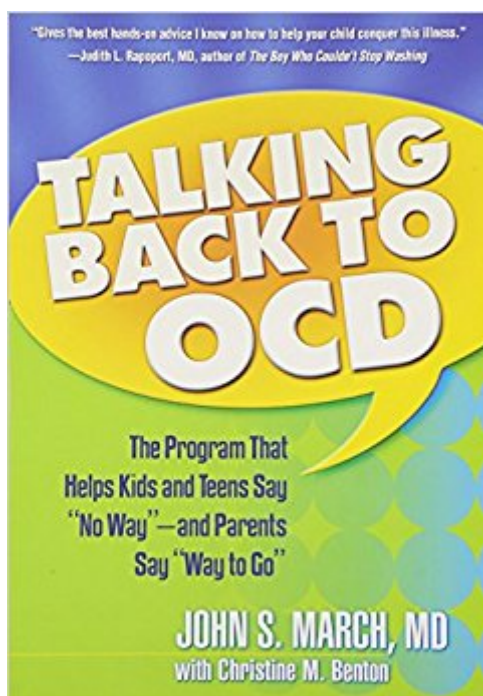


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# Talking Back To OCD: The Program That Helps Kids And Teens Say "No Way" -- And Parents Say "Way To Go"



## Synopsis

No one wants to get rid of obsessive-compulsive disorder more than someone who has it. That's why Talking Back to OCD puts kids and teens in charge. Dr. John March's eight-step program has already helped thousands of young people show the disorder that it doesn't call the shots--they do. This uniquely designed volume is really two books in one. Each chapter begins with a section that helps kids and teens zero in on specific problems and develop skills they can use to tune out obsessions and resist compulsions. The pages that follow show parents how to be supportive without getting in the way. The next time OCD butts in, your family will be prepared to boss back--and show an unwelcome visitor to the door. ã Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

## Book Information

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Age Range: 4 and up

Grade Level: Preschool and up

## Customer Reviews

"Gives the best hands-on advice I know on how to help your child conquer this illness. Finally, the right book to give my patients!" --Judith L. Rapoport, MD, author of The Boy Who Couldn't Stop Washing "An excellent example of how research findings and first-rate clinical applications can be conveyed in an extremely reader-friendly fashion. The book, which provides sage guidance for both parents and youth, is highly informed and well written. Dr. March has succeeded in providing a valuable resource and clinical tool."--Philip C. Kendall, PhD, Department of Psychology, Temple

University "From an internationally recognized expert on childhood OCD, this book is readable, doable, and based on the most up-to-date treatment research. I highly recommend it to parents and children!"--Henrietta L. Leonard, MD, coauthor of *Is It "Just a Phase"?* "Dr. March is a world expert on helping young people recover from OCD. In this much-needed book, he shares his wealth of knowledge and experience with parents and children. Full of practical tips and examples for families, the book helps the child take charge while showing parents how to support the recovery process. Dr. March tackles the bewilderment and isolation felt by so many families, highlighting the fact that OCD is nobody's fault and emphasizing that recovery is possible. I am looking forward to using this accessible book with the families I treat."--Isobel Heyman, MBBS, PhD, MRCPsych, Maudsley Hospital, United Kingdom "There's good news about recovery from childhood OCD, and it's called *Talking Back to OCD*. Dr. March explains with clarity and compassion what parents deserve to hear: They can make a difference in their children's lives. A highly respected, innovative clinical researcher, he describes each component of recovery in ways that both parents and children will understand and appreciate."--R. Reid Wilson, PhD, author of *Don't Panic* and coauthor of *Stop Obsessing!* "I highly recommend this book for parents and their children with mild to moderate OCD. Dr. March provides detailed steps that can empower a young person to battle obsessive-compulsive disorder. The strong personal vignettes will help parents finally begin to understand the obsessions and compulsions that drive their child or teen to perform exhausting rituals."--Joy Kant, mother of a son with OCD and former president, International OCD Foundation "Readable....encouraging....Worksheets, graphs, and quotes are scattered throughout; an appendix covers how to find a therapist, and additional resources are listed. There are other books on OCD for parents...but this is the only title aimed at both the sufferer and the parents; its emphasis on OCD as an illness motivates the child and parents to isolate OCD from the individual. Highly recommended. (starred review)" (Library Journal 2006-12-30)

John S. March, MD, is Chief of Child and Adolescent Psychiatry at Duke University Medical Center. A widely published author of books for professionals, including *OCD in Children and Adolescents*, his research defines the state of the art for treatment of young people with OCD and other anxiety and mood disorders. In addition to his clinical work, Dr. March is active in the teaching and training of mental health professionals. Recently, he served as one of the principal investigators of a National Institute of Mental Health-funded project that compared ways to help kids and teens beat OCD. He lives in Durham, North Carolina. Christine M. Benton is a Chicago-based writer and editor.

This book was recommended to me by my son's therapist. It is an accessible approach to dealing with OCD using Cognitive Behavioral Therapy.. My son and I are only on step 1 right now, so I can't speak to the program's ultimate efficacy for us, but my son liked the sound of the program and feels hopeful that it can help him manage or eliminate OCD. I do wish the book came with some companion online resources, like the OCD maps and charts featured in the book. My son, who is 10, particularly liked the case studies and testimonials by other kids. I think they helped him feel more normal. I was initially taken aback by the recommended personification of OCD, and I am still not crazy about the suggestion to give it a nickname. The point is to externalize it, and this does seem effective for my son.

I just began reading this book. I tried a few tips and they work!!!! Clearly written. First half aimed at parents, doctors, therapists, etc. Second half consists of eight exercises for children and teens. If it's written for kids I figured even I would understand it. Helps reader understand OCD, what it is, how it works and the ways to reduce/eliminate the condition. This book is touted as the definitive treatment for OCD. I'm so glad my therapist recommended it. It is the only book you'll need to read on the subject.

I'm a therapist, and purchased this to use with a teenage client struggling with OCD. It's helpful to use this in conjunction with March's "OCD in Children and Adolescents: A Cognitive-Behavioral Treatment Manual," which is geared toward professionals and presents a framework for treatment. "Talking Back to OCD" indicates that it can be used outside of the therapeutic context; however, I found it helpful to use in treatment. The book's format covers education about OCD, how to externalize OCD (seeing OCD, not the child, as the problem) and then step by step ways to strengthen coping skills and prepare the child for exposure and response prevention tasks. Teenage clients like the concept of "talking back" to OCD and identifying the ways in which OCD has tried to "trick" them. The approach of this book allows parents and children (along with therapists) to "team up" against OCD. I've seen this process of externalizing the problem bring much relief to clients who have personalized their OCD symptoms and believe there is something "wrong" with them. The chapters for parents are helpful in bringing caregivers onto the treatment team; I discovered that teens also benefit from reading the parent chapters. The tools in the book help clients to become more aware of their own thought processes when compulsive behavior kicks in, so that they can begin to modify and challenge "OCD thoughts." The use of homework

assignments is empowering for clients. My one complaint with the book is that I would have liked to see much more information on coping with obsessions-- repetitive bad thoughts. There was terrific, detailed information on reducing compulsive behavior such as hand washing, but I found myself wanting more on how to address the obsessive bad thoughts that often accompany OCD. I would highly recommend this book for families wanting to know more about helping their child with OCD, as well as for therapists seeking new tools to use with young clients.

Weird but informative. Some of the information is dated.

We bought this book for our 7 year old daughter who suffers from intrusive thoughts (OCD) and anxiety about being late, among other things. This is a great book for OCD and anxiety. It uses behavioral therapy that really works and helps kids/parents feel empowered to fight OCD thoughts/controls. It also helps your child (adults too) feel like they are not alone and you can deal with even the scariest thoughts or repetitive behavior. The exercises are easy to follow and clear. It includes suggestions and support for family members. It is good for any age. Fighting anxiety/OCD is time consuming, but worth every effort.

Easy read. Very helpful.

Redundancy, redundancy, redundancy. In an effort to explain a very complex subject more simply, they repeated the same information over and over. Yes, they broke things down and explained them well in lay terms... but then repeated them over and over. Yes, they were probably trying to use every technique for every kind of reader/learner, but the book could have been one-third the size.

Got this for my 8 year old daughter who we recently discovered was battling OCD. Her psychologist recommended it and it has some good techniques and exercises for her and us to work through together. As a parent can tell you, sometimes the silly things or the seemingly insignificant things can become a breakthrough, so where some parts of the book didn't seem to "work" others did and that is what matters.

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Book2.Immature parents.) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) I Only Say This Because I Love You: Talking to Your Parents, Partner, Sibs, and Kids When You're All Adults Books For Kids: Natalia and the Pink Ballet Shoes (KIDS FANTASY BOOKS #3) (Kids Books, Children's Books, Kids Stories, Kids Fantasy Books, Kids Mystery ... Series Books For Kids Ages 4-6 6-8, 9-12) The Tourette Syndrome and OCD Checklist: A Practical Reference for Parents and Teachers Free from OCD: A Workbook for Teens with Obsessive-Compulsive Disorder Memes: Parents Trolling Their Kids!! - PART 2 (Memes, Parents, Minecraft, Wimpy Steve, Kids) Getting Over OCD: A 10-Step Workbook for Taking Back Your Life (The Guilford Self-Help Workbook Series) Keep It Shut Study Guide: What to Say, How to Say It, and When to Say Nothing At All Keep It Shut: What to Say, How to Say It, and When to Say Nothing at All Boundaries with Teens: When to Say Yes, How to Say No How To Say No (For Teens) (When I Say No I Feel Guilty, Self Confidence, Teen Self Help, Self Help Books for Women, Social Skills Book 1) Get Talking and Keep Talking French Total Audio Course: The essential short course for speaking and understanding with confidence (Teach Yourself) Get Talking and Keep Talking Japanese Total Audio Course: The essential short course for speaking and understanding with confidence (Teach Yourself Language) Get Talking and Keep Talking Russian Total Audio Course: The essential short course for speaking and understanding with confidence (Teach Yourself) Keep Talking Italian Audio Course - Ten Days to Confidence: Advanced beginner's guide to speaking and understanding with confidence (Teach Yourself: Keep Talking) Now You're Talking Japanese In No Time: Book and Audio CD Package (Now You're Talking Series) The Ultimate Audition Book For Teens Volume XIII: 111 One-Minute Monologues - Active Voices (The Ultimate Audition Book for Teens) (The Ultimate Audition Book for Teens 13, Young Actors Series) The Ultimate Audition Book for Teens Volume VI: 111 One-minute Monologuesfor Teens by Teens (Young Actors Series)

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