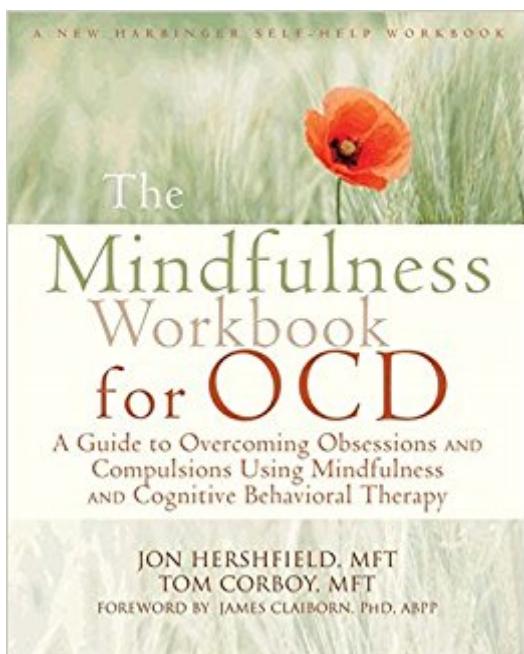


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# The Mindfulness Workbook For OCD: A Guide To Overcoming Obsessions And Compulsions Using Mindfulness And Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks)



## Synopsis

If you have obsessive-compulsive disorder (OCD), you might have an irrational fear of being contaminated by germs, or obsessively double-check things. You may even feel like a prisoner, trapped with your intrusive thoughts. Despite the fact that OCD can have a devastating impact on a person's life, getting real help can be a challenge. If you have tried medications without success, it might be time to explore further treatment options. You should know that mindfulness-based approaches have been proven-effective in treating OCD and anxiety disorders. They involve developing an awareness and acceptance of the unwanted thoughts, feelings, and urges that are at the heart of OCD. Combining mindfulness practices with cognitive behavioral therapy (CBT), The Mindfulness Workbook for OCD offers practical and accessible tools for managing the unwanted thoughts and compulsive urges that are associated with OCD. With this workbook, you will develop present-moment awareness, learn to challenge your own distorted thinking, and stop treating thoughts as threats and feelings as facts.

## Book Information

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## Customer Reviews

[View larger](#) [View larger](#) The self-help workbook format is uniquely effective in helping people work through and recover from a number of mental health conditions, from addiction to depression. Our evidence-based workbooks are written by leading professionals, are recommended by clinicians, and are designed to be effective when used alone or in conjunction with therapy.

From the Publisher Who Created the Self-Help Workbook New Harbinger's pioneering self-help workbooks offer step-by-step guidance, and are highly effective in helping people work through difficult issues—from depression and anxiety to eating disorders and addiction. Our evidence-based self-help workbooks cover a variety of topics, including: Anxiety Depression Post-traumatic stress disorder (PTSD) Eating disorders Self-esteem Obsessive compulsive disorder (OCD) And more!

[View larger](#) [From the Book: Automatic Thought Records](#) One of the primary tools used in cognitive therapy (Bennett-Levy 2003), the automatic thought record is used for practicing the types of challenges you worked on previously. The way the thought record works for OCD is that you document situations that trigger you, identify the automatic thoughts the mind is picking up from the OCD, and shift them toward a more objective (and essentially more mindful) stance. The most important thing to remember about using the automatic thought record as a cognitive therapy tool is that the goal is not reassurance. The goal is to not do compulsions and to embrace mindful acceptance of the triggering situation.

The authors have succeeded in providing a practical roadmap for people struggling with OCD to incorporate mindfulness into their CBT treatment. For many, this will be the addition that makes all the difference. • Diane Davey, RN, MBA, program director, OCD Institute The Mindfulness Workbook for OCD is a unique must-have companion to enhance the standard application of ERP treatment for both therapists and individuals living with OCD. The authors' compassion is evident throughout, and reflects a deep understanding of the suffering that OCD imposes every day. Chapter by chapter, the authors demystify the concepts of mindfulness in a very user-friendly manner. The workbook-style approach allows the reader to mindfully examine the ways in which OCD has formed its hold, and provides concrete exercises for loosening that hold and regaining a life and identity free from OCD. I am excited to recommend this book to my clients and colleagues alike. • Kathleen M. Rupertus, PsyD, clinician, The Anxiety and OCD Treatment Center, Delaware As someone who has benefitted greatly from both cognitive behavioral therapy and mindfulness practice, I am thrilled to see a book showcasing how powerful their pairing can be for those of us with OCD. The practical roadmap Jon Hershfield and Tom Corboy provide here offers turn-by-turn directions to the one place OCD simply can't survive: the present moment. • Jeff Bell, author of *Rewind, Replay, Repeat: A Memoir of OCD* A valuable addition to the self-help library of all OCD sufferers, as

well as those who treat OCD! The book presents state-of-the art information for incorporating very effective mindfulness techniques into effective OCD treatment. • Lee Baer, PhD, author of *Getting Control and The Imp of the Mind*, and clinical professor of psychology at Harvard Medical School; The concept of mindfulness is proving to be an increasingly important concept in dealing with a number of disorders, and this book ably extends it to OCD. It presents a concise and practical approach to this topic, with straightforward easy-to-follow instructions. The skills readers will gain from learning to be fully in the present moment and accepting what is occurring there will surely add a great deal to their efforts at overcoming what is a confusing and painful disorder. • Fred Penzel, PhD, psychologist and executive director at Western Suffolk Psychological Services, Huntington, NY; Although mindfulness plays a critical role in coping with the uncertainties of OCD, practical how-to help for sufferers and clinicians wasn't there. Hershfield and Corboy's workbook masterfully fills this void with details of how to employ mindfulness techniques for all the different ways OCD manifests itself. • Jonathan Grayson, PhD, director of the Anxiety and OCD Treatment Center of Philadelphia; This is a wonderful and very well-written book, full of lively and helpful examples. It will be a huge help to those with OCD and related illnesses. The book gives very useful and practical tools to manage the symptoms of OCD. This is a major contribution that will help patients immensely. • Michael A. Jenike, MD, professor of psychiatry at Harvard Medical School; This is the most comprehensive, straight forward, easy-to-follow treatment manual combining CBT and mindfulness-based techniques. For those who may not have access to treatment providers, *The Mindfulness Workbook for OCD* will be an excellent resource to help guide and navigate how to overcome their obsessions and compulsions in a succinct, clear manner. By far, the best addition to my resource library and referral list. • Robin Zasio, PsyD, LCSW, author of *The Hoarder in You* and featured doctor on the television show, *Hoarders*

Jon Hershfield, MFT, is a psychotherapist specializing in the treatment of obsessive compulsive disorder and related disorders using mindfulness-based cognitive behavioral therapy (MBCBT). He is also the associate director of the UCLA Child OCD Intensive Outpatient Program at Resnick Neuropsychiatric Hospital, moderator of a popular online discussion board devoted to fostering a better understanding of OCD with primarily mental rituals, a professional contributor to multiple online OCD forums, and a frequent presenter at the International Obsessive Compulsive Disorder Foundation's annual conference. Tom Corboy, MFT, is the executive director of the OCD Center of Los Angeles, which he founded in 1999. He is a licensed psychotherapist specializing in MBCBT

for the treatment of OCD and related anxiety-based conditions. In addition to his work with individual clients, he has trained and mentored many post-graduate interns, has presented at numerous conferences held by the International OCD Foundation (IOCDF), and has facilitated weekly therapy groups for adults with OCD since 1997. Foreword writer James Claiborn, PhD, ABPP, is a psychologist in private practice specializing in OCD and related disorders. He is a diplomate of the American Board of Professional Psychology, and a diplomate and Founding Fellow of the Academy of Cognitive Therapy. He is a member of the Scientific Advisory Board of the International OCD Foundation and has presented internationally on OCD, cognitive behavioral therapy (CBT), and other topics.

This process isn't easy, especially if you are attempting self-help. Friends and family and fellow sufferers on forums online can definitely support you and help you feel less alone, but sometimes, it's nice to have a professional who understands. Not every self-help book is helpful; you cannot relate, the techniques are rough, or the author is very distant from your suffering. You wish you could find someone who sympathizes- or better yet, empathizes- with all the nuances of the daily struggle you face. That is what you will find in this book. It is easy to digest, separated into three distinct parts: An introduction to mindfulness, a section of how your techniques apply to the different faces of OCD (harm-O, sexual orientation OCD, POCD, and many others), and a section on how the disorder affects your life and how you can communicate this to others. The author understands you; no joke. Everything is detailed down to how and why it will help you out. They know it's hard. They know exactly what you're thinking, what you may be reluctant to do, what you're afraid of. You are prompted to write your thoughts, fears, and little mindset-changing sentences all throughout the workbook. You might not feel comfortable, but they know. You feel understood, and that's the important thing. The book includes a collection of online and further book resources alongside their main features and how they can help you build upon what you have learned. I cannot recommend this enough.

This book is a one of a kind and a absolute necessity for anyone that has OCD; specifically the type of OCD that shows up as intrusive thoughts. It's written in a way that teaches you how to relate differently to the thoughts and feelings that can be so debilitating. I've read a lot of books on OCD and there really is nothing else out there like this book. I'm convinced that a mindful approach to treating OCD is the only way to come to peace with OCD and this book teaches you how to do so.

The content is good and it's one of those rare books that actually addresses the manifestations of OCD beyond physical compulsions, including dealing with intrusive thoughts and some of the more taboo brands of OCD. I felt that it was a bit generic, however, and that beyond the explanations of the ways OCD manifests itself, it's really just a mindfulness workbook with little factoids about OCD. I think this book would be effective for someone just starting out on their therapeutic journey and/or for someone who can't afford a therapist, but it doesn't hold any secrets that you won't come across by googling "mindfulness" and "OCD" together.

This is a really helpful book. One thing that I really like is how it has a certain chapter dedicated to each type of OCD so that each individual can do exercises tailored to their specific set of obsessions. It's very well written and professional. I would recommend this workbook to anyone suffering from obsessive-compulsive disorder.

So helpful for someone who is struggling with anxiety.

I've been slowly working through this book, it's really reiterating important skills and I'm a huge fan of mindfulness so this was a great fit. I've found the language used has also helped me better express my feelings concisely to my loved ones.

This book has helped me a lot. For years I've suffered with OCD and this book has brought me a lot of solace. Through this book, I feel like I finally understand my disorder. The information here has changed how I think of the world, others, and myself. For people with OCD, this book is really helpful and comforting.

So far this workbook has already helped me to find a better use for my thought life than obsessing. I am 25 pages in and I have completed the first chapter. I recommend using this book if you are having trouble knowing how to redirect your obsessive thoughts and would like a private place to write how you feel.

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