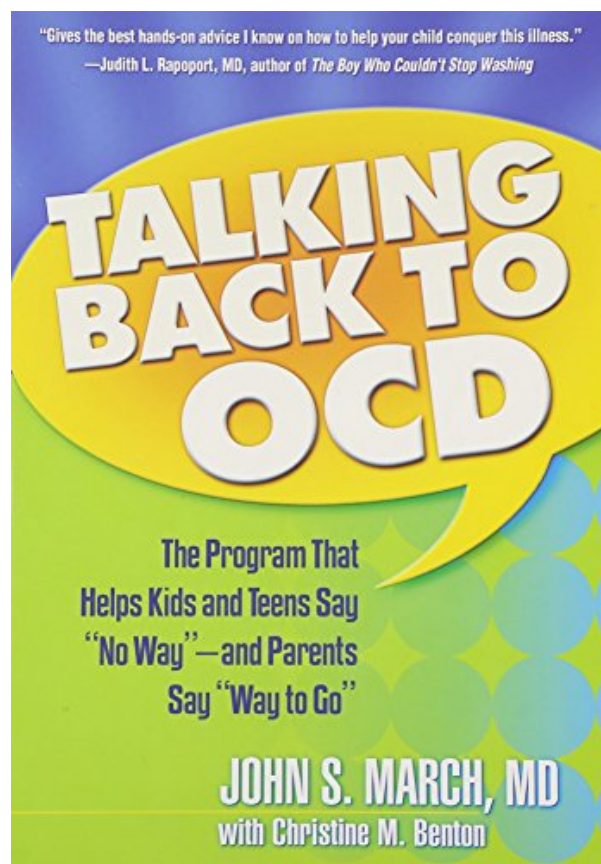


**TALKING BACK TO OCD: THE PROGRAM
THAT HELPS KIDS AND TEENS SAY "NO
WAY" -- AND PARENTS SAY "WAY TO GO"
BY JOHN S. MARCH MD MPH**



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JOHN S. MARCH, MD
with Christine M. Benton

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Talking Back To OCD: The Program That Helps Kids And Teens Say "No Way" -- And Parents Say "Way To Go" By John S. March MD MPH. Reviewing makes you better. Which says? Many smart words say that by reading, your life will certainly be a lot better. Do you believe it? Yeah, show it. If you need guide Talking Back To OCD: The Program That Helps Kids And Teens Say "No Way" -- And Parents Say "Way To Go" By John S. March MD MPH to review to verify the wise words, you can visit this page perfectly. This is the site that will certainly offer all guides that possibly you need. Are the book's compilations that will make you feel interested to review? Among them below is the Talking Back To OCD: The Program That Helps Kids And Teens Say "No Way" -- And Parents Say "Way To Go" By John S. March MD MPH that we will suggest.

As one of the window to open up the brand-new world, this *Talking Back To OCD: The Program That Helps Kids And Teens Say "No Way" -- And Parents Say "Way To Go" By John S. March MD MPH* provides its amazing writing from the author. Published in one of the prominent authors, this publication Talking Back To OCD: The Program That Helps Kids And Teens Say "No Way" -- And Parents Say "Way To Go" By John S. March MD MPH becomes one of one of the most wanted publications just recently. Really, the book will not matter if that Talking Back To OCD: The Program That Helps Kids And Teens Say "No Way" -- And Parents Say "Way To Go" By John S. March MD MPH is a best seller or otherwise. Every publication will certainly still give finest sources to get the reader all finest.

Nonetheless, some people will seek for the very best seller book to check out as the initial recommendation. This is why; this Talking Back To OCD: The Program That Helps Kids And Teens Say "No Way" -- And Parents Say "Way To Go" By John S. March MD MPH is presented to satisfy your necessity. Some people like reading this publication Talking Back To OCD: The Program That Helps Kids And Teens Say "No Way" -- And Parents Say "Way To Go" By John S. March MD MPH as a result of this prominent publication, however some love this as a result of favourite writer. Or, numerous additionally like reading this book [Talking Back To OCD: The Program That Helps Kids And Teens Say "No Way" -- And Parents Say "Way To Go" By John S. March MD MPH](#) considering that they really should read this publication. It can be the one that really enjoy reading.

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No one wants to get rid of obsessive-compulsive disorder more than someone who has it. That's why Talking Back to OCD puts kids and teens in charge. Dr. John March's eight-step program has already helped thousands of young people show the disorder that it doesn't call the shots--they do. This uniquely designed volume is really two books in one. Each chapter begins with a section that helps kids and teens zero in on specific problems and develop skills they can use to tune out obsessions and resist compulsions. The pages that follow show parents how to be supportive without getting in the way. The next time OCD butts in, your family will be prepared to boss back--and show an unwelcome visitor to the door.

Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

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- Published on: 2006-12-28
- Original language: English
- Number of items: 1
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- Binding: Paperback
- 276 pages

Features

- Used Book in Good Condition

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This was an excellent resource, although the reading level is geared towards ...

By mm143

This was an excellent resource, although the reading level is geared towards older teens and adults. Young teens will definitely need guidance while reading it.

Here is what I liked about it:

1. It very practically and accurately explained what it was like to live with OCD. The explanations and examples will help readers understand the condition.

2. OCD is portrayed in a manner that does NOT make you feel as though you are strange or weird.
3. The book explained how there are times when stressors can exacerbate OCD, and times when it is easier to deal with it. It also shows how to identify what is OCD and what isn't.
4. If you have ever felt as though you are controlled by OCD, this book shows you how to take back the power it has had over your life. Obviously OCD doesn't go away, but there are many practical solutions offered that help you develop coping skills.

1 of 1 people found the following review helpful.

Easy to read/appealing to young people

By Sheri E. Barnes

This book was recommended to me by my son's therapist. It is an accessible approach to dealing with OCD using Cognitive Behavioral Therapy.. My son and I are only on step 1 right now, so I can't speak to the program's ultimate efficacy for us, but my son liked the sound of the program and feels hopeful that it can help him manage or eliminate OCD. I do wish the book came with some companion online resources, like the OCD maps and charts featured in the book. My son, who is 10, particularly liked the case studies and testimonials by other kids. I think they helped him feel more normal. I was initially taken aback by the recommended personification of OCD, and I am still not crazy about the suggestion to give it a nickname. The point is to externalize it, and this does seem effective for my son.

12 of 13 people found the following review helpful.

Fantastic for use in therapy

By Live2Cruise

I'm a therapist, and purchased this to use with a teenage client struggling with OCD. It's helpful to use this in conjunction with March's "OCD in Children and Adolescents: A Cognitive-Behavioral Treatment Manual," which is geared toward professionals and presents a framework for treatment. "Talking Back to OCD" indicates that it can be used outside of the therapeutic context; however, I found it helpful to use in treatment. The book's format covers education about OCD, how to externalize OCD (seeing OCD, not the child, as the problem) and then step by step ways to strengthen coping skills and prepare the child for exposure and response prevention tasks. Teenage clients like the concept of "talking back" to OCD and identifying the ways in which OCD has tried to "trick" them. The approach of this book allows parents and children (along with therapists) to "team up" against OCD. I've seen this process of externalizing the problem bring much relief to clients who have personalized their OCD symptoms and believe there is something "wrong" with them. The chapters for parents are helpful in bringing caregivers onto the treatment team; I discovered that teens also benefit from reading the parent chapters.

The tools in the book help clients to become more aware of their own thought processes when compulsive behavior kicks in, so that they can begin to modify and challenge "OCD thoughts." The use of homework assignments is empowering for clients. My one complaint with the book is that I would have liked to see much more information on coping with obsessions-- repetitive bad thoughts. There was terrific, detailed information on reducing compulsive behavior such as hand washing, but I found myself wanting more on how to address the obsessive bad thoughts that often accompany OCD. I would highly recommend this book for families wanting to know more about helping their child with OCD, as well as for therapists seeking new tools to use with young clients.

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