

Helping Your Child with OCD

A Workbook for Parents of Children with Obsessive-Compulsive Disorder
by Lee Fitzgibbons, Ph.D. & Cherry Pedrick, RN

FOR A REVIEW COPY OR INTERVIEW REQUEST CONTACT:
Earlita Chenault at tel. 510-652-2002, ext. 142 or
E-mail earlita@newharbinger.com

FOR IMMEDIATE RELEASE

ONE MILLION CHILDREN IN THE U.S. SUFFER FROM OBSESSIVE-COMPULSIVE DISORDER

*New workbook offers parents effective treatment methods to
use with their child*

"Children with OCD often live in a world of secrets...they know their behavior is excessive, illogical, or irrational, and that scares them. They don't want anyone to find out, in case others might think they are crazy, or worse still, confirm their own suspicions that they really are crazy."

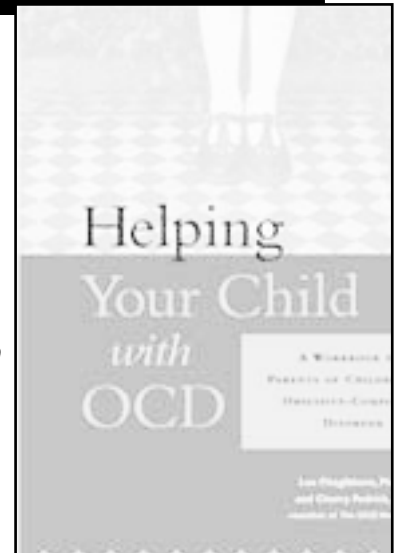
- **From the book**

For parents of children with obsessive-compulsive disorder (OCD) the normal task of getting a child off to school can be daunting. A child with OCD may feel driven to perform ritualistic behaviors-such as constant counting, checking, washing, or hoarding-at each step along his or her morning routine and throughout the day. Without effective treatment, children with OCD can suffer from debilitating stress and embarrassment during their school years that can lead to a lifetime struggle with anxiety.

HELPING YOUR CHILD WITH OCD offers parents personalized recommendations they can use to assist their child in overcoming their condition. It is a thorough, step-by-step guide that teaches parents learn how to:

- ◆ recognize their child's specific OCD symptoms
- ◆ understand causes of and treatment options for OCD
- ◆ teach their child the tools and techniques they need deal with their OCD behavior.

Parents will learn the common metaphors used in therapy to facilitate children's recovery, such as how to "boss back their OCD," use positive self-talk, and use many other effective ways of dealing with their disorder. Most importantly, parents will learn what they can do to promote and support their child's progress in therapy. Containing fill-ins, assessments, and progress charts, **HELPING YOUR CHILD WITH OCD's** unique workbook format encourages parents to get, and stay, involved with their child's recovery.



HELPING YOUR CHILD WITH OCD, 1-57224-322-5, (paper), \$19.95, 190 pages
New Harbinger Publications, 5674 Shattuck Ave., Oakland, CA 94609
www.newharbinger.com, 800-748-6273

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SUGGESTED INTERVIEW QUESTIONS

- ◆ What causes OCD in children?
- ◆ How do parents know whether the problem is severe enough to warrant treatment? Is it possible that they will outgrow it? How serious could it get?
- ◆ What does treatment consist of and how long does it take?
- ◆ Can children be "cured" of OCD?
- ◆ Should parents inform schools about their child's condition? What sort of help/support should parents expect from schools?

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ABOUT THE AUTHORS

Lee Fitzgibbons, Ph.D., former director of the Children's Program at the Anxiety and Agoraphobia Treatment Center in Bala Cynwyd, PA, specializes in the treatment of children, adolescents, and adults with OCD. She is a professional member of the Obsessive Compulsive Foundation (OCF), and Anxiety Disorders Association of America (ADAA) where she regularly presents workshops for both lay and professional audiences. She is currently relocating to the Littleton, New Hampshire area where she will be establishing a private practice.

Cherry Pedrick, R.N., is a registered nurse and freelance writer. In 1994 she was diagnosed with obsessive-compulsive disorder, which began an intensive search for knowledge, effective treatment, and management of OCD. She has coauthored many books for people share her condition, including the popular OCD Workbook. She lives in North Las Vegas, Nevada. See her website at: <http://marvelite.prohosting.com/cherlene/>

What's Been Said about Lee Fitzgibbons, Ph.D.

“Dr. Fitzgibbons possesses that rare ability to see OCD from the child's view and then transform that understanding into treatment program in which the child is a partner in treatment.”

- Jonathan Grayson, Ph.D., Director
Anxiety & Agoraphobia Treatment Center

“[Lee Fitzgibbons'] work is well grounded in cognitive-behavioral theory, yet she is an excellent teacher who is particularly adept at conveying complex theoretical concepts to patients in a clear and concise way. Nowhere is this strength more evident than in her work with children and adolescents...”

- Martin E. Franklin, Ph.D., Clinical Director of the Center for the Treatment and
Study of Anxiety
University of Pennsylvania School of Medicine

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