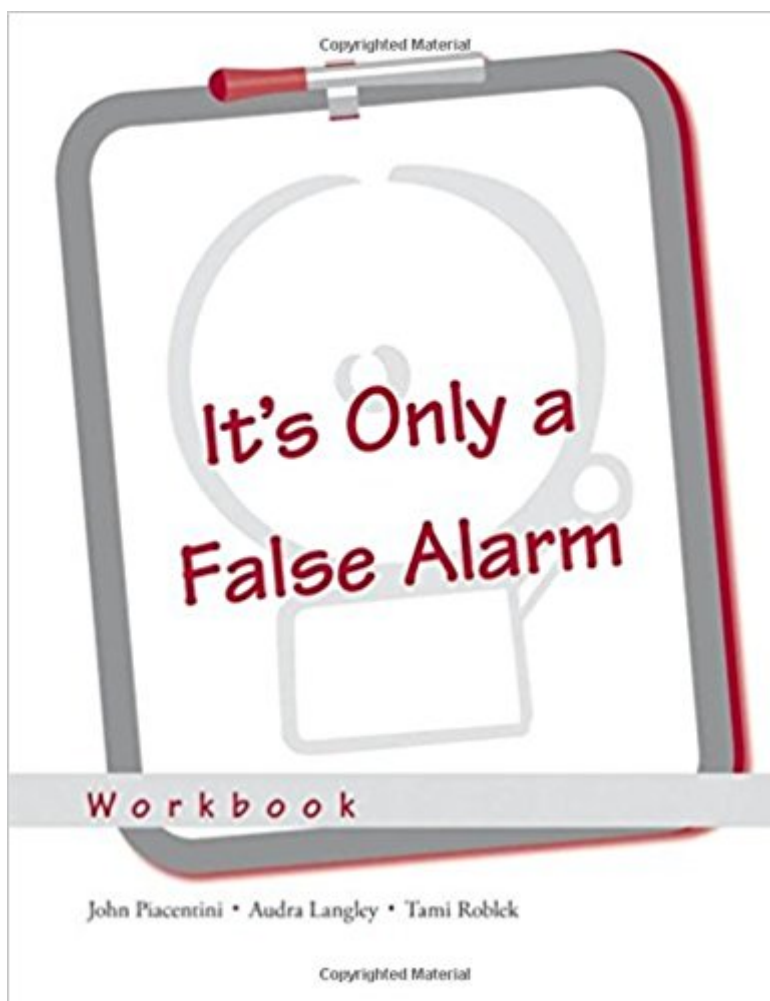The book was found

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 covercome 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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Average Customer Review: 5.0 out of 5 stars   1 customer review

Best Sellers Rank: #476,040 in Books (See Top 100 in Books)   #188 inÂ Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Obstetrics & Gynecology   #295 inÂ Books > Medical Books > Medicine > Internal Medicine > Obstetrics & Gynecology   #1003 inÂ Books > Textbooks > Social Sciences > Psychology > Clinical Psychology

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 excersice anyway) but these kind of books can really help terapist to deal with children. Im postgraduated psychology student and I've already knew this protocol and its efficacy and that was the main reason for wanting to buy it.In conclusion: Its a great material, very helpful and based on scientific data of efficacy.PS: I'm from Spain, sorry for my englishSoy 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 faciles para quienes tengan que trabajar con niÃ os. Soy estudiante de posgrado de psicologÃa y ya conocÃa la eficacia de este protocolo (no sus detalles) lo cual me impulsÃ³ a querer adquirirlo.EN conclusiÃ³n, un gran material, muy Ãºtil y basado en evidencias cientÃficas.

It's Only a False Alarm: A Cognitive Behavioral Treatment Program Workbook (Treatments That Work) Cognitive Behavioral Therapy (CBT): A Complete Guide To Cognitive Behavioral Therapy - A Practical Guide To CBT For Overcoming Anxiety, Depression, Addictions ... Phobias, Alcoholism, Eating disorder) Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach Workbook (Treatments That Work) When Children Refuse School: A Cognitive-Behavioral Therapy Approach Parent Workbook (Treatments That Work) The Cognitive Behavioral Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other Symptoms (New Harbinger Self-Help Workbook) Cognitive-Behavioral Stress Management (Treatments That Work) Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach Therapist Guide (Treatments That Work) Overcoming Eating Disorders: A Cognitive-Behavioral Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder (Treatments That Work) Managing Tourette Syndrome: A Behavioral Intervention Workbook, Parent Workbook (Treatments That Work) 1st (first) Edition by Woods, Douglas W., Piacentini, John, Chang, Susanna, Deckers published by Oxford University Press, USA (2008) The Cognitive Behavioral Workbook for Anxiety: A Step-By-Step Program The Cognitive Behavioral Workbook for Depression: A Step-by-Step Program TRUE & FALSE REVIVAL.. An Insider's Warning..: Gold Dust

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