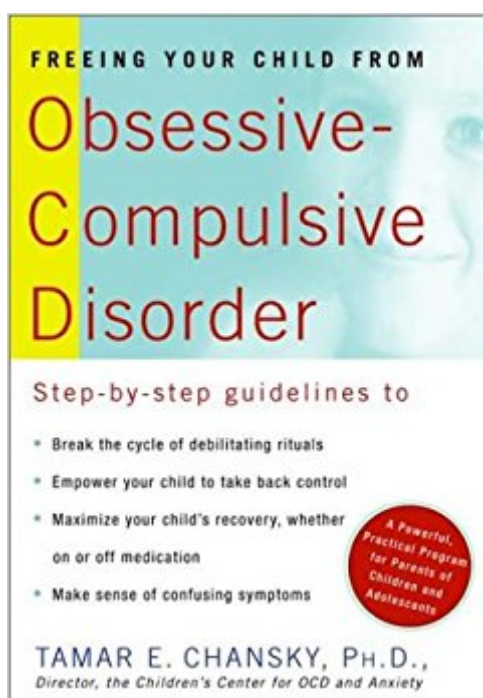


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# Freeing Your Child From Obsessive-Compulsive Disorder: A Powerful, Practical Program For Parents Of Children And Adolescents



## Synopsis

If you're a parent of one of the more than one million children in this country with obsessive-compulsive disorder, you know how confusing, even frightening, the symptoms of OCD can be. You're terrified of losing your child and angry about the havoc this disorder has wreaked in your family. More than anything, you want to be able to unlock the secrets of OCD, understand the cause of your child's bizarre symptoms, and help your child break free of these disruptive, relentless thoughts and actions. In her landmark book, *Freeing Your Child from Obsessive-Compulsive Disorder*, Dr. Tamar E. Chansky creates a clear road map to understanding and overcoming OCD based on her successful practice treating hundreds of children and teenagers with this disorder. In Part I, Dr. Chansky "cracks the code" of the peculiar rules and customs of OCD -- the handwashing, tapping, counting, and so forth. She explains how OCD is diagnosed, how to find the right therapist partner, and how to tailor treatment options to your child's needs. You'll learn how powerful behavioral modification can be and when medication can help. In Part II, you'll learn how not to be pulled in by your child's debilitating rituals at home or at school, how to talk to your child about the "brain tricks" OCD causes, and how to create an effective OCD battle plan that will empower your child to "boss back" the OCD monster. You'll also learn how to cope in moments of crisis. Part III offers specific advice for how to help your child handle the most common manifestations of OCD such as fears of contamination, checking, getting things "just right," intrusive thoughts, and more. Part IV is an indispensable guide to additional resources, including books, videos, organizations, and websites. Filled with Dr. Chansky's compassionate advice and inspiring words from the many children with OCD whom she has helped, this book will be your lifeline. Battling back from OCD is hard work, but with the comprehensive, proven guidance in this book, you can help your child reclaim a life free from its grip.

## Book Information

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## Customer Reviews

If you're a parent of one of the more than one million children in this country with obsessive-compulsive disorder, you know how confusing, even frightening, the symptoms of OCD can be. You're terrified of losing your child and angry about the havoc this disorder has wreaked in your family. More than anything, you want to be able to unlock the secrets of OCD, understand the cause of your child's bizarre symptoms, and help your child break free of these disruptive, relentless thoughts and actions. In her landmark book, *Freeing Your Child from Obsessive-Compulsive Disorder*, Dr. Tamar E. Chansky creates a clear road map to understanding and overcoming OCD based on her successful practice treating hundreds of children and teenagers with this disorder. In Part I, Dr. Chansky "cracks the code" of the peculiar rules and customs of OCD -- the handwashing, tapping, counting, and so forth. She explains how OCD is diagnosed, how to find the right therapist partner, and how to tailor treatment options to your child's needs. You'll learn how powerful behavioral modification can be and when medication can help. In Part II, you'll learn how not to be pulled in by your child's debilitating rituals at home or at school, how to talk to your child about the "brain tricks" OCD causes, and how to create an effective OCD battle plan that will empower your child to "boss back" the OCD monster. You'll also learn how to cope in moments of crisis. Part III offers specific advice for how to help your child handle the most common manifestations of OCD such as fears of contamination, checking, getting things "just right," intrusive thoughts, and more. Part IV is an indispensable guide to additional resources, including books, videos, organizations, and websites. Filled with Dr. Chansky's compassionate advice and inspiring words from the many children with OCD whom she has helped, this book will be your lifeline. Battling back from OCD is hard work, but with the comprehensive, proven guidance in this book, you can help your child reclaim a life free from its grip.

(THESE QUOTES ARE FROM BACK COVERS OF TWO EDITIONS OF THIS BOOK) "Anyone in need of profoundly useful information and expert practical advice on how to help a child afflicted with obsessive-compulsive behaviors would be wise to delve deeply in the pages of this book. Dr. Chansky has accomplished a tour de force, which is certain to offer much-needed assistance both

to children with OCD-related problems and to their families." -- Jeffrey M. Schwartz, M.D., Author of Brain Lock: Free Yourself from Obsessive-Compulsive Behavior and A Return of Innocence "A comprehensive resource no parent of a child with OCD should be without. Dr. Chansky's experience as founder and director of the Children's Center for OCD and Anxiety shines through every page."--Bruce M. Hyman, Ph.D., and Cherry Pedrick, R.N. Authors of The OCD Workbook "Dr. Chansky vividly describes this puzzling and mysterious illness, which can devastate children and entire families. After reading this book, parents of a child with OCD will be armed with the information they need to get their child well as soon as possible."-- Michael A. Jenike, M.D., Professor of Psychiatry, Harvard Medical School and Chairman, OC Foundation Scientific Advisory Board "It should be a law that whenever a therapist diagnoses a child with OCD, he or she has to give the parents a copy of Chansky's Freeing Your Child from Obsessive-Compulsive Disorder."-- Patricia Perkins-Doyle, President, Obsessive-Compulsive Foundation "If you have a child with OCD, or are in any way interested in how to help a person handle this beguiling condition, then Tamar Chansky's book is a must. You will find on these pages the rare combination of hard-earned knowledge, gracefully presented... all interested in how to practically apply what we have learned lately about the mind and the brain will love what they find in this wonderfully rich yet concise exposition."-- Edward Hallowell, M.D., author of Connect, Worry, and Driven to Distraction

This is an excellent book for parents like us who find themselves in the confusing world of OCD. We were completely at a loss about what was happening to our daughter but this book explains what is happening and what to do about it. Most importantly, this book helped us regain our footing as parents which in turn has helped our daughter. If you and your spouse are reacting differently to your child's OCD, this book will help you find a more balance understanding and response. My only regret is ordering this book in Kindle format. This is a book you'll want to highlight, make notes in and bookmark and refer to again. Although you can do those things on Kindle, this just feels like a book you want to interact with more. I'm reordering as a hard copy.

I've recommended this book to my clients' parents as well as using it myself in treating kids with OCD. Although the concepts and strategies could probably be stated in much fewer words, they offer a solid, effective, and compassionate approach to an issue that can tie families in knots.

Needed to understand a child's diagnosis. Helped tremendously! Highly recommend.

## Favorite OCD book for me professionally and as a recommendation for parents

I am a family therapist who has been away from working for several years and starting to reeducate myself. This book is wonderful and must be such a great resource for parents who have a child with OCD symptoms. It really educates the reader about the illness and also reassures them with specific ways to frame the disease to the child so that it will not be overwhelming to them and to the parents as well. I found it very informative and would recommend it to parents and professionals who work with children with this type of problem.

This book was so helpful for me. I used all the information and it really helped me to understand what my child was going through. I used the techniques in the book and we worked together to try and fight the OCD. It is definitely improved because of the information I received from this book. Get this book if your child is suffering from OCD and bad thoughts.

The thing that I love most about this book is the scripts. It gives you actual things to say in response to your child. I was getting conflicting information from doctors, counselors and friends. This book really clarified the whys - and helped my husband and I to be on the "same page" as far as our daughter's OCD was concerned. Good information about PANDAS, too. But I wish it was more thorough on that subject.

I'm only part way through this book and have already ordered a 2nd copy so my husband can read this at the same time. This book has already been invaluable to me by explaining the struggles of OCD in a way I can understand. I feel better prepared to help my stepson at home with his OCD and I have a better understanding of the goals of counseling. I highly recommend this book to anyone who has a child struggling with OCD.

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