

Resource List for Obsessive Compulsive Disorder

5/16/11

Family & Community Resource Center
Special School District of St. Louis County
12110 Clayton Road
St. Louis, MO 63131
314-989-8438/989-8108/989-8194

The Boy Who Couldn't Stop Washing: The Experience and Treatment of Obsessive-Compulsive Disorder. Judith L. Rapoport (1989)

Psychiatrist and expert on OCD discuss breakthroughs in diagnosis, successful new behavior therapies and drug treatments as well as resources and references.

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.

How to Recognize and Respond to Obsessive-Compulsive Disorder in School Age Children (video) (1998)

An overview defining OCD, its symptoms and causes, with suggestions for effective teacher assessment and management within the classroom environment.

Kids Like Me: A Children's Stories About OCD. Constance H. Foster (1997)

Elementary. Stories for children about children with Obsessive Compulsive Disorder (16 pages)

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 Disorder: New Help for a Troubling Disease (video) (1997)

Explains the condition and various treatment options including potential benefits and risks.

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.

OCD in Children & Adolescents: A Guide. John March and Karen Mullen (1998)

This practical manual presents a cognitive-behavioral treatment program that has been proven effective in eliminating or alleviating OCD symptoms in children across a broad range of ages and aptitudes

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.

Polly's Magic Games: A Child's View of Obsessive-Compulsive Disorder. Constance Foster (1994)

Ages 8 to 12. Polly's Magic Games is a book for children with OCD to share with their family and friends. (20 pages)

Talking Back to OCD: The Program that Helps Kids and Teens Say “No Way” and Parents say “Way to Go”5/16/11

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.

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

The Touching Tree: The Story of a Child with OCD (video) (40 minutes) (1993)

A story about a child with OCD.