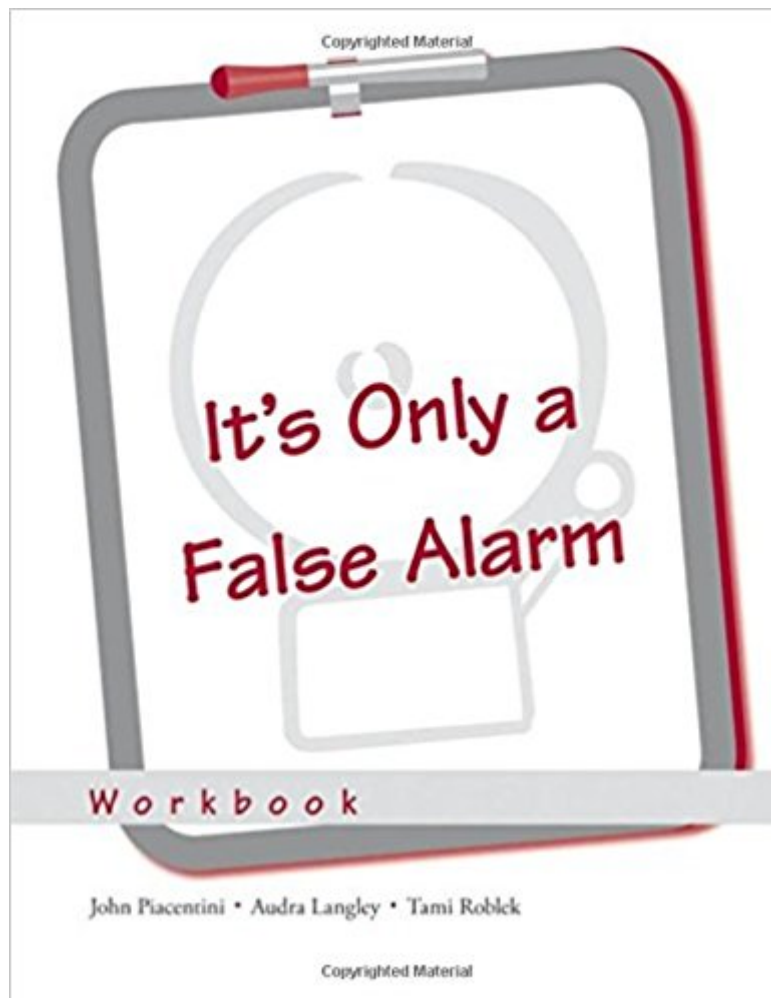




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It's Only A False Alarm: A Cognitive Behavioral Treatment Program Workbook (Treatments That Work)



Synopsis

It's Only a False Alarm, Workbook is written for children and adolescents ages 8 - 17 who are undergoing treatment for Obsessive-Compulsive Disorder (OCD). Designed to be used in conjunction with the program outlined in the corresponding Therapist Guide, this workbook contains easy-to-read psychoeducational material that help children understand their disorder and how to overcome it. It is filled with interactive worksheets and forms, as well as at-home exercises designed to help children relieve their anxiety and manage their OCD-related symptoms. Whether they are fearful of contamination or obsessed with symmetry, children will benefit from the exposure exercises found in this workbook. They will learn that just like a false fire alarm, there is nothing really dangerous around and nothing bad will occur if they don't perform their rituals and habits. Graphs and an OCD Thermometer provide children with a visual reminder of their progress over time.

Book Information

Series: Treatments That Work

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Customer Reviews

John Piacentini, Ph.D., ABPP is Professor of Psychiatry and Biobehavioral Sciences at the UCLA School of Medicine and Director of the Child OCD, Anxiety, and Tic Disorders Program at the UCLA Semel Institute. Audra Langley, Ph.D. is an Assistant Professor in the Division of Child and Adolescent Psychiatry at the UCLA Semel Institute for Neuroscience and Human Behavior. Dr. Langley is also the Director of Training for the Center for Resiliency, Hope, and Wellness in Schools

and serves as Chair of the National Child Traumatic Stress Network School Committee. Tami Roblek, Ph.D. is a clinician and researcher within the Division of Child and Adolescent Psychiatry at the UCLA Semel Institute for Neuroscience and Human Behavior.

I am a therapist and purchased this book after seeing a little boy with this disorder. On these days I had to adapt the CBT program by my own (That was a good exercise anyway) but these kind of books can really help therapist to deal with children. I'm a postgraduate psychology student and I've already known this protocol and its efficacy and that was the main reason for wanting to buy it. In conclusion: It's a great material, very helpful and based on scientific data of efficacy. PS: I'm from Spain, sorry for my English. Soy terapeuta y compré este libro tras haber tratado a un joven con este trastorno. En aquel momento tuve que adaptar yo mismo material de programas cognitivo-conductuales (lo cual fue, dicho de paso, un buen ejercicio) pero este tipo de material pone las cosas más fáciles para quienes tengan que trabajar con niños. Soy estudiante de posgrado de psicología y ya conocía la eficacia de este protocolo (no sus detalles) lo cual me impulsó a querer adquirirlo. En conclusión, un gran material, muy útil y basado en evidencias científicas.

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