



Managing OCD with CBT For Dummies

By Katie d'Ath, Rob Willson



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Break the chains of OCD with Cognitive Behavioural Therapy

Are you suffering from Obsessive Compulsive Disorder (OCD)? You're not alone. Whether you've tried countless treatments or are seeking help for the first time, this expert, accessible guide is your beacon of hope for breaking the chains of this crippling disorder. *Managing OCD with CBT For Dummies* uses mindfulness-based Cognitive Behavioural Therapy (CBT) to eradicate OCD from your day-to-day life. Through clear and sensitive direction, you'll find out how to identify and correct negative thought patterns, confront your problems with positive solutions and recognise the power of cognitive thinking.

Once a term only used by psychologists and counselors, CBT is now in common use and has become the preferred treatment method for a variety of psychological issues, including anxiety and depression, self-esteem, eating disorders, addiction, and many others. If you're planning on trying it on its own or in conjunction with other types of therapies, you'll be heartened to know that a staggering 75% of people with OCD are significantly helped by CBT—which is why it remains the treatment of choice for tackling the disorder by the National Institute for Health and Clinical Excellence (NICE).

- Demonstrates how CBT encourages new thinking patterns to combat destructive thought tendencies
- Explains the causes and symptoms of OCD
- Shows you how to use CBT to modify everyday thoughts and behaviours with the aim of positively influencing your emotions
- Illustrates the importance of facing your fears and offers positive strategies on exposure therapy

There's no need to let OCD continue to control your life. This how-to guide helps you break down the negative patterns that have been keeping you hostage—and allows you to build a positive future free of the hold of OCD.

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Editorial Review

From the Back Cover

Learn to:

- Combat your OCD one day at a time
- Understand exposure and response prevention
- Map your own OCD experiences
- Create a brighter future

Remove the restraints of OCD—and get your life back!

Based on Cognitive Behavioral Therapy, this how-to guide helps you break the patterns that have been holding you hostage — and helps you build a future free of OCD. Through clear and sensitive direction, you'll discover how to identify and correct negative thought patterns, confront your problems with positive solutions and recognise the power of cognitive thinking.

- **All about OCD** — understand what obsessions and compulsions are, whether you have OCD and how CBT helps you conquer your OCD
- **Get started with solutions** — get to know your triggers, make sense of how obsessions work, dispel common beliefs about thoughts and understand why your beliefs and behaviours stop you getting on with your life
- **Put yourself in charge** — learn how to live life by your values, not your OCD — and take advantage of available resources and support systems
- **Face your fears** — find the scoop on exposure and response prevention and design your own exercises for successful ERP

Open the book and find:

- How to map your own OCD experiences
- Why behavioural compulsions don't help
- The importance of exercise, diet and sleep in slaying the OCD beast
- Ideas for dealing with different types of OCD
- Guidance on building your OCD-free life
- Tips on seeking therapy and using medication
- Commonly asked questions about OCD

About the Author

Katie d'Ath is a CBT therapist with a special interest in treating OCD. She has a private practice in Central London. **Rob Willson** is a CBT therapist and author in private practice in North London. He has been helping people overcome OCD for over 20 years.

Users Review

From reader reviews:

Ciara Wolfe:

Why don't make it to be your habit? Right now, try to prepare your time to do the important action, like looking for your favorite e-book and reading a book. Beside you can solve your condition; you can add your knowledge by the publication entitled *Managing OCD with CBT For Dummies*. Try to make the book *Managing OCD with CBT For Dummies* as your pal. It means that it can be your friend when you sense alone and beside associated with course make you smarter than before. Yeah, it is very fortunate for you personally. The book makes you a lot more confidence because you can know almost everything by the book. So, let me make new experience and knowledge with this book.

William Bellard:

The actual book *Managing OCD with CBT For Dummies* will bring you to the new experience of reading a new book. The author style to clarify the idea is very unique. If you try to find new book to read, this book very appropriate to you. The book *Managing OCD with CBT For Dummies* is much recommended to you you just read. You can also get the e-book from your official web site, so you can easier to read the book.

Millard Lopez:

Playing with family in a very park, coming to see the coastal world or hanging out with good friends is thing that usually you could have done when you have spare time, after that why you don't try factor that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love *Managing OCD with CBT For Dummies*, you can enjoy both. It is fine combination right, you still want to miss it? What kind of hangout type is it? Oh occur its mind hangout people. What? Still don't understand it, oh come on its named reading friends.

Roxie Gregory:

As we know that book is vital thing to add our know-how for everything. By a e-book we can know everything we really wish for. A book is a group of written, printed, illustrated or maybe blank sheet. Every year seemed to be exactly added. This publication *Managing OCD with CBT For Dummies* was filled with regards to science. Spend your extra time to add your knowledge about your science competence. Some people has various feel when they reading some sort of book. If you know how big good thing about a book, you can experience enjoy to read a publication. In the modern era like now, many ways to get book that you just wanted.

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