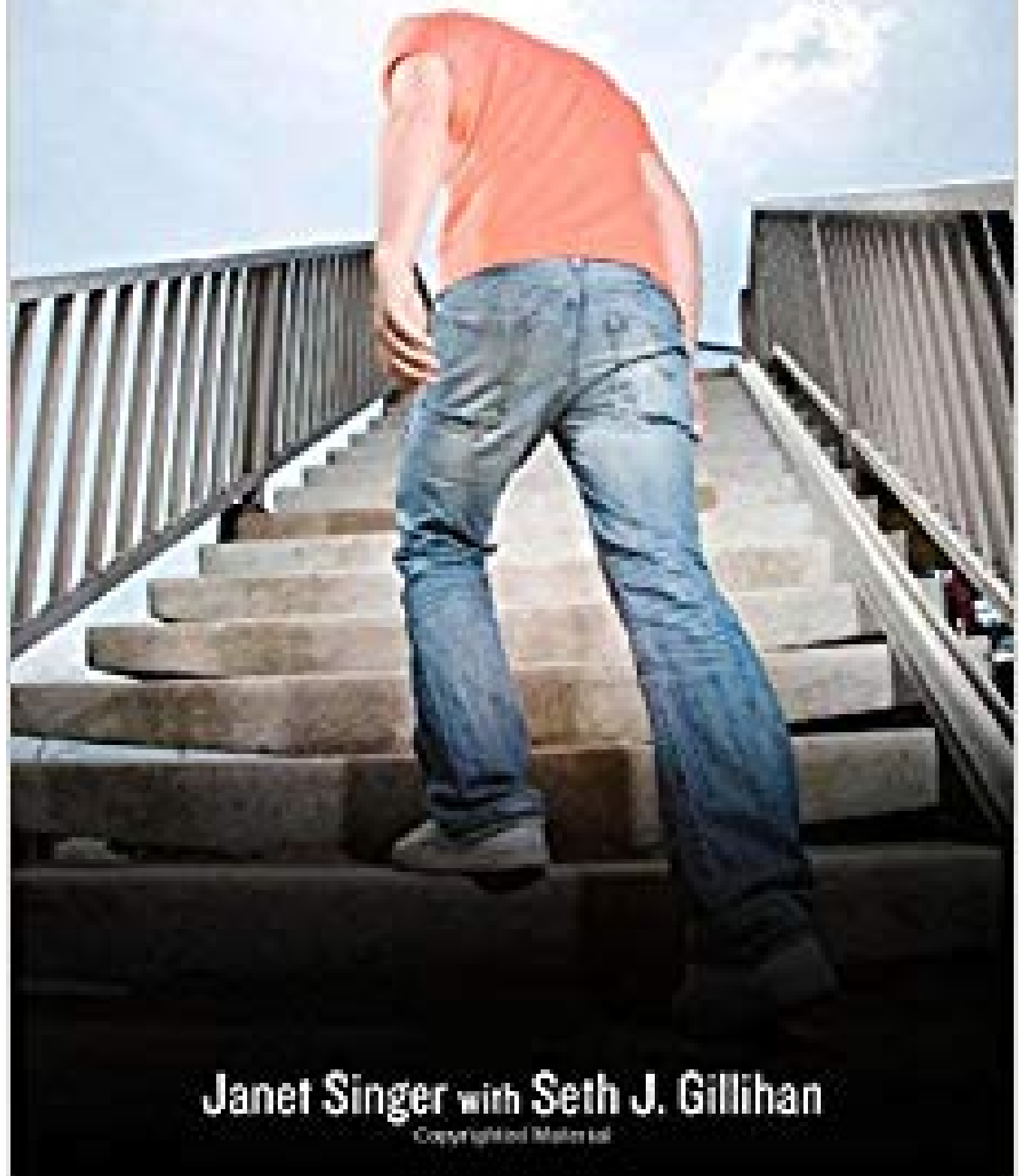


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Overcoming OCD

A Journey to Recovery



Janet Singer with Seth J. Gillihan

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Janet Singer

Overcoming OCD: A Journey to Recovery



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Daniel Singer hadn't safe and sound" Hunched over with his head in his hands, he'd sit in his "t eaten in weekly.d never again have the ability to function in society, or even worse, endure. he was in the throes of severe obsessive-compulsive disorder. It really is a story of wish and the energy of family, in addition to a useful help for all people whose lives have already been touched by this frequently misunderstood and misrepresented disorder. His parents concerned he' chair all night, doing only shaking, mumbling and moaning; Overcoming OCD: A Journey to Recovery can be a mother' He's living proof that actually those with the most severe cases of OCD will not only recover, but triumph. Dan went from seven therapists to ten medications to a nine week stay at a world renowned residential cure. Weaving expert commentary and useful information about OCD and its treatment throughout, the authors have the ability to offer not really a personal account of how the disorder make a difference sufferers and households, but also a glimpse in to the possibilities for analysis, clinical approaches, and successful outcomes. Today, because of Exposure and Response Prevention (ERP) therapy, among the available treatments for OCD, Dan is a college graduate employed in his selected field and living life to the fullest.s accounts of the courage and perseverance of a young man who at times was hindered by the people who were supposed to be helping him.



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OCD is a cruel, insidious illness that does destroy lives. Great book! Many elements of the book brought tears, as I relived the emotional struggle with our son. When a family member is in crisis and treatment doesn't seem to be helping more than enough, it is extremely difficult to attempt to quickly learn enough to make challenging, high stakes decisions about treatment. It took two years, before we discovered a psychiatrist that could diagnose our son's condition as OCD. There is little published about OCD in 1988, and there were limited inpatient treatment options, except for Rodgers Memorial Medical center and McLean Hospital. Even though we had a diagnosis, there have been limited psychiatrist within 200 miles, that had any scientific training and/or hands-on experience to treat our son. You can tell she's copious amounts of courage, and she certainly approved that right down to her boy! Seth J. After thirty-years, our son continues to be debilitated by his serious OCD, despite the fact that he has been put through all the treatment options that are so accurately explained in the publication. We even went to the extreme treatment option of inserting probes into his skull by way of Deep Mind Stimulation Surgery (DBS). Although some people have had success out of this procedure, our boy received little relief. The challenges for maturing adults with severe OCD are mind-boggling, as there are limited choices for their care, beyond their aging parents. Astonishing! Shows the difficulty to find the right treatment for severe OCD As someone with a brief history of severe OCD who overcame it, I appreciated that this book clearly shows the seriousness of the disorder and the terrible discomfort that it causes. I loved everything about this book. So many people suffer with this disease but many people do not understand it's debilitating effects. If the globe had even more Janet's it will be such a delight. Should you have a child with OCD this reserve provides information, and moreover it offers hope. The medications options were limited to only a couple, but in the late 1990's we saw more options needs to hit industry. I enjoyed how honest this book was, how honest she was about her personal doubts and fears through this process. It really is amazing her boy said originally that he had OCD. It's a motivator for the family of people who have a problem with this disorder as well. It's not easy for anyone included and from the outside, it might not even make sense..Dan - thanks for all you have done to create this book a possibility.-CK Valuable read for anyone whose family member suffers from OCD A remarkably valuable book for anybody whose loved one suffers from OCD. Janet's tale resonated with us greatly as we make an effort to help our kid and have seen similar problems as her son. I've handled OCD for as long as I can remember and the story captured here definitely highlights the pain that's associated with it. Janet's account is quite moving, powerful and filled with information. Not only is it valuable to other family members suffering from OCD, but the best way to help people understand who are not familiar with it. It was great to learn the pros/downsides of different approaches and how to best advocate for your son or daughter. Excellent book about OCD For someone with a family member with OCD, this publication is a must. While doing a bit of research on ERP therapy, which our girl was going to start on her behalf OCD, I came across this book. I am so glad I did so! She helped me discover that where there is normally hope, there is excellent strength. OCD is frequently misunderstood and people frequently seem to have a problem finding the most reliable treatments (especially exposure and response avoidance therapy). Many thanks Janet for making OCD sufferers and their families feel not alone. The best part of this book is the hope it gives that OCD could be treated. In *Overcoming OCD: A Trip to Recovery*, Singer and co-author Dr. Tough to understand the struggles which lie ahead.Despite seemingly insurmountable obstacles and dire circumstances, author Janet Singer never quit hope that her boy would get well. A Must-Read Tale of Hope If you, or a loved one, is suffering with OCD, please browse this book. Trial and error experimentation was how medications were applied, and in the past due 1990's they began to test out blending meds to improve the range of options for treatment. Gillihan provide unique insights into OCD from two very different perspectives: that of a mother desperate to greatly help her son obtain well, and that of a clinician trained to research and regard this always confusing, often debilitating and, in some instances, life-threatening disorder. The experiences and knowledge specific to each writer changed my plan of action in my attempts to obtain help for a loved one.We am grateful for Janet Singer's perseverance and willingness to re-live and document the intense dread and anguish and dilemma and anger she experienced while navigating a circuitous and sometimes maddeningly difficult path to recovery on her behalf son. I do need to say this is actually the best book I've continue reading OCD, because not merely does it provide great medical info on OCD, but reading about Dan's knowledge with it, and how Janet and her hubby dealt with

it really is just so informative and helpful!! This book helped us have an improved understanding about what our child has been going right through, and what to anticipate with ERP. In 1988, when our son started showing symptoms of strange behavior, we were without the mass media resources that are offered today. It is especially challenging if recommendations of specialists don't seem right. This book obviously shows this struggle and the way the family members searched for the proper options while trying to prevent Dan from dropping the chance to go after his dreams. All teenagers don't have such individual, persistent, won't take NO for an answer parents. Not only will it give you important information about OCD and its own treatment, it will offer you something much larger: wish that recovery is absolutely possible and that you or your beloved can lead a wonderful lifestyle. Written from the mom's perspective. More helpful for parents of OCD This book provides valuable information and much needed hope. Janet Singer has an easy to go through, right down to earth, and honest recounting of her son's crippling OCD. She tells the tale with the specificity and soul that only a Mom can do. She is forthright and honest about the success and good factors of intensive inpatient treatment and the frustrations of navigating the medical sector at the same time. Janet includes a way with words in addition to with her heart. Great mother Thank heavens this mom kept helping her son thru all of this. All medicines have side effects. Very helpful story Easy read. This review is motivation to not let your OCD or any disorder for that matter stand in the form of you as well as your dreams. Janet Singer should be commended on the precision of the illuminating articles in her book. I really enjoyed heading on the journey with Dan and his family members. I've OCD myself and reading it offered me company and comfort and the feeling of not being totally only. A memoir of posting and learning the medical aspect as well. This is an amazing book. You need to read whether you or somebody .. In the meantime here's this review to lend knowledge and to give hope to those that may have dropped some. This is an amazing book. You must read whether you or somebody in your family dealing with OCD or not, that is an educational and eyesight opener material. Writer has written the publication very clearly and you can easily understand. I wish to congratulate writer for his function and thank him for sharing.



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