Resource List for Obsessive Compulsive Disorder
SSD Family & Community Resource Center
Parent Education & Diversity Awareness
12110 Clayton Road
St. Louis, MO 63131
314-989-8460

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.

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

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.

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

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 Sanders. (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.

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

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

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

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.

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