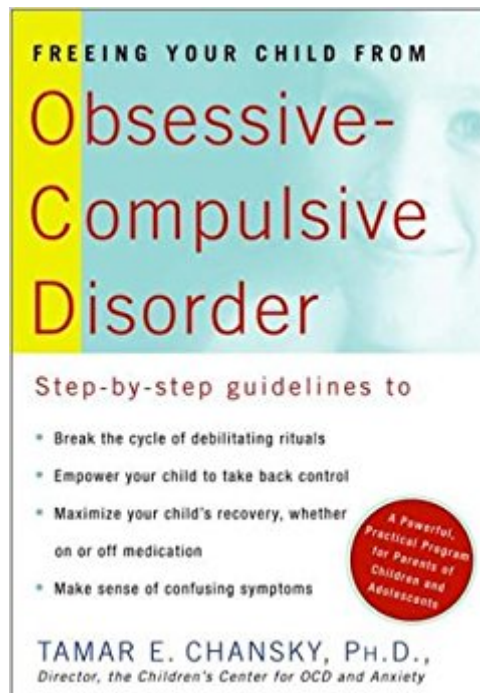


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Freeing Your Child From Obsessive-Compulsive Disorder: A Powerful, Practical Program For Parents Of Children And Adolescents



Synopsis

If you're a parent of one of the more than one million children in this country with obsessive-compulsive disorder, you know how confusing, even frightening, the symptoms of OCD can be. You're terrified of losing your child and angry about the havoc this disorder has wreaked in your family. More than anything, you want to be able to unlock the secrets of OCD, understand the cause of your child's bizarre symptoms, and help your child break free of these disruptive, relentless thoughts and actions. In her landmark book, *Freeing Your Child from Obsessive-Compulsive Disorder*, Dr. Tamar E. Chansky creates a clear road map to understanding and overcoming OCD based on her successful practice treating hundreds of children and teenagers with this disorder. In Part I, Dr. Chansky "cracks the code" of the peculiar rules and customs of OCD -- the handwashing, tapping, counting, and so forth. She explains how OCD is diagnosed, how to find the right therapist partner, and how to tailor treatment options to your child's needs. You'll learn how powerful behavioral modification can be and when medication can help. In Part II, you'll learn how not to be pulled in by your child's debilitating rituals at home or at school, how to talk to your child about the "brain tricks" OCD causes, and how to create an effective OCD battle plan that will empower your child to "boss back" the OCD monster. You'll also learn how to cope in moments of crisis. Part III offers specific advice for how to help your child handle the most common manifestations of OCD such as fears of contamination, checking, getting things "just right," intrusive thoughts, and more. Part IV is an indispensable guide to additional resources, including books, videos, organizations, and websites. Filled with Dr. Chansky's compassionate advice and inspiring words from the many children with OCD whom she has helped, this book will be your lifeline. Battling back from OCD is hard work, but with the comprehensive, proven guidance in this book, you can help your child reclaim a life free from its grip.

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Customer Reviews

I was very frightened when my young daughter began displaying obsessive-compulsive behavior. The scariest part was that I was unable to offer help to her even when she asked for it. I did not know whether to continually reassure, punish, or ignore her. After reading Dr. Chansky's book, I no longer lay awake worrying about her future. This book is full of hope and practical advice that works. I tried her suggestions and noticed a difference in my daughter's level of anxiety immediately. Dr. Chansky has ways of explaining OCD to a child that make it less scary and more understandable. By treating OCD as a "third person" the child is able to separate the OCD voices from their own reasonable thoughts. I liked the book so much that I took it to my pediatrician so she could recommend it to other parents of OCD children.

When I first realized that my daughter had OCD, I felt as though I had died, or more accurately, she had, and a terrifying stranger had taken my daughter's place. Years later, though I have come to understand this stranger, this enemy who periodically resurfaces and attempts to swallow up her life, and ultimately, our entire family's, I still shudder at its return. This time; however, I was armed! Reading Dr. Tamar E. Chansky's book, *Freeing Your Child from Obsessive-Compulsive Disorder*, a clearly written and straightforward guide, felt as though I had my own therapist, supporting me step-by-step, reminding me that I can really help my daughter "take charge" of her own life again, by being her most supportive coach. Using crystal clear language, Dr. Chansky defines OCD and walks parents through the process necessary to free their child from its grip. Dr. Chansky manages to address questions and concerns that parents might have without making us feel to blame and helps us to see this disease for what it is -- a biochemical disorder of the brain that can be stopped in its tracks, or at the very least, controlled. I know... Night after night, as I sat at my daughter's bedside, watching her slip back into OCD's hold, I mustered the strength to use Dr. Chansky's recommendations, to remember her advice, and to hold on for dear life to her supportive encouragement. Slowly, I watched my daughter become herself again! *Freeing Your Child from Obsessive-Compulsive Disorder* is invaluable for any parent beginning to suspect that their child might suffer from the disorder or if, like me, they have been tangling with it for many years. It also

provides its readers with information about what to look for when searching for professional help, addresses the issue of medication, and provides a useful guide to related books, videos, and organizations. In other words, Dr. Chansky helps parents of children with OCD become educated partners in their recovery. I cannot thank her enough.

Tamar Chansky really captures the essence of OCD from the patient's point of view. I have lived with OCD since my early teens and have read every book I can find on the subject. I have to say that no other author has so accurately captured the suffering, control, oppressive guilt and desire to break free that the OCD sufferer feels every day. My child has also shown signs of the disorder and fortunately I was able to get her treatment as OCD first reared its ugly head due to my own experience with the disorder. Dr. Chansky's book is right on. Her recommendations and techniques provide an effective blueprint for parents to follow in saving their children from this insidious robber of normalcy and in helping the family survive the upheaval that accompanies OCD.

I started to cry as I read this book. When my son was diagnosed with OCD I had never heard of it. Within 10 minutes of his first session with a Psychiatrist we were told that he had OCD and needed to begin taking Prozac. I was terrified! So like any parent I hit the library looking for information. I only found 2 sources on OCD. One was called, "The Boy Who Couldn't Stop Washing", and the other was called, "Brain Lock". The first book was case studies, (aged), and really scared me. I thought I might have to commit my son to an institution for help. "Brain Lock" was a bit more helpful. Dr. Chansky's book would have given me hands on suggestions on how to get my kiddo started, but more importantly, I would not have felt that awful nauseous feeling. My kid was spinning out of control and an asprin was not going to make him better. This book is more of a hands on parent-guide. It helps you to look at the illness as a hic-cup in the brain rather than my child is crazy. It also will help families GET STARTED! Yes, these children need medication and behavior modification therapy, but until you find the right people, this book is a blessing. I am happy to say that my son has been in remission for over 2 years. He also knows that when the OC raises its ugly head he has tools to use to boss back, and that there is no shame in a tune up with the good doctor.

I am a mother whose young child experienced an abrupt onset of Obsessive-Compulsive Disorder two years ago. Since that time I have read every book available on the subject of OCD in children. Dr. Chansky's book stands out among them for its demystifying explanations of the disorder's symptoms and how they are experienced by the sufferer, and most importantly what to do about

them. This book is one I regularly refer to as I help my child along the path toward recovery. If your child is struggling with OCD, I very much recommend you read "Freeing Your Child from Obsessive-Compulsive Disorder". It has been an invaluable resource for our family, and I am grateful to Dr. Chansky for writing it.

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