



# **OCD A Workbook for Clinicians, Children and Teens: Actions to Beat, Control & Defeat Obsessive Compulsive Disorder**

*Christina Taylor*

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OCD A Workbook for Clinicians, Children & Teens is a user-friendly, creative and interactive book to help children and teens take control of OCD. With specific chapters for each type of OCD, children and teens will learn cognitive behavioral strategies to overcome their obsessions and compulsions.

—Step-by-step worksheets and exercises to break free of OCD

-Strategies for contamination, checking, worrisome thoughts, perfectionism, hoarding, and religious obsessions and compulsions.

-Relaxation and thinking skills to manage anxiety

Use Actions to Beat, Control and Defeat— the ABCDs of OCD to effectively conquer symptoms

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