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# Getting Control

Overcoming  
Your Obsessions,  
Compulsions  
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# Getting Control Overcoming Your Obsessions And Compulsions

**Jan van Niekerk**



## **Getting Control Overcoming Your Obsessions And Compulsions:**

**Getting Control** Lee Baer, 2012-06-26 Thoroughly revised and updated the go to book for OCD sufferers who want to master their fears and take charge of their lives The first comprehensive guide to treating obsessive compulsive disorder based on clinically proven behavioral therapy techniques Dr Lee Baer's **Getting Control** has been providing OCD sufferers with information and relief for more than twenty years In the same easy to understand format as the original this updated edition includes Cutting edge behavioral therapy techniques Breakthrough advances in neuroscience Brand new material on hoarding Expanded sections on how families can help OCD sufferers The latest diagnostic standards as outlined by the American Psychiatric Association A completely revised list of resources OCD sufferers and their loved ones will find everything they need to assess their symptoms set realistic goals and create specific therapeutic exercises for managing this disorder

**Getting Control (Revised Edition)** Lee Baer, 2000-07-01 Six million Americans suffer from Obsessive Compulsive Disorder OCD and they know firsthand the often devastating effects it has on their lives Some symptoms such as the nagging feeling you have left the stovetop burner on can be mildly distracting Yet others like compulsive hand washing the inability to throw anything out or nerve racking feelings of guilt can be completely paralyzing and make it nearly impossible for sufferers to lead healthy lives Dr Lee Baer gives readers the tools to assess their own symptoms set goals and create therapeutic programs for themselves He also helps readers differentiate between OCD and other psychological illnesses such as depression From the latest treatments to important facts on the medications currently available and how they work **Getting Control** is thorough concise and positive a lifesaver for anyone whose well being is affected by OCD

**Getting Control** Lee Baer, 2012 The first comprehensive guide to treating obsessive compulsive disorder based on clinically proven behavioral therapy techniques Dr Lee Baer's **Getting Control** has been providing OCD sufferers with information and relief for more than twenty years In the same easy to understand format as the original this updated edition includes Cutting edge behavioral therapy techniques Breakthrough advances in neuroscience Brand new material on hoarding Expanded sections on how families can help OCD sufferers The latest diagnostic standards A completely revised list of resources OCD sufferers and their loved ones will find everything they need to assess their symptoms set realistic goals and create specific therapeutic exercises for managing this disorder

**Getting Control** Lee Baer, 2012-09-20 The first comprehensive guide to treating obsessive compulsive disorder based on clinically proven behavioral therapy techniques Dr Lee Baer's **Getting Control** has been providing OCD sufferers with information and relief for more than twenty years In the same easy to understand format as the original this updated edition includes Cutting edge behavioral therapy techniques Breakthrough advances in neuroscience Brand new material on hoarding Expanded sections on how families can help OCD sufferers The latest diagnostic standards A completely revised list of resources OCD sufferers and their loved ones will find everything they need to assess their symptoms set realistic goals and create specific therapeutic exercises for managing this

disorder      **Clinical Case Formulations** Barbara Lichner Ingram, 2011-03-10 A step by step model for individualized case conceptualization This innovative new guide addresses the essential question facing every therapist with a new client How do I create a treatment plan that is the best match for my client This unique resource provides a systematic method to integrate ideas skills and techniques from different theoretical approaches empirical research and clinical experience to create a case formulation that is tailor made for the client Clinical Case Formulations is divided into three parts Getting Started provides an overview that sets forth a framework for case formulation and data gathering 28 Core Clinical Hypotheses offers a meta framework embracing all theories orientations and mental health intervention models and presents clinical hypotheses within seven categories Biological Hypotheses Crisis Stressful Situations and Transitions Behavioral and Learning Models Cognitive Models Existential and Spiritual Models Psychodynamic Models and Social Cultural and Environmental Factors These hypotheses are combined and integrated to develop a coherent conceptualization of the client s problems Steps to a Complete Case Formulation provides a structured framework known as the Problem Oriented Method POM Using the POM and integrating multiple hypotheses the therapist learns how to think intelligently critically and creatively in order to develop a tailor made treatment plan A list of thirty three standards for evaluating the application of this method is provided With this practical guide you will learn to conceptualize your clients needs in ways that lead to effective treatment plans while finding the tools for troubleshooting when interventions fail to produce expected benefits      Obsessive-Compulsive Disorder For Dummies Charles H. Elliott, Laura L. Smith, 2008-10-27 Arguably one of the most complex emotional disorders Obsessive Compulsive Disorder is surprisingly common Furthermore most people at some time in their lives exhibit a smattering of OCD like symptoms Obsessive Compulsive Disorder For Dummies sorts out the otherwise curious and confusing world of obsessive compulsive disorder Engaging and comprehensive it explains the causes of OCD and describes the rainbow of OCD symptoms The book shows readers whether OCD symptoms represent normal and trivial concerns for example a neat freak or something that should be checked out by a mental health professional for example needing to wash hands so often that they become raw and red In easy to understand steps the authors lay out the latest treatments that have been proven to work for this disorder and provide practical and real tools for living well long term Whether you or someone you care about has this disorder Obsessive Compulsive Disorder For Dummies gives you an empathic understanding of this fascinating yet treatable mental disorder      *The OCD Workbook* Bruce Hyman, Bruce M. Hyman, Cherry Pedrick, 2005 This revised edition of The 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 New information on relapse prevention OCD in children and family involvement in OCD round out this important book Learn about the causes and symptoms of OCD Design a self directed cognitive behavior

treatment plan Build a strong base of family support Evaluate professional treatment options Maintain your progress and deal with setbacks

**OCD** Michael A. Tompkins, 2012-01-01 When someone is diagnosed with obsessive compulsive disorder OCD chances are they've been living with the symptoms for a long time People with OCD may have long felt embarrassed by their thoughts and behaviors which may include fear of contamination the need for symmetry pathological doubt aggressive thoughts repeating behaviors and obsessive cleaning OCD A Guide for the Newly Diagnosed helps readers understand how OCD works so they can develop better strategies for coping with their symptoms This pocket guide offers guidance for coping with the diagnosis itself discusses stigmas related to OCD and includes help for readers unsure of who they should tell about the diagnosis Readers also learn about the most effective treatment approaches and easy ways to begin to manage their OCD symptoms An OCD diagnosis can be a devastating event or it can be a catalyst for positive change Books in the Guides for the Newly Diagnosed series provide readers with all the tools they need to process a diagnosis in the healthiest way possible and then move forward to manage their symptoms so that the disorder doesn't get in the way of living a fulfilling life

*A Clinician's Guide to Treating OCD* Jan van Nieuwerkerk, 2018-08-01 As a clinician you know how difficult it can be to treat clients with obsessive compulsive disorder OCD using a one size fits all approach This powerful and evidence based guide offers a variety of customizable treatment strategies made simple and practical for helping clients with OCD Written by a psychologist and expert in treating obsessive compulsive disorder A Clinician's Guide to Treating OCD combines powerful evidence based therapies to help you create a concise and customizable treatment plan The methods including cognitive behavioral therapy CBT exposure and response prevention therapy ERP inference based therapy IBT metacognitive therapy MCT and acceptance and commitment therapy ACT are presented in an easy to follow format incorporate the newest research and offer a wide range of skills for helping OCD clients The standalone treatment protocols outlined in each chapter represent a specific model and procedure for addressing the mechanisms underlying the OCD In addition you'll find worksheets and online resources to help you create individualized treatment programs to best suit your clients needs If you're looking for a simple customizable approach to treating clients with OCD this book has everything you need to get started

**Cognitive-Behavioral Therapy for OCD** David A. Clark, 2012-04-18 This book has been replaced by Cognitive Behavioral Therapy for OCD and Its Subtypes Second Edition ISBN 978 1 4625 4101 0

**Wiley Concise Guides to Mental Health** Larina Kase, Deborah Roth Ledley, 2007-04-27 The new quick reference for understanding anxiety disorders The Wiley Concise Guides to Mental Health Anxiety Disorders uses clear highly accessible language to comprehensively guide the reader through the most frequently diagnosed mental health problem anxiety and its related issues This concise informative reference provides a complete history of the field conceptualization assessment diagnosis treatment cutting edge research and other critical information Like all the books in the Wiley Concise Guides to Mental Health Series Anxiety Disorders features a compact easy to use format that includes Vignettes and case illustrations A practical approach that

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**OCD Worksheets** Kurt Granier, 100 Effective Strategies and Proven Techniques for Therapists and Individuals to Overcome OCD Includes Real life Case Studies and Reflective Exercises This book is meticulously crafted to serve as a beacon of hope providing holistic insights real life case studies and reflective exercises that offer profound lasting change Discover a Lifeline OCD is a relentless tormentor a disorder characterized by intrusive thoughts and compulsive behaviors leading individuals into a labyrinth of distress and isolation This comprehensive guide aims to break the shackles of OCD offering clarity solace and sustainable recovery strategies to those entrenched in its grasp It serves as a lifeline for individuals with OCD mental health professionals counselors and therapists equipping them with versatile tools to facilitate interventions foster client engagement and enhance therapeutic outcomes Holistic and Empowering Approach Dive into a vast repository of 100 carefully constructed worksheets each tailored to address distinct aspects of OCD These worksheets encompass a wide range of topics including but not limited to Behavioral Strategies Emotional Management Self Discovery Relapse Prevention and Managing Triggers They offer a holistic and empowering approach enabling individuals to delve deep into their psyches confront their fears and reforge their paths with newfound strength and resilience Rich Insights and

Proven Techniques The book unfolds the labyrinth of OCD offering rich insights proven techniques and therapeutic interventions rooted in evidence based practices like Cognitive Behavioral Therapy CBT Exposure and Response Prevention ERP and Mindfulness It empowers individuals to dissect and understand their triggers modify maladaptive beliefs and build robust coping mechanisms ultimately regaining control over their lives Real life Case Studies Embark on a journey through the real life narratives of individuals who have wrestled with the shadows of OCD These case studies are a testament to the transformative power of targeted strategies and reflective exercises providing a glimpse into the myriad ways individuals can reclaim their lives from OCD s clutches The stories are intricately woven shedding light on the struggles triumphs and reflections of those who have walked the path of recovery with their identities obscured to protect their privacy Reflective and Engaging Exercises Each worksheet is augmented with reflective and engaging exercises fostering a deeper understanding of the self unearthing underlying patterns and promoting lasting behavioral change The exercises are designed to be thought provoking encouraging individuals to introspect challenge their existing frameworks and construct healthier more adaptive narratives Comprehensive and Accessible This book stands as a comprehensive and accessible companion for anyone seeking to understand and combat OCD It is meticulously organized allowing readers to navigate through the content with ease delving into the thematic sections that resonate most with their experiences and therapeutic needs Whether you are a mental health professional or someone grappling with OCD this book provides invaluable insights practical tools and a structured roadmap to navigate the journey of recovery Key Takeaways Structured and In Depth Worksheets Real Life Case Studies Reflective Exercises Empowering Strategies Proven Techniques Evidence Based Practices Holistic Insights Accessible Guidance Transformative Journey      **Rewind Replay Repeat** Jeff Bell,2010-03-26 The revealing story of one man s struggle with obsessive compulsive disorder OCD and his hard won recovery Rewind Replay Repeat is the revealing story of Jeff Bell s struggle with obsessive compulsive disorder OCD and his hard won recovery Nagging doubt It s a part of everyday life Who hasn t doubled back to check on a door or appliance But what if one check wasn t enough Nor two or three And what if nagging doubt grew so intense that physical senses became all but useless Such was the case for Bell a husband father and highly successful radio news anchor and one of the millions of Americans living with OCD His fascinating memoir recounts the depths to which this debilitating anxiety disorder reduced him to driving his car in continuous circles scouring his hands in scalding water and endlessly rewinding replaying and repeating in his head even the most mundane daily experiences Readers will learn what OCD feels like from the inside and how healing from such a devastating condition is possible through therapy determination and the support of loved ones      Being Me with OCD Alison Dotson,2014-02-01 Part memoir part self help for teens Being Me with OCD tells the story of how obsessive compulsive disorder OCD dragged the author to rock bottom and how she found hope got help and eventually climbed back to a fuller happier life Using anecdotes self reflection guest essays and thorough research Dotson explains what OCD is and how

readers with OCD can begin to get better With humor specific advice and an inspiring been there beat that attitude readers will find the book simultaneously touching and practical *Obsessive-compulsive Disorder*, 1996 I Have OCD. Now What? Carla Mooney, 2015-07-15 This book describes the symptoms diagnosis and treatment of OCD and offers advice for teenagers on how to deal with the problems it may cause while getting on with everyday life *The Therapist's Notebook for Integrating Spirituality in Counseling II* Karen B. Helmeke, Catherine Ford Sori, 2014-05-12 More activities to tap into the strength of your clients spiritual beliefs to achieve therapeutic goals The Therapist s Notebook for Integrating Spirituality in Counseling II is the second volume of a comprehensive two volume resource that provides practical interventions from respected experts from a wide range of backgrounds and theoretical perspectives This volume includes several practical strategies and techniques to easily incorporate spirituality into psychotherapy You ll find in session activities homework assignments and client and therapist handouts that utilize a variety of therapeutic models and techniques and address a broad range of topics and problems The chapters of The Therapist s Notebook for Integrating Spirituality in Counseling II are grouped into four sections Models of Therapy Used in Integrating Spirituality Integrating Spirituality with Age Specific Populations Children Adolescents and the Elderly Integrating Spirituality with Specific Multicultural Populations and Involving Spirituality when Dealing with Illness Loss and Trauma As in Volume One each clinician friendly chapter also includes sections on resources where the counselor can learn more about the topic or technique used in the chapter as well as suggested books articles chapters videos and Web sites to recommend to clients Every chapter follows the same easy to follow format objectives rationale for use instructions brief vignette suggestions for follow up contraindications references professional readings and resources and bibliotherapy sources for the client The Therapist s Notebook for Integrating Spirituality in Counseling II adds more useful activities and homework counselors can use in their practice such as using religion or spirituality in solution oriented brief therapy Cast of Character counseling using early memories to explore adolescent and adult spirituality cognitive behavioral treatment of obsessive compulsive disorder age specific clients such as children or the elderly multicultural populations and spirituality dealing with illness loss and trauma recovering from fetal loss creative art techniques with caregivers in group counseling and much more The Therapist s Notebook for Integrating Spirituality in Counseling II provides even more creative and helpful homework and activities that are perfect for pastoral counselors clergy social workers marriage and family therapists counselors psychologists Christian counselors educators who teach professional issues ethics counseling and multicultural issues and students **Cognitive-Behavioral Therapy in Groups** Peter J. Bieling, Randi E. McCabe, Martin M. Antony, 2013-04-02 This book has been replaced by Cognitive Behavioral Therapy in Groups Second Edition ISBN 978 1 4625 4984 9



## Adopting the Beat of Appearance: An Emotional Symphony within **Getting Control Overcoming Your Obsessions And Compulsions**

In a world taken by displays and the ceaseless chatter of quick connection, the melodic beauty and emotional symphony developed by the written term often fade into the background, eclipsed by the persistent noise and disruptions that permeate our lives. Nevertheless, located within the pages of **Getting Control Overcoming Your Obsessions And Compulsions** a charming literary treasure filled with raw emotions, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, this fascinating masterpiece conducts visitors on a psychological trip, skillfully unraveling the hidden tunes and profound influence resonating within each cautiously crafted phrase. Within the depths with this touching examination, we shall investigate the book is key harmonies, analyze their enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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