



Helping Your Child with OCD: A Workbook for Parents of Children With Obsessive-Compulsive Disorder

Lee Fitzgibbons, Cherlene Pedrick RN

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Approximately one million children and adolescents in the US suffer from OCD. Research shows that one-third to one-half of OCD cases begin during childhood.

This is the only workbook for parents of children with OCD that offers effective treatment methods that work in everyday situations.

Children with obsessive-compulsive disorder may need to engage in ritualistic behavior such as counting, checking, washing, hoarding, as a part of their daily routine. Left untreated, this problem can lead to debilitating stress and embarrassment during their school years and a lifetime of struggle with anxiety.

This book is a personalized guide you, the parent of a child with OCD, can use to understand the causes of the disorder and explore available treatments. Find out which techniques are most effective at controlling symptoms. This engaging workbook is full of assessments, fill-ins, and progress charts that encourage you to get involved and stay committed to your child's recovery.

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