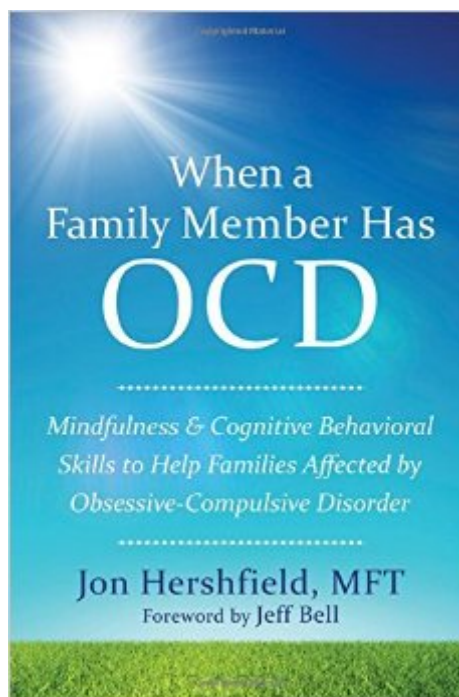


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# When A Family Member Has OCD: Mindfulness And Cognitive Behavioral Skills To Help Families Affected By Obsessive-Compulsive Disorder



## Synopsis

When someone has obsessive-compulsive disorder (OCD), it can affect the entire family. This book is an essential guide to help family members cope with their loved one's compulsive behaviors, obsessions, and constant need for reassurance. If your loved one has OCD, you may be unsure of how to express your concerns in a compassionate, effective way. In *When a Family Member Has OCD*, you and your family will learn ways to better understand and communicate with each other when OCD becomes a major part of your household. In addition to proven-effective cognitive behavioral therapy (CBT) and mindfulness techniques, you'll find comprehensive information on OCD and its symptoms, as well as advice for each affected family member. OCD affects millions of people worldwide. Though significant advances have been made in medication and therapeutic treatments of the disorder, there are few resources available to help families deal with the impact of a loved one's symptoms. This book provides a helpful guide for your family.

## Book Information

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## Customer Reviews

This is a very good resource for those who are living with a person with OCD. The author makes it very clear what it feels like to have OCD and provides ways for family members and loved ones to interact without making things worse. It's a very easy read, and everything is easily digestible. I have already recommended this book to many of my client's families.

I have ready many books on OCD, Anxiety, and Panic. Although many of them were informative,

this book was the first one that immediately "clicked" for me. This book truly allowed me to understand what our child is going through and what we can do to help. It is even so informative and clear that it was painfully obvious what we were doing wrong. The book is laid out clearly and addresses different obsessive behaviors and clear topics on how to deal with them. This book is a **MUST READ** if you have someone close to you suffering from OCD. Although the book is written for people who have a family member with OCD, this book was an **EXCELLENT BOOK** for our OCD child who for the first time, after reading this book, was able to identify her compulsive behavior. I highly recommend this book. It is an easy read and the first book on OCD that has given my family hope that there is light at the end of the tunnel.

I think of myself as a pro when it comes to parenting and OCD, but my skills had grown rusty and my methods stale. Worse, I didn't realize I'd slipped back into old ways of reassurance. This book gave me a much needed jolt of enthusiasm for tackling the ever morphing monster that can hijack family life. It's a concise, easy read packed with help and empathy. I can't recommend it enough.

As a clinician who specializes in OCD, I feel that family involvement is an intricate and significant part of the treatment model because often times family members may be feeding into the OCD symptoms and making it difficult for the OCD sufferer to make progress. Jon Hershfield compassionately and eloquently takes you into the inner world of an OCD sufferer and provides practical tools and guidance on how to enhance one's quality of life and combat their symptoms. This book gives hope and empowerment to families of loved ones with OCD. It's also a fantastic book for all OCD sufferers and all clinicians working with this population. I highly recommend it!!!--Dr. Tabasom Holakouee

This is an excellent book for anyone who has a family member suffering with OCD. Plenty of practical advice for a variety of relationships and specific examples about how it may impact your relationship and steps you can take to tackle it together. I highly recommend it.

Jon Hershfield has mastered a concoction of education, validation and humour, taking learning about OCD to a new level. As someone with OCD, I know how devastating living with it can be. Hershfield portrays this to families, respecting the OCD sufferer's experience while honouring the hardship it bestows on families. Hershfield has a natural talent of weaving his sense of humour into his words. And with all the doubt, frustration and guilt that everyone involved can experience, feeling

the corners of your mouth curl up is refreshing. Whether you understand the disorder like the back of your hand or whether this is uncharted territory, there is something valuable in here for everyone, OCD sufferers and families alike. Hershfield presents the reader with insightful information, woven with metaphors and practical tips, all with a personal touch. You're not just reading about OCD. You're making a connection with the author; rapport is being established as you soak in his words. I recommend reading it with a highlighter on standby.

As an advocate for OCD awareness, author of *Overcoming OCD: A Journey to Recovery*, and a mom whose son made an amazing recovery from severe OCD, I have read my fair share of books on the disorder. Jon Hershfield's book is unique in that it clearly presents OCD through different perspectives. Those without OCD will gain insight into how their loved ones with the disorder are likely feeling, and vice versa. Incredibly important topics which, in my opinion, are not discussed nearly enough, are covered in detail. Two examples are the roles and effects of reassurance and accommodation in OCD, and the importance of loved ones being involved, but not TOO involved. There is a wealth of helpful information on every page and I highly recommend this book whether you are new to OCD or have been dealing with it for what feels like forever.

This book is an outstanding resource for anyone who is impacted by OCD. It is invaluable for loved ones of the OCD sufferer but also very helpful all around primer on OCD for anyone struggling with the disorder as well. The writing is clear, thorough and engaging. It is an easy, fast read packed with information and helpful suggestions. I will be loaning this book out to all of my clients with OCD as a stellar resource for them and their loved ones.

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