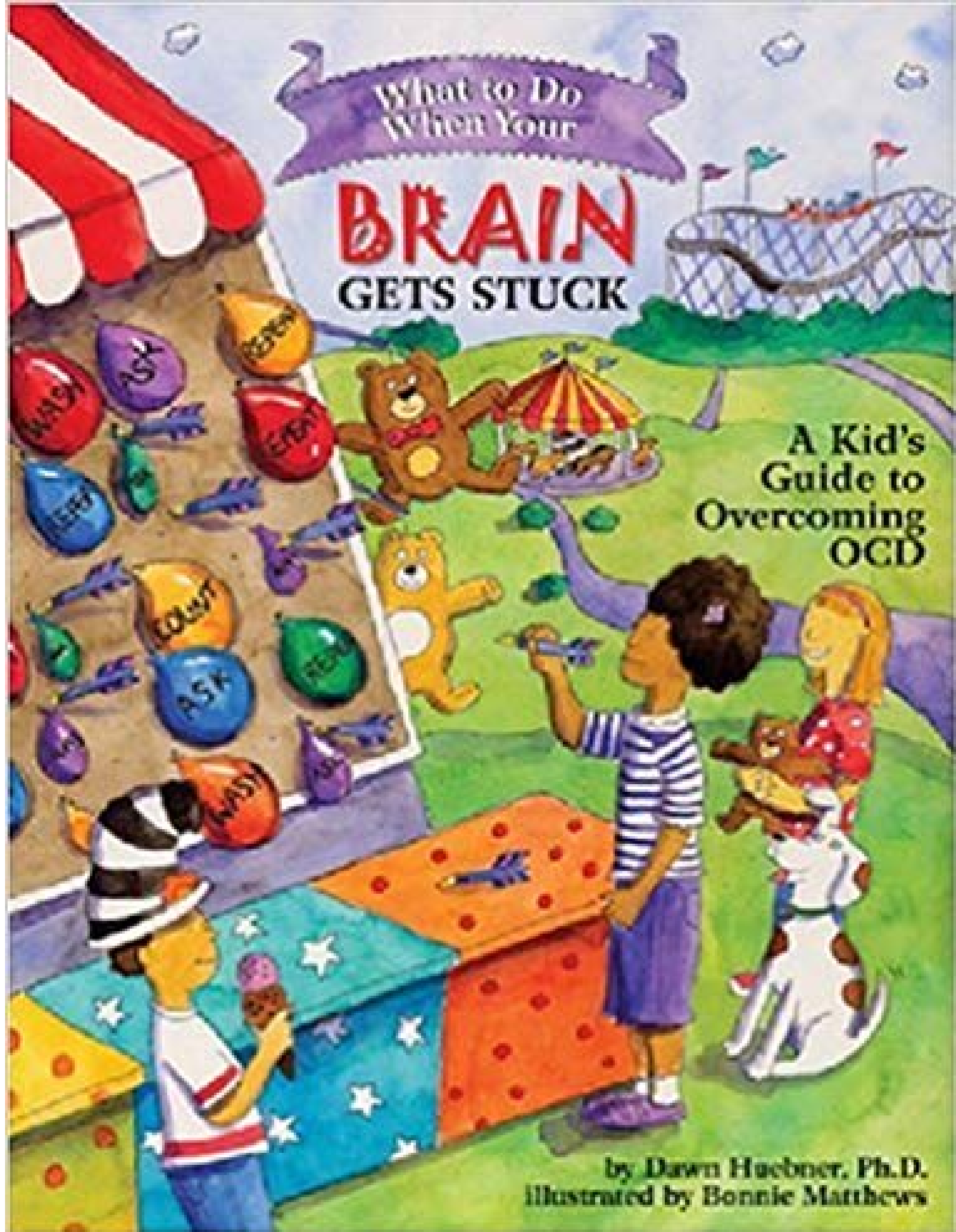


What to Do  
When Your

# BRAIN GETS STUCK

A Kid's  
Guide to  
Overcoming  
OCD

by Dawn Huebner, Ph.D.  
illustrated by Bonnie Matthews



Dawn Huebner

## What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD (What-to-do Guides for Kids)



[continue reading](#)

Describes what obsessive-compulsive disorder is and how it works, and teaches young readers techniques to reduce and overcome it through composing and drawing actions and self-help exercises and strategies.



[continue reading](#)

What you need to know - A Chapter by Chapter Breakdown My daughter is 9, and was recently identified as having OCD. Very practical info that children can apply within their daily struggles with OCD and incredibly helpful for parents too. However, it is not useful in our situation, at all. I considered to write a Chapter by Chapter breakdown, for anyone else who desires they could flip through the book and see what's in it before they buy. I cannot recommend this publication enough for kiddos dealing with certain issues." - explains the human brain is like a computer with a "glitch", where you cant inform "junk" thoughts aside from valid types. Uses trash in its good examples, which would be confusing to OCD children who are hoarders (and cant tell the difference between trash and treasure).Chap 2 - "What is OCD?" - shortly explains "obsessive thoughts" and 'compulsive rituals". I purchased a couple of OCD books and this really was great at simplifying OCD (for your companions or family who may not understand how you feel) and giving simple steps to combat it.! This book didn't offer any thought strategies, or much in the way of OCD obsessions. My child is 9 yrs . old and she comprehends what the book is saying/teaching!" - you can overcome OCD by taking it one stage at a timeChap 6 - "One more thing. It has been the life span changer that people were so desperately seeking. Easy to read and understand also for a kid." - explains fight or airline flight response, and how our thoughts determine whether we have been scared or thrilled in a situation (roller coasters) and how our senses dull as time passes (like in a cinema)Chap 7 - "1st Instrument - I Spy" - recognizing OCD thoughtsChap 8 - "2nd Tool - Talk Back" - inform OCD thoughts "NO". This chapter is short and doesn't explain How exactly to say "No", that you canChap 9 - "3rd Tool - Show OCD Who's Boss" - 6 Strategies are listed concerning Rituals, basically saying when you have an OCD urge you should leave and think or do something else, rather than surrender to the urgeChap 10 - "Placing the Tools to Work" - provides you list all of your OCD urges (rituals) and think of a arrange for each oneChap 11 - "OCD is usually a Slow Learner" - keep using the same technique over and overChap 12 - "Maintain Climbing" - motivationChap 13 - "Getting Proficient at Fighting OCD" - motivationChap 14 - "THAT CAN BE DONE It" - motivationI'm offering this 3 Stars because most of this info didn't connect with my daughter's scenario. Her OCD carries a large amount of avoidance behavior, and "what if. Five Stars Very helpful for kids with OCD. I feel like we accomplished a few months of therapy in the week it took us to read this book." thoughts.. An OCD brain has "messaging (thought) problems" where kids wish to do something over and over. Not just for kids.. She actually is performing CBT therapy to confront the emotions that make her want in order to avoid situations and places. So a confession is that this book was for me personally, an adult. Spends lots of time on what happens when you tell somebody "NO" again and again (they quit). No over problems and enough details to actually help me. For me, it had been super helpful and will compliment the various other books I've received. A definite high recommendation. He peeks around chairs, hides out, gorges on candy bars, and generally makes life miserable for kids with OCD. Drug/therapy were not able to give our son the data and tools that book has given us.. Essential for any kind of family with a kid with OCD and anxiety.. We've had fourteen days of 90% normalcy with a few tics or OCD practices here and there (for anybody who have been there, that is a BIG Offer). We sat straight down with her and the publication, read a little bit out of it, and by the very next day we started seeing an improvement. The message clicked with him and he is KICKING OCD"s butt on a daily basis. I am one of the few in our area who will treat children. THANK YOU THANK YOU THANK YOU!!Chap 3 - "OCD Tips" - explains OCD has 3 tricks: "false risk alarms", "maybe" indicators where is hard to avoid thinking "not likely, but maybe", and indicators to repeat a ritualChap 4 - "As to why kids obtain OCD" - again that the mind is a pc, with a little part misprogrammed. It's an excellent book but not what

we needed I thought this publication would focus on OCD intrusive thoughts, nonetheless it more focused about other forms of OCD. It's an excellent book however, not what we needed. The children that I have shared this book with are pleased to recognize their very own "stuck" thoughts in this book I actually am a therapist specializing in OCD treatment. Our child is back again and I possibly could not be more grateful because of this book. Almost per month later she is nearly a different child. I've had adults choose the publication as well because it simplifies and clarifies an oftentimes misunderstood and debilitating disorder. I especially love the way the OCD monster is certainly photos as a furry small creature with bad tooth and a high hat. Life Changer Please consider this publication for your son or daughter with OCD/tics. However when a child challenges the monster, there is an illustration of him jumping in the air in terror himself, as now a child is empowered and talks back again to the monster. This change in behavior rattles the monster and he retreats as the child is no longer playing by the monster's rules. This book is so helpfu!This book visually is appealing and its text simplifies for young and old that the tricks of the OCD monster can be foiled with cognitive behavioral therapy. It's a good workbook because kids can draw in it and answer queries. We find her looking through the book at the photos, we inquire what's she carrying out and she tells us, "I'm searching through my book, it can help get my human brain unstuck. Of course, my hero Fred Penzel cannot be topped with the amazing information and examples shared in his book, and Jonathan Grayson's can be filled with beneficial information aswell. Don't forget Bruce Hyman and Cherry Pedrick with the OCD workbook, another excellent reference and a way for an OCD sufferer without certified therapists in the region where he or she lives, to do self focus on ERP to be able to talk back again to the monster and regain freedom in life. This book is a lifesaver We bought this reserve hoping it could help with our 4 year aged. I don't believe he's "healed" at all, but this publication has given our son the knowledge of what OCD is, why he provides it and that he is not a victim and he can TAKE CONTROL. Granted it wasn't anything large, but we did notice that she was communicating more around while she was struggling. The kids that I've shared this book with are pleased to recognize their very own "trapped" thoughts in the illustrated webpages. I highly recommend this book, actually, I think its the best of all many books on OCD that I have collected." My just regret is that people didn't buy this reserve two years ago. Great for my child with anxiety I REALLY LIKE THESE BOOKS! I use kids with autism and my higher working kiddos definitely work well this publication with my help. My daughter who struggles with anxiousness really is carrying out great with it and is learning not only about stress and anxiety but how to manage it.Chapters explaining what OCD is: 1 - 6 / Chapters giving Equipment to Overcome OCD: 7 - 11 / Chapters offering Motivation: 12 - 14Chap 1 - "Are you Saving Junk?Chap 5 - "May be the Job too Big? Recommend! We literally went from many debilitating weeks of multiple full body tics and an OCD mindset 100% of that time period to reading this book seven days and putting it into practice the next (without our prompting). I actually had a 10 year old client get yourself a monster doll to put in another seat and talk to. Exceptional book for kids with OCD. This publication was suggested by the Psychologist that we saw. We've been functioning through this book, and I cannot even begin to tell you the difference we have seen! We've been able to defeat many "ocd monsters" that used to derail our lives every day. He is so pleased with the improvement he has made and for the 1st time in a long time, his behaviors have already been a positive part of his day This helped my 10 year old so much!! This helped my 10 year old so much!even ideal for grown ups Excellent book. Kid with OCD? Purchase THIS Today! Loved it! This was so cool for my child, who has OCD to learn and complete activities. I recommend!!! I love how well they are written to activate kids LOVE these books! I'm still going through that one

with my son - both of us have differing examples of OCD. Many thanks to the writer for composing this very helpful book! Simple enough for a kid, but equally informative for adults. Fantastic book to assist you as well as your child better understand what is happening within their brains with OCD.. Our 9 year old has been struggling for quite some time with behaviors which were originally diagnosed as ADHD, but now that he can communicate himself and his emotions in more detail, we understood he has (and he was diagnosed) with anxiety and OCD..! She actually is in therapy and I thought this book may be a great companion to that.. In my opinion this is the only book you need for coping with OCD. It replaces the rest of the books related to the topic-- that I have bought numerous in my search for something that might help us. I love how well they are written to activate kids, make sure they feel "normal" and present them the tools to use when OCD tries to overtake their brains.



[continue reading](#)

download free What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD (What-to-do Guides for Kids) djvu

download What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD (What-to-do Guides for Kids) txt

[download Love & Respect: The Love She Most Desires; The Respect He Desperately Needs pdf](#)

[download Retire Smart, Retire Happy: Finding Your True Path in Life e-book](#)

[download Cory Stories: A Kid's Book about Living with ADHD epub](#)