

Control

Overcoming
Your Obsessions,
Compulsions

Getting Control Overcoming Your Obsessions And Compulsions

Jan Van Niekerk



Getting Control Overcoming Your Obsessions And Compulsions:

Getting Control Lee Baer,2012-09-20 The first comprehensive guide to treating obsessive compulsive disorder based on clinically proven behavioral therapy techniques Dr Lee Baer s Getting Control has been providing OCD sufferers with information and relief for more than twenty years In the same easy to understand format as the original this updated edition includes Cutting edge behavioral therapy techniques Breakthrough advances in neuroscience Brand new material on hoarding Expanded sections on how families can help OCD sufferers The latest diagnostic standards A completely revised list of resources OCD sufferers and their loved ones will find everything they need to assess their symptoms set realistic goals and create specific therapeutic exercises for managing this disorder

Getting Control Lee Baer,2012-06-26 Thoroughly revised and updated the go to book for OCD sufferers who want to master their fears and take charge of their lives The first comprehensive guide to treating obsessive compulsive disorder based on clinically proven behavioral therapy techniques Dr Lee Baer s Getting Control has been providing OCD sufferers with information and relief for more than twenty years In the same easy to understand format as the original this updated edition includes Cutting edge behavioral therapy techniques Breakthrough advances in neuroscience Brand new material on hoarding Expanded sections on how families can help OCD sufferers The latest diagnostic standards as outlined by the American Psychiatric Association A completely revised list of resources OCD sufferers and their loved ones will find everything they need to assess their symptoms set realistic goals and create specific therapeutic exercises for managing this disorder

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Clinical Case Formulations Barbara Lichner Ingram,2006-06-27 A step by step model for individualized case conceptualization This innovative new guide addresses the essential question facing every therapist with a new client How do I create a treatment plan that is the best match for my client This unique resource provides a systematic method to integrate ideas skills and techniques from different theoretical approaches empirical research and clinical experience to create a case formulation that is tailor made for the client Clinical Case Formulations is divided into three parts Getting Started provides an overview that sets forth a framework for case formulation and data gathering 28 Core Clinical Hypotheses offers a meta framework embracing all theories orientations and mental health intervention models and presents clinical hypotheses within seven categories Biological Hypotheses Crisis Stressful Situations and Transitions Behavioral and Learning Models Cognitive

Models Existential and Spiritual Models Psychodynamic Models and Social Cultural and Environmental Factors These hypotheses are combined and integrated to develop a coherent conceptualization of the client s problems Steps to a Complete Case Formulation provides a structured framework known as the Problem Oriented Method POM Using the POM and integrating multiple hypotheses the therapist learns how to think intelligently critically and creatively in order to develop a tailor made treatment plan A list of thirty three standards for evaluating the application of this method is provided With this practical guide you will learn to conceptualize your clients needs in ways that lead to effective treatment plans while finding the tools for troubleshooting when interventions fail to produce expected benefits

The Complete Adult Psychotherapy Treatment Planner David J. Berghuis, L. Mark Peterson, 2012-07-03 The Complete Adult Psychotherapy Treatment Planner Fourth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features Empirically supported evidence based treatment interventions Organized around 43 main presenting problems including anger management chemical dependence depression financial stress low self esteem and Obsessive Compulsive Disorder Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem Designed to correspond with the The Adult Psychotherapy Progress Notes Planner Third Edition and the Adult Psychotherapy Homework Planner Second Edition Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF JCAHO and NCQA

The Severe and Persistent Mental Illness Treatment Planner David J. Berghuis, Arthur E. Jongsma, Jr., Timothy J. Bruce, 2011-02-17 The flexible format of The Severe and Persistent Mental Illness Treatment Planner 2nd Edition enables you to choose between evidence based and traditional best practice treatment approaches for your patients Fully revised to meet your needs as a mental health professional working in today s long term care facilities this time saving resource contains over 1 000 rewritten treatment goals objectives and interventions plus space for recording specific treatment plan options This guide is organized around 31 behaviorally based issues from employment problems and family conflicts to financial needs and homelessness to intimate relationship conflicts and social anxiety

Anti-Anxiety Program, Second Edition Peter J. Norton, Martin M. Antony, 2021-01-01 How would it feel to approach life with more confidence and less fear Discover a new sense of freedom as you work through this expertly crafted workbook now revised and updated to be even more user friendly Grounded in cognitive behavioral therapy CBT the book helps you understand how anxiety gets out of control identify your triggers change the patterns of thinking and behavior that make worry panic and phobias worse and take proven steps to confront feared situations The second edition has been updated with over a decade s worth of research advances It includes more detailed instructions for customizing the program added support for staying motivated vivid stories that run throughout the book new separate chapters on relaxation and

mindfulness and downloadable audio recordings The large size format makes it easy to fill in the worksheets you can download and print extra copies as needed

Master Your Fears Linda Sapadin, Ph.D.,2008-05-02 Praise for Master Your Fears Dr Sapadin s fascinating guide to mastering our fears and constant worries is essential reading for these times She offers readers a practical and powerful set of guidelines for taking control of their strong emotions and building a better life in the process Philip G Zimbardo Ph D professor Stanford University and past president of the American Psychological Association Master Your Fears is a valuable self help book written in clear language with excellent advice engaging quizzes creative exercises and lots of anecdotes about people with all types of fears Dr Sapadin supportively explains the fearful lifestyle and how to change the pattern She connects with readers venturing beyond theory and case studies by openly discussing her own fears and how she overcame them A must read if you want to lighten your fear and brighten your life Carol Goldberg Ph D host and producer of the award winning TV program Dr Carol Goldberg and Company In this helpful book Dr Sapadin does not take a one size fits all approach to the multifaceted experience of fear Rather she provides the reader with concrete creative suggestions for mastering fears based on one s fear style She also includes simple but powerful assignments that help you create positive change in your life I will be recommending this book to my clients friends and all those who allow fear to inhibit their lives Pauline Wallin Ph D author of Taming Your Inner Brat A Guide for Transforming Self Defeating Behavior An inspiring empowering book that will help any reader who has been paralyzed by fear or overwhelmed by a disorganized and chaotic way of living Master Your Fears provides an abundance of creative yet practical advice on how to change self defeating emotions and behaviors and leave your fears behind I highly recommend it Barry J Izsak president of the National Association of Professional Organizers Master Your Fears is an excellent book for all those who are living a fearful lifestyle Dr Sapadin successfully blends effective strategies for conquering fears with a comprehensive approach for achieving life satisfaction and happiness Elizabeth K Carll Ph D president Media Psychology Division American Psychological Association

The Handbook of Adult Clinical Psychology Alan Carr,Muireann McNulty,2016-03-31 The second edition of the Handbook of Adult Clinical Psychology An Evidence Based Practice Approach like its predecessor provides clinical psychologists in training with a comprehensive practice handbook to help build the skills necessary to complete a clinical placement in the field of adult mental health While practical in orientation the book is based solidly on empirical evidence Building on the success of the previous edition this handbook has been extensively revised in a number of ways Throughout the book the text references and website addresses and have been updated to reflect important developments since the publication the first edition Recent research findings on the epidemiology aetiology course outcome assessment and treatment of all psychological problems considered in this volume have been incorporated into the text Account has been taken of changes in the diagnosis and classification of psychological problems reflected in the DSM 5 Chapters on ADHD in adults emotion focused therapy radically open dialectical behaviour therapy and schema therapy have

been added The book is divided into 6 sections Section 1 covers conceptual frameworks for practice lifespan development classification and epidemiology CBT psychodynamic emotion focused systemic and bio medical models and general assessment procedures Section 2 deals with mood problems depression bipolar disorder suicide risk and anger management Section 3 focuses on anxiety problems social phobia generalized anxiety disorder panic disorder obsessive compulsive disorder post traumatic stress disorder and depersonalization disorder Section 4 deals with psychological problems linked to physical health health anxiety somatization chronic pain adjustment to cancer and eating disorders Section 5 focuses on other significant psychological problems that come to the attention of clinical psychologist in adult mental health services ADHD in adults alcohol and other drug problems psychosis and psychological problems in older adults Section 6 contains chapters on therapeutic approaches to psychological distress related to complex childhood trauma dialectical behaviour therapy for borderline personality disorder racially open dialectical behaviour for over controlled presentations and schema therapy Each of the chapters on clinical problems explains how to assess and treat the condition in an evidence based way with reference to case material Interventions from cognitive behavioural psychodynamic interpersonal systemic and biomedical approaches are described where there is evidence that they are effective for the problem in question Skill building exercises and further reading for psychologists and patients are included at the end of each chapter This book is one of a set of three volumes which cover the lion s share of the curriculum for clinical psychologists in training in the UK and Ireland The other two volumes are the Handbook of Child and Adolescent Clinical Psychology Third Edition by Alan Carr and the Handbook of Intellectual Disability and Clinical Psychology Practice Second Edition edited by Alan Carr Christine Linehan Gary O Reilly Patricia Noonan Walsh John McEvoy

Coping with Obsessive-Compulsive Disorder Jan Van Niekerk, 2009-04-16 Obsessive Compulsive Disorder OCD is one of the most common mental health problems It leaves sufferers plagued by recurring unwanted thoughts and compulsive patterns of behaviour disrupting their everyday activities and preventing them from living their lives to the full In this groundbreaking work clinical psychologist Jan van Niekerk provides easy to follow strategies for breaking free from obsessive thoughts anxieties and rituals This comprehensive and helpful guide o Offers the most up to date techniques from cognitive behavioural therapy o Provides effective strategies for overcoming obsessional fears and reducing compulsive behaviours and ritualistic thinking o Helps you deal with low mood and low motivation o Shows you the benefits of following a healthy lifestyle and practicing regular relaxation With step by step support sufferers of OCD will find a wealth of practical advice and encouragement to help them to understand their obsessions better reduce distress face their fears and overcome compulsions and so reclaim control of their lives

The BDD Workbook James Claiborn, Cherlene Pedrick, Cherry Pedrick, 2002 OCD experts James Claiborn and Cherry Pedrick show readers who suffer from Body Dysmorphic Disorder how to overcome debilitating obsessions with perceived flaws in their appearance establish a balanced body image and enhance other aspects of their self image and self esteem

Obsessive-compulsive Disorders Michael A. Jenike, Lee Baer, William E. Minichiello, 1998 This is the most complete clinical reference on obsessive compulsive disorders It incorporates scientific foundations and clinical studies Discussed in detail are the behavioural therapies and psychotropic medications that are used to control symptoms Practical advice is provided on clinical management The first edition received positive reviews in the New England Journal of Medicine as extremely useful as a reference source for any clinician interested in treating obsessive compulsive disorders The third edition is divided into six sections Section I The Clinical Picture presents a descriptive picture of the clinical features of OCD Section II Illnesses Related to OCD Spectrum Disorders Section III Pathophysiology and Assessment Section IV Treatment includes detailed information on treatments that have proven effective including behaviour therapy medications and the often overlooked area of neurosurgical treatment as well as specific clinical strategies and case studies Section V Patient and Clinic Management includes step by step information on running an OCD clinic Section VI Appendix includes rating scales referral sources references etc Complete coverage of the aetiology diagnosis and treatment of OCD in children adolescents and adults written by contributors who are the leading authorities on OCD The editors are from MGH OCD clinic a major U S treatment center also involved in the latest research in OCD The leading reference on OCD Written by leading authorities in the field New drugs and latest information on indications and contraindications New information about the biology of disorders Major updating of obsessive compulsive spectrum and fringe disorders Expanded bibliography Treatments of Psychiatric Disorders, 1995 *The Habit Change Workbook* James Claiborn, Cherry Pedrick, 2001 Without preaching moralizing or theorizing the authors deliver a program for breaking bad habits Grounded in proven cognitive behavioral principles the book helps readers assess their habits and proceed to dismantle them 35 charts **The Antidepressant Sourcebook** Andrew L. Morrison, 1999 A user's guide for patients and families **Treatments of Psychiatric Disorders** Glen O. Gabbard, 1995 This guide encompasses the evolution of psychiatric treatments and presents clinically useful current approaches to the treatment of mental disorders Obsessive-compulsive Disorder Mitzi Waltz, 2000 Obsessive compulsive disorder OCD is one of the most common psychiatric problems faced by children although frequently not diagnosed or treated Many children diagnosed with OCD also turn out to have other brain based disorders particularly ADD ADHD Childhood OCD can be a truly debilitating disability not just a minor problem or personality quirk Children with OCD experience extreme anxiety and embarrassment Their OCD symptoms often prevent them from building good relationships from achieving their best in school and from having a normal childhood The effects of this disruption can be painful and lifelong The good news is that OCD is very treatable Obsessive Compulsive Disorder helps parents secure a diagnosis manage family life understand medical interventions explore therapeutic and other interventions and get care with an existing health plan even with no coverage of mental disorders Author Mitzi Waltz an advocate for children's neurological issues has included the stories of dozens of parents and adolescents Obsessive-compulsive Disorder Casebook John H.

Greist, James W. Jefferson, 1995 Obsessive Compulsive Disorder Casebook Revised Edition presents 60 case histories of OCD Each case offers a discussion by the author and editors regarding their opinion on each diagnosis This book will be useful to psychiatric residents because it provides examples of the many kinds of obsessions they will encounter in practice **Let's Talk Facts about Obsessive-Compulsive Disorder** American Psychiatric Association, 1988-07 **WHO Guide to Mental and Neurological Health in Primary Care: A Guide to Mental and Neurological Ill Health in Adults, Adolescents and Children, 2nd Edition** Rachel Jenkins, 2004-03-02 Adapted for the UK with permission from Diagnostic and management guidelines for mental disorders in primary care ICD 10 chapter V primary care version

Getting Control Overcoming Your Obsessions And Compulsions Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Getting Control Overcoming Your Obsessions And Compulsions**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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Table of Contents Getting Control Overcoming Your Obsessions And Compulsions

1. Understanding the eBook Getting Control Overcoming Your Obsessions And Compulsions
 - The Rise of Digital Reading Getting Control Overcoming Your Obsessions And Compulsions
 - Advantages of eBooks Over Traditional Books
2. Identifying Getting Control Overcoming Your Obsessions And Compulsions
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Getting Control Overcoming Your Obsessions And Compulsions
 - User-Friendly Interface
4. Exploring eBook Recommendations from Getting Control Overcoming Your Obsessions And Compulsions
 - Personalized Recommendations
 - Getting Control Overcoming Your Obsessions And Compulsions User Reviews and Ratings
 - Getting Control Overcoming Your Obsessions And Compulsions and Bestseller Lists

5. Accessing Getting Control Overcoming Your Obsessions And Compulsions Free and Paid eBooks
 - Getting Control Overcoming Your Obsessions And Compulsions Public Domain eBooks
 - Getting Control Overcoming Your Obsessions And Compulsions eBook Subscription Services
 - Getting Control Overcoming Your Obsessions And Compulsions Budget-Friendly Options
6. Navigating Getting Control Overcoming Your Obsessions And Compulsions eBook Formats
 - ePub, PDF, MOBI, and More
 - Getting Control Overcoming Your Obsessions And Compulsions Compatibility with Devices
 - Getting Control Overcoming Your Obsessions And Compulsions Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Getting Control Overcoming Your Obsessions And Compulsions
 - Highlighting and Note-Taking Getting Control Overcoming Your Obsessions And Compulsions
 - Interactive Elements Getting Control Overcoming Your Obsessions And Compulsions
8. Staying Engaged with Getting Control Overcoming Your Obsessions And Compulsions
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Getting Control Overcoming Your Obsessions And Compulsions
9. Balancing eBooks and Physical Books Getting Control Overcoming Your Obsessions And Compulsions
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Getting Control Overcoming Your Obsessions And Compulsions
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Getting Control Overcoming Your Obsessions And Compulsions
 - Setting Reading Goals Getting Control Overcoming Your Obsessions And Compulsions
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Getting Control Overcoming Your Obsessions And Compulsions
 - Fact-Checking eBook Content of Getting Control Overcoming Your Obsessions And Compulsions
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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