



# **UNDERSTANDING OCD**

**A GUIDE  
FOR PARENTS AND  
PROFESSIONALS**

**Edited by Adam B. Lewin  
and Eric A. Storch**

Adam B. Lewin and

## Understanding OCD: A Guide for Parents and Professionals



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Giving a full overview of childhood obsessive compulsive disorder (OCD) and discussing most major treatment plans, including cognitive behavioural therapy and medicine, this guide provides the essential info that family members, teachers, caregivers, clinicians and mental health professionals need in order to understand and deal with childhood OCD. The publication also suggests ways to maximise the outcomes of treatment, what to do when treatment fails, and how to help manage OCD in children at school and in the house. It addresses origins, symptoms and related illnesses and clarifies how OCD is usually diagnosed.



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Excellent Information for Parents and Teachers Extremely informative for parenting and teaching at all amounts.



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