD affects their lives and offers a straightforward system for building a healthier more constructive relationship with OCD sufferers The book contains basic information about OCD its definition cause and symptoms and a brief overview of treatments available for the disorder After these introductory sections the book focuses on ways readers can foster a healthy relationship with someone with OCD It includes tips for increasing family involvement making accommodation for the disorder in daily life and creating an action plan for change using family contracts The book also covers relational topics such as parenting and marriage self care and support networking Throughout the book illustrates important points with the real life stories of families living with OCD

The OCD Workbook Bruce M. Hyman,Cherlene Pedrick,2010-11-01 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

The OCD Workbook Bruce Hyman,Bruce M. Hyman,Cherry Pedrick,2005 This revised edition ofThe OCD Workbook contains new findings on the causes of OCD including developments in genetic research It offers information on treatment options like neurosurgery and new medications and a new chapter on day to day coping strategies for people with OCD The

new edition includes expanded coverage of related disorders like body dysmorphic disorder trichotillomania and skin picking
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support Evaluate professional treatment options Maintain your progress and deal with setbacks *Obsessive-compulsive
Disorder* Robert M. Collie,2005 Examine the fourth largest mental health problem in America OCD and how YOU can help
Since obsessive compulsive disorder affects 2 5% of the world population someone you know is likely to have this disorder
Obsessive Compulsive Disorder A Guide for Family Friends and Pastors is a handy physician s assistant that not only provides
a fresh overview of OCD but also focuses on the issue of scrupulosity obsessive compulsive anxiety over scruples in self and
others as a religious issue Written by a pastoral counselor who is also a clinical social worker this book will help you gain
insight into the psychological and neurological dimensions of the disorder the problems of those suffering from OCD and the
development of support groups Written with extensive knowledge and deep compassion Obsessive Compulsive Disorder A
Guide for Family Friends and Pastors presents the latest information available on OCD and its effects upon sufferers and
their personal relationships The information is discussed in both pastoral as well as therapeutic aspects explaining OCD in
the brain then continuing with ways to help a sufferer manage the conflict Special attention is paid to the issue of
scrupulosity seeing sin where there is no sin which is especially symptomatic for many Roman Catholics Orthodox Jews and
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workers psychiatric nurses marriage counselors and for anyone who cares about someone with OCD Let's Talk Facts
about Obsessive-Compulsive Disorder American Psychiatric Association,1988-07 **The OCD Workbook (Volume 2 of 2)**
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for Rare Disorders,2002 This reference for lay readers and health care professionals presents information on disorders
affecting fewer than 200 000 people in the U S at any one time Each of the more than 1 100 entries describes the
characteristics causes and symptoms of a particular disorder The extensively cross referenced volume also features profiles
of 680 disease specific organizations as well as 629 umbrella organizations and 77 government agencies Annotation
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