

Resource List for Obsessive Compulsive Disorder

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

12110 Clayton Road

St. Louis, MO 63131

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Can I Tell You About OCD: A Guide for Friends, Family and Professionals. Amita Jassi. (2013)

Ages 7 and up. Shows family, friends and teachers how they can support someone with the condition and will be an excellent way to start a conversation about OCD, in the classroom or at home. 48 pages.

Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents. Tamar A Chansky, PhD (2001)

Explains how OCD is diagnosed, how to find the right therapist partner, and how to tailor treatment options to your child's needs.

Mr. Worry: A Story About OCD. Holly L. Niner (2004)

Ages 4-8. Story of Kevin, a young boy with Obsessive Compulsive Disorder. (32 pages)

Obsessive-Compulsive Disorder: Help for Children and Adolescence. Mitzi Waltz (2000)

Guide on this complex neurological illness, with attention to every subtopic imaginable: causes; consequences; diagnosis (including rare conditions and related disorders); therapeutic, medical, and alternative intervention; insurance issues; schooling; and transitions.

Obsessive Compulsive Disorder in Children and Adolescents: A Guide. Hugh Johnson (1997)

Booklet is a comprehensive introduction to obsessive-compulsive disorder for parents who are beginning to learn about the illness.

Obsessive Compulsive Disorders: A Complete Guide to Getting Well and Staying Well. Fred Penzel, PhD (2000)

Discusses the entire spectrum of OCD, from the classic form characterized by intrusive, repetitive, and often unpleasant thoughts, to body dysmorphic disorder ("imagined ugliness"), trichotillomania (compulsive hair pulling), compulsive skin picking, and nail biting. He takes the reader through each step of the most effective behavioral therapies, detailing how progress is made and how to avoid relapse.

Parenting OCD: Down to Earth Advice from One Parent to Another. Claire Sandrers. (2015)

Covers what is involved in getting a diagnosis, what to expect in therapy, how to cope with panic attacks, how it might affect the rest of your family and how you might feel as a parent.

Passing For Normal: A Memoir of Compulsion. Amy Wilensky (1999)

Account of Wilensky's lifelong struggle with the often misunderstood disorders Tourette's Syndrome and Obsessive-Compulsive Disorder.

Talking Back to OCD: The Program that Helps Kids and Teens Say "No Way" and Parents say "Way to Go". John S. March, MD (2007)

Fourteen-year-old Eric is plagued by thoughts that germs on his hands could be making his family sick. Kelly, age 8, feels distressed if she can't count her pencils in multiples of four. No one wants to get rid of OCD more than they do--that's why Talking Back to OCD puts the power to beat obsessions and compulsions in their hands.

Teaching the Tiger: A Handbook for Individuals Involved In the Education of Students with Attention Deficit Disorder, Tourette Syndrome and Obsessive-Compulsive Disorder. Marilyn Dornbush (1995)

Designed to help teachers, parents, students and relatives maximize the educational plans necessary to help the children with these disorders.

The Thought That Counts: A Firsthand Account of One Teenager's Experience with Obsessive-Compulsive Disorder. Jared Douglas Kant. (2008)

Teens. Explains how to recognize warning signs, where to find help, and what treatments have proved effective.

Tic Disorders: A Guide for Parents and Professionals. Uttom Chowdhury & Tara Murphy (2017)

Written in clear, accessible language and with practical advice on how to support children with tics at home and in school, the book also includes essential information on the common co-occurring conditions and difficulties, such as ADHD, anxiety, OCD, autism, self-esteem issues and behavioural difficulties.

Tictionary: A Reference Guide to the World of Tourette Syndrome, Asperger Syndrome, Attention Deficit Hyperactivity Disorder and Obsessive Compulsive Disorder for Parents and Professionals. Becky Ottinger (2003)

A-Z resource guide is for anyone needing information and common-sense strategies as they deal with the neurological disorders of Tourette Syndrome, Asperger Syndrome, attention deficit hyperactivity disorder and obsessive-compulsive disorder.

Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment. Aureen Pinto Wagner, PhD. (2000)

Ages 4 and up. Helps parents explain OCD to the children clearly and simply through the eyes of a child. 35 pages.