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## **Break free from OCD | OCD-UK**

Many people with OCD aren't easy to diagnose or treat. Clients with OCD can present as panicky, depressed, and agoraphobic, as well as with a wide range of personality problems and relationship issues. But by locating the obsessive thought that initially raises anxiety distress and the compulsive thought that provides the temporary relief, therapists can help these clients break their self ...

## **Breaking the Cycle: OCD Treatment that Works**

Breaking Free From OCD. Obsessive-compulsive disorder left Ethan Smith's life in shambles. But he was finally able to get the upper hand. By Regina Boyle Wheeler May 6, 2015

## **Breaking Free From OCD | Everyday Health**

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Freedom from Obsessive-Compulsive Disorder provides Dr. Jonathan Grayson's revolutionary and compassionate program for finally breaking the cycle of overwhelming fear and endless rituals, including: Self-assessment tests that guide readers in identifying their specific type of OCD and help track their progress in treatment Case studies from Dr. Grayson's revolutionary and profoundly successful treatment program Blueprints for programs tailored to particular manifestations of OCD ...

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Victoria Bream Oldfield, Paul M  
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Online. It then focuses on challenging the OCD by exposure response prevention (Facing your fears and not doing anything in response). There are exercises for the child and a section at the end of ...

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