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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.

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"Talking Back to
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found it helpful to
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(seeing OCD, not the
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and then step by step
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two books in one.
Each chapter begins
with a section that
helps young readers
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What ' s the Best
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tjlab32 2 Comments.

The treatment of OCD involves talking to OCD like it is a

separate entity. What is the best way to talk to it? Sometimes

people are really mad at OCD and think of it as the enemy. When I

tell kids to give OCD a name, they usually pick names like

“ poop head ” or

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“jerk.” And they look like this when they ’ re bossing it back:

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John March's eight-

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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.

Talking Back to OCD:
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Talking Back to OCD
shows parents how
to be supportive
without getting in
the way. The next
time OCD butts in,
your family will be
prepared to boss
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unwelcome visitor to
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volume is really two
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Obsessive-
compulsive disorder
(OCD) is
characterized by
intrusive thoughts,
images, urges, or
impulses that are
interpreted as
threatening

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(obsessions). These lead to active and counterproductive attempts to reduce the thoughts and/or discharge the perceived responsibility associated with them (compulsions).

Obsessive
Compulsive Disorder
(OCD) Worksheets ...

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can be used outside
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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 ...

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Talking Back to OCD.
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Why To Go
Guilford Press, Dec
28, 2006 - Psychology
- 276 pages. 2

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