

## ***ST. LOUIS COUNTY/CITY LIBRARY BOOKS***

SUGGESTED READING FOR THE FAMILY revised 7/07

### ***CHILDREN & ADOLESCENTS***

**Obsessive Compulsive Disorder: Help for Children and Adolescents.** Mitzi Waltz (Paperback, 400 pages. O'Reilly & Associates, Inc., California, 2000). An excellent book for parents and professionals involved in the treatment of children and adolescents with OCD. Includes stories from dozens of parents and adolescents who are living with the condition. Explores therapeutic and other interventions, getting care within an existing health plan, and navigating the special education system.

**Freeing Your Child From OCD.** Tamar E. Chansky, Ph.D. (Paperback, 354 pages. The Rivers Press, New York, 2000). A step-by-step guide on how to break the cycle of rituals, empower your child to take control and maximize his/her recovery.

**What to Do When Your Child Has Obsessive-Compulsive Disorder: Strategies and Solutions.** Aureen Pinto Wagner, Ph.D. (Paperback, 444 pages. Lighthouse Press Inc., New Jersey, 2002). Step-by-step practical guidance and hope for children, adolescents and families to triumph over OCD.

**Mr. Worry: A Story about OCD. (A Children's Book)** Holly L. Niner, mother of an OCD child who sought the help of professionals when she realized her son's problem was beyond normal parenting skills. This book is for children who exhibit OCD tendencies. This child is a 'checker' and calls his OCD by the name of Mr. Worry. He explains how he feels and how difficult it is to stop worrying and checking. He is relieved to learn he is not the only person with OCD and that counseling and medication can help him. ISBN 0-8075-5182-1, hardcover, nicely illustrated, but no page numbers! 2004.

### ***TRICHOTILLOMANIA***

**Help for Hair Pullers: Understanding and Coping with Trichotillomania.** Nancy K. Keuthen, Ph.D., Dan J. Stein, M.D., and Gary A. Christenson, M.D. (Paperback, 185 pages. New Harbinger Publications, California, 2001). Offers step-by-step guidance on getting control of hair pulling for sufferers and the professionals who treat them.

**The Hair-pulling Problem: A Complete Guide to Trichotillomania.** Fred Penzel, Ph.D. (Hardcover, 351 pages. Oxford University Press, New York, 2003). This book is a helpful guide for patients who suffer from this disorder. Includes a self-help program you design yourself, with guidelines to prevent relapse, and helpful resources, from internet sites to support groups.

### ***HOARDING***

**Overcoming Compulsive Hoarding.** Fugen Neziroglu, Ph.D., ABPP, Jerome Bubrick, Ph.D. and Jose A. Yaryura-Tobias, M.D. The authors are involved with the Bio-Behavioral Institute in Great Neck, N.Y. and have published several other books and papers based upon their research efforts and treatment experiences. This book is unique in its approach of asking questions and providing self-assessment guides. They discuss treatment options and guide the reader through a step-by-step program, self-help cognitive and behavioral program. ISBN 1-57224-349-X, softback, 150 pages, 2004.

### ***BODY DYSMORPHIC DISORDER (BDD)***

**The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder.** Katharine A. Phillips, M.D. (Paperback, 357 pages. Oxford University Press, North Carolina, 1996). An important text on the etiology and treatment of BDD.

**The BDD Workbook: Overcome Body Dysmorphic Disorder and End Body Image Obsessions.**

James Claiborn, Ph.D. & Cherry Pedrick, R.N. (Paperback, 198 pages. New Harbinger Publications, CA, 2002). If you suffer from BDD, this book will help you overcome debilitating obsessions with perceived flaws in your appearance, establish a balanced body image, and enhance your self-esteem.

**Cutting: Understanding and Overcoming Self-Mutilation.** Steven Levenkron has authored several other books on OCD and anorexia. He draws upon his experiences in treating such mental illnesses over the past thirty years. The reader is taken through psychological experience of the person who seeks relief from mental anguish in self-inflicted physical pain. Component that predispose a personality to self-mutilation are reviewed. He describes how self-mutilators can be helped and addresses suggestions to the patient, family and friends. ISBN-0-393-31938-5, softcover, 270 pages, 1998.

**IMPULSIVE BEHAVIOR**

**Stop Me Because I Can't Stop Myself: Taking Control of Impulsive Behavior.** Jon E. Grant J.D., M.D., and S.W. Kim, M.D. (Hardcover, 209 pages. McGraw-Hill, New York, 2003). Filled with in-depth case studies, practical questionnaires that allow you to identify these disorders, and invaluable information on the latest treatments.

**GENERAL OCD INFORMATION**

**Obsessive Compulsive Disorder: New Help for the Family.** Herbert L. Gravitz, Ph.D. (Paperback, 219 pages. Healing Visions Press, California, 1998). A practical road map to healing for families living with OCD.

**Getting Control: Overcoming Your Obsessions and Compulsions.** Lee Baer, Ph.D. with a foreward by Judith Rapoport, M.D. (Paperback, 258 pages. Plume Book Publishers, New York, 2nd Ed., 2000). Provides a step-by-step program to evaluate symptoms, establish goals, and design exercises to regain control through the use of cognitive-behaviorial techniques.

**Stop Obsessing.** Edna Foa, Ph.D. (Paperback, 247 pages. Bantam Books, New York, 2nd Ed., 2001). A practical self-help guide that discusses how to develop and implement a plan using behavioral and cognitive techniques to overcome obsessions and compulsions.

**OCS: A Complete Guide to Getting Well and Staying Well.** Frederick Penzel, Ph.D. (Hardcover, 428 pages. Oxford University Press, New York, 2000). This book gives you helpful information on the most effective therapies, how to choose the best medicine, and how to avoid relapse.

**The Boy Who Couldn't Stop Washing: The Experience and Treatment of Obsessive-Compulsive Disorder.** Judith L. Rapoport, M.D. (Paperback, 292 pages. Signet, New York, 1989). Drawing on the extraordinary experiences of her patients, Dr. Rapoport unravels the mysteries surrounding this disorder and provides prescriptions for action that promise hope and help.

**Obsessive-Compulsive Disorder.** Bruce M. Hyman, Ph.D., LCSW, a private practitioner who specializes in the treatment of OCD and other anxiety disorders. He is Director of the OCD Resource Center of South Florida. Co-author Cherry Pedrick, R.N. is a registered nurse and freelance writer. This easy-to-read book includes chapters entitled, What is OCD?, Symptoms of OCD, Treatment of OCD, and The Impact on Family and Friends. ISBN 0-7613-2758-4 hardback, 96 pages, 2003).