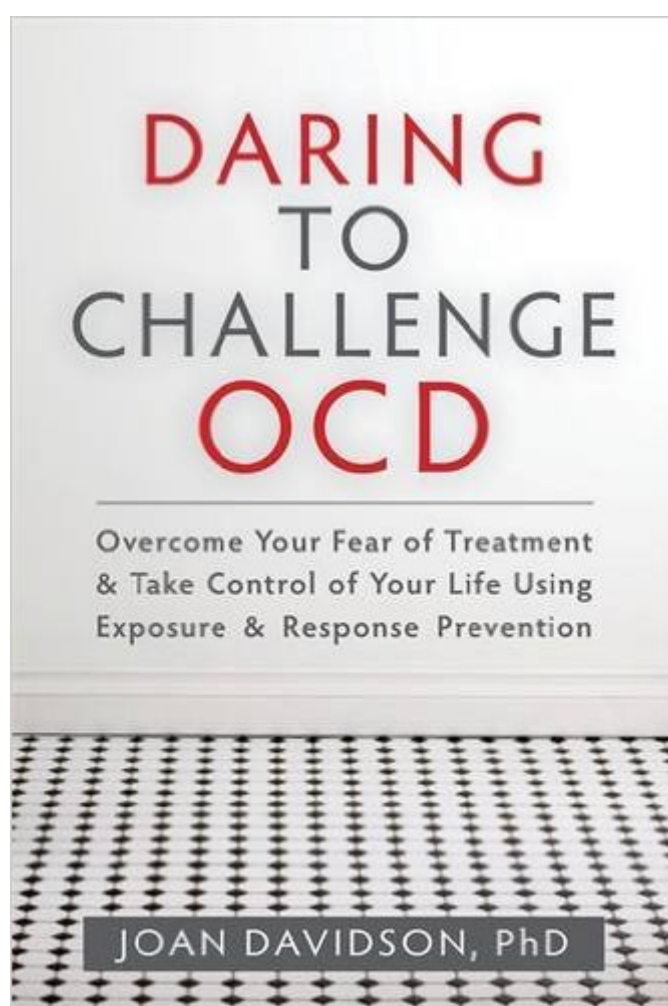


The book was found

# Daring To Challenge OCD: Overcome Your Fear Of Treatment And Take Control Of Your Life Using Exposure And Response Prevention



## Synopsis

If you have obsessive-compulsive disorder (OCD), you may suffer from obsessive thoughts and anxiety, and use compulsions to alleviate your distress. You know, more than anyone, how debilitating this condition can be. But you may also be reluctant to start treatment due to fears and misconceptions regarding therapy—particularly exposure and response prevention (ERP) therapy. You may even think of a number of reasons not to go, or to drop out, but if you are committed to getting better, you need to take that important step toward healing. ERP is a proven-effective treatment that can help people with OCD break free from the constraints of their disorder; however, starting treatment can feel frightening. Many people wonder what treatment will be like and how they will ever face some of their worst fears. They want to hear from others who have successfully completed therapy. In *Daring to Challenge OCD*, anxiety specialist Joan Davidson, PhD, gives a thorough overview of ERP, what to expect during treatment, and offers gentle guidance to help you finally overcome the common fears and obstacles that can stand in the way of getting the help you need. Three clients with different OCD symptoms share their personal stories and insights about OCD and treatment. If you are considering treatment, you may ask yourself, *What will my therapist expect me to do? Will treatment be too difficult for me to handle? Will I be asked to do things that put me at risk? What are realistic expectations for recovery?* This book will demystify treatment for OCD so that you can face your fears and start changing your life. And if you are a therapist helping clients build motivation to engage in ERP, this book offers real treatment stories and exercises for clients, making it an invaluable resource for therapists and wonderful suggested reading for clients building motivation to commit to treatment.

## Book Information

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Self-Help > Anxieties & Phobias #676 in Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior

## Customer Reviews

A very important book for those of us who have to deal with a severely OCD family member. Jeff Bell is such an inspiration. He gives us hope that the OCD monster can be tamed and brought under control. The OCD sufferer does not have to roll over and play dead when this seemingly enormous anxiety beast bellows and rears its ugly head!

This is a wonderfully written book. Its written from a professional perspective of a therapist in practice sharing client experiences. This is a great read for those struggling with OCD and for clinicians looking into ERP therapy from the client experience.

If you or someone you know suffers from OCD, then you might want to pick up this book. Although I do not suffer from OCD and cannot apply this book to myself, it seemed to be well researched with a lot of suggestions on how to manage your OCD. The author includes the stories of three people who have different OCD symptoms to help illustrate her points and make them seem attainable. If you suffer from OCD, you might want to pick up this book. It may be able to help you alleviate some of the symptoms of OCD... if not, at least you will know that you are not alone and that there are others who understand what you are going through.\*\*This book was received through Goodreads Giveaway program. It did not influence my opinion and all opinions are solely my own.\*\*

Excellent book. So glad to find it.

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