

## FREE FROM OCD

*A Workbook for Teens with Obsessive-Compulsive Disorder*

TIMOTHY A. SISEMORE, PH.D.

### What's Inside

Foundational information about the biology and dynamics of OCD

Assesment tools to determine the presence and severity of OCD

Ways to determine if medication is necessary and an educational exploration of options

Guided goal-setting to maintain direction and focus throughout the program

Forty activities based on proven-effective CBT treatment for OCD

CBT skill development to arm teen readers with the tools for prolonged results

Activities based in both real life and imagined exposure situations to practice unhealthy response prevention

## It is estimated that 1 million children and teens in the US have OCD.

Most children with obsessive-compulsive disorder (OCD) are diagnosed right on the cusp of their adolescent years, between the ages of ten and twelve. Until now, there have been no resources available for the substantial population of teens suffering with the unwanted thoughts (obsessions) and rituals (compulsions) characteristic of OCD. Using proven effective CBT (Cognitive Behavioral Therapy) and ERP (Exposure and Response Prevention) strategies, *Free from OCD* is the first workbook designed to address the unique needs of teenagers, acknowledging the need for privacy during some exercises while also inviting parental involvement and support with others.

The activities in this book help teens and parents work together to assess the severity of their symptoms and offer teens cognitive behavioral skills to overcome them. Teen readers learn essential information about the biology and dynamics of OCD, then discover a multitude of skills for moving beyond the most common types of obsessions and compulsions: hand washing, checking, counting, ordering, repetition of mental acts, fear of harm to self or family, fear of germs or diseases, fear of losing something valuable, and perfectionism. The last section explains exposure and response prevention and invites the reader to understand and prepare to undergo this process. Both imagined and real-life exposure and response prevention exercises are included to help teens with OCD make dramatic gains in symptom management and improve their confidence to move forward in treatment.



FOR MORE INFORMATION, CONTACT  
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A WORKBOOK FOR TEENS WITH OBSESSIVE-COMPULSIVE DISORDER  
Timothy. A. Sisemore, Ph.D.

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## About the Author

**TIMOTHY A. SISEMORE, PH.D.** is a psychologist who has been in practice for twenty-five years with a focus on anxiety disorders. He is the author of five books including *Free From OCD* and *I Bet I won't Fret*, and been published widely in professional journals. Dr. Sisemore is Clinical Professor of Counseling and Psychology at Richmond Graduate University in Chattanooga and Atlanta. He is a member of the Anxiety Disorders Association of America and the Christian Association for Psychological Studies.

## FREE FROM OCD

*A Workbook for Teens with Obsessive-Compulsive Disorder*

TIMOTHY A. SISEMORE, PH.D.

**Free From OCD** Includes tips and exercises to:

Learn to recognize the wide variety of obsessions (stuck thoughts) and compulsions (rituals) that can trouble you

Motivate yourself by imaging your life without OCD

Track how bad the symptoms are and what makes them better or worse

Identify triggers, places, times, or activities that stir up stuck thoughts and rituals

Begin to eliminate stuck thoughts and rituals by naming them

Learn how to sort true worries from distorted, irrational ones

Learn to catch and interrupt your frequent obsessive thinking so that stuck thoughts feel less automatic

Debate with your stuck thoughts to reduce anxious feelings and avoid rituals

Replace obsessive thoughts with pleasant ones

Think stuck thoughts on purpose until you wear them out

Confront false fears instead of allowing rituals to shortcut the process of overcoming anxiety

Enlist a parent or friend to remind you not to do rituals without thinking

Expose yourself to your fears and empower yourself to overcome them

Apply exposure techniques to the places, things, situations, actions or thoughts that you fear in order to overcome them.

Rank your fears from worst to not so bad in order to begin exposing yourself to the less troubling fears first

Establish a plan to help you stick it out when you face your nervous situations

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