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healed me of panic  
attacks,  
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anxiety, insomnia,  
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thoughts

Testimony ~~OCD~~  
~~Coaching Video ~~~  
~~Don't Follow That~~  
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*Testimony*

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**Types of**

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their families

Written by leading experts on OCD, this step-by-step guide is written for adolescents with OCD and their families, to be used in home treatment or as a self-help book.

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**Anxiety UK**

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Disorder with CBT

First Edition by

Challacombe, Dr.

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(ISBN:

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By Authors Jo  
Derisley, Isobel  
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(Illustrator) “The  
book offers some  
excellent  
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parents wanting to  
tackle their child’s

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OCD, so I would most definitely recommend this book to parents of children with OCD”.

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can be a drain on  
daily life, but this  
practical guide,

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written by three  
leading Cognitive  
Behavioural  
Therapy experts,  
enables you to  
make sense of your  
symptoms, and  
gives a simple plan  
to help you  
conquer OCD .

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OCD! Anyone can suffer from OCD and it affects people from all around the world.

Some famous people have spoken about their OCD. Maybe you can think of a few?

SOME

INFORMATION

ABOUT YOUR

THOUGHTS Many

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people with OCD  
feel embarrassed  
or ashamed about  
their symptoms.

Some people worry  
that they are going  
mad. It is normal to  
22 BREAKING FREE  
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recommendation

for an OCD self-

help book."

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Many people with OCD aren't easy to diagnose or treat. Clients with OCD can present as panicky, depressed, and agoraphobic, as well as with a wide range of personality problems and relationship issues. But by locating the

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obsessive thought  
that initially raises  
anxiety distress  
and the compulsive  
thought that  
provides the  
temporary relief,  
therapists can help  
these clients break  
their self ...

## **Breaking the Cycle: OCD Treatment that**

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compulsive  
disorder left Ethan  
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shambles. But he  
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hand. By Regina  
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6, 2015

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breaking the cycle

of overwhelming

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Authors: Fiona  
Challacombe,  
Victoria Bream  
Oldfield, Paul M  
Salkovskis:  
Publisher: Random  
House, 2011: ISBN:

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Author. Jo Derisley,  
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challenging the  
OCD by exposure

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doing anything in  
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are exercises for  
the child and a  
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