

# THE OCD WORKBOOK 3RD EDITION

*Your Guide to Breaking Free From Obsessive-Compulsive Disorder*

BRUCE M. HYMAN, PH.D., LCSW, AND CHERRY PEDRICK, RN

## New Features

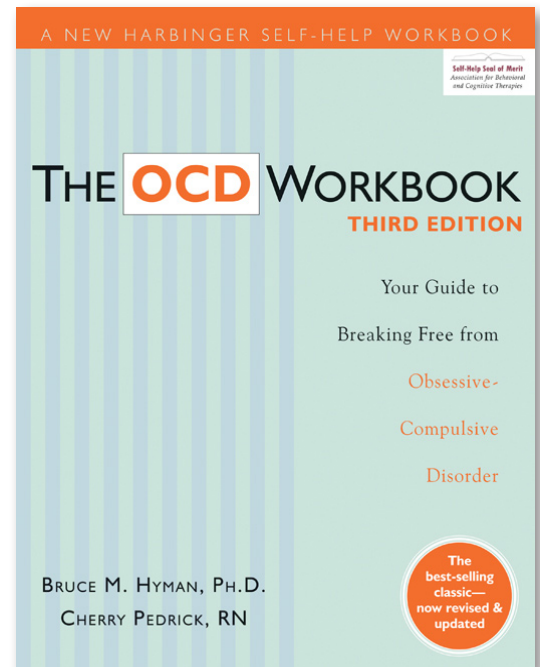
The field of psychiatry and mental health treatment is rapidly changing. The 3rd edition of **The OCD Workbook** includes crucial updates in light of the latest clinical knowledge and understanding of OCD.

- **Additional exposure and response prevention strategies**
- Information on related disorders within the OCD spectrum including Body Dysmorphic Disorder and Trichotillomania are updated with expanded coverage of specific CBT interventions
- **Powerful, innovative strategies to deal with obsessive worries and intrusive, horrific thoughts**
- Additional coverage of OCD related health anxiety including hypochondrias
- **Expanded coverage of the most up-to-date medication options**
- Expanded coverage of coping strategies for friends and family members

A new and improved edition of the popular workbook for OCD treatment

Since it was first published in 1999, **The OCD Workbook** has sold more than 100,000 copies and emerged as one of the most popular resources for people seeking to overcome obsessive-compulsive disorder (OCD) and related spectrum disorders such as hoarding, body dysmorphic disorder, trichotillomania, and skin picking.

This new edition has been fully revised and updated with the latest research findings on the causes of OCD, advancements in medications for the disorder, and new promising treatments including mindfulness-based stress reduction and acceptance and commitment therapy (ACT). Additionally, this third edition features additional material to help family members deal more positively and effectively with OCD in a loved one. It explains how children with OCD can be effectively treated, and offers steps for parents to help their children overcome OCD.



FOR AN INTERVIEW REQUEST *or*  
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THE OCD WORKBOOK

Your Guide to Breaking Free From Obsessive-Compulsive Disorder  
Bruce Hyman, Ph.D., and Cherry Pedrick, RN

November 2010 / 978-1-57224-921-9/ \$24.95 / 8 x 10 / 264 pages



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## Praise

"This book is an extremely helpful step by step guide to overcoming OCD.

The authors who are very experienced in

the treatment of this very debilitating disorder provide a very easy step by step formula on how to understand and treat the symptoms of OCD and some spectrum disorders, i.e. health anxiety, body dysmorphic disorder. It is a very thorough book explaining the need to engage in therapy and how to apply specific strategies for specific symptoms. Some helpful hints are also provided for family members. I strongly recommend the book for those combating OCD."

-- Fugen Neziroglu, Ph.D., Director of the Bio-Behavioral Institute, Great Neck, NY and co-author of *Body Dysmorphic Disorder: A Treatment Manual and Overcoming Compulsive Hoarding*.

## About the Authors

**Bruce Hyman, Ph.D.** has more than thirty years of experience in the mental health field, including more than twenty-five years of private practice treating OCD and other anxiety-based disorders. He established the OCD Resource Center of Florida, and in 1996 he was chosen among a panel of experts on OCD to participate in a national project to develop effective treatment guidelines for psychiatric disorders, published in the *American Journal of Psychiatry*. He has published several books and articles on OCD, and coauthored *The OCD Workbook* and two books for teenagers, *Anxiety Disorders*, and the award-winning *Obsessive-Compulsive Disorder*.

**Cherry Pedrick, RN**, is a registered nurse and freelance writer. She is coauthor of *Loving Someone with OCD*, *Helping Your Child with OCD*, *The Habit Change Workbook*, *The BDD Workbook*, *Obsessive-Compulsive Disorder*, and *Anxiety Disorders*. She lives in Lacey, Washington.

## Features

A description of OCD • OCD diagnosis and treatment • Common OCD symptoms • Information about selecting a qualified medical health professional • A guide to support groups and other resources for OCD • Strategies for coping with less common disorders related to OCD • Valuable information on other disorders commonly associated with OCD • A guide to applying the principles in the book to children with OCD • Instructions for using the OCD Workbook alone or with a therapist • A guide to evaluate your need for professional counseling

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