



When a Family Member Has OCD: Mindfulness and Cognitive Behavioral Skills to Help Families Affected by Obsessive-Compulsive Disorder

Jon Hershfield

[Download now](#)

[Read Online](#) 

When a Family Member Has OCD: Mindfulness and Cognitive Behavioral Skills to Help Families Affected by Obsessive-Compulsive Disorder

Jon Hershfield

When a Family Member Has OCD: Mindfulness and Cognitive Behavioral Skills to Help Families Affected by Obsessive-Compulsive Disorder Jon Hershfield

When someone has obsessive-compulsive disorder (OCD), it can affect the entire family. This book is an essential guide to help family members cope with their loved one's compulsive behaviors, obsessions, and constant need for reassurance.

If your loved one has OCD, you may be unsure of how to express your concerns in a compassionate, effective way. In *When a Family Member Has OCD*, you and your family will learn ways to better understand and communicate with each other when OCD becomes a major part of your household. In addition to proven-effective cognitive behavioral therapy (CBT) and mindfulness techniques, you'll find comprehensive information on OCD and its symptoms, as well as advice for each affected family member.

OCD affects millions of people worldwide. Though significant advances have been made in medication and therapeutic treatments of the disorder, there are few resources available to help families deal with the impact of a loved one's symptoms. This book provides a helpful guide for your family.

When a Family Member Has OCD: Mindfulness and Cognitive Behavioral Skills to Help Families Affected by Obsessive-Compulsive Disorder Details

Date : Published December 1st 2015 by New Harbinger Publications

ISBN : 9781626252462

Author : Jon Hershfield

Format : Paperback 200 pages

Genre : Psychology, Nonfiction, Medical



[Download When a Family Member Has OCD: Mindfulness and Cognitive ...pdf](#)



[Read Online When a Family Member Has OCD: Mindfulness and Cogniti ...pdf](#)

Download and Read Free Online When a Family Member Has OCD: Mindfulness and Cognitive Behavioral Skills to Help Families Affected by Obsessive-Compulsive Disorder Jon Hershfield

From Reader Review When a Family Member Has OCD: Mindfulness and Cognitive Behavioral Skills to Help Families Affected by Obsessive-Compulsive Disorder for online ebook

Jackie Weisman says

Easy to Understand from an Expert

A quick read that didn't use a lot of technical, medical jargon. Great tips from a medical professional with OCD himself.

Sara Vicendese says

I worked with Jon at UCLA, and was so pleased to see that he had written another book in support of individuals and families coping with an OCD diagnosis. As a clinician and author, Jon is as sensitive as he is skillful, and I would highly recommend this book to patients, their families, and other clinicians working with this population. I look forward to future titles by Jon, as they offer invaluable insight and support to those living with OCD. Sara Vicendese, LMFT

Dianna says

There was some good advice in this book but it was too repetitive and there were too many gratuitous "Do and Don't" charts that seemed to me to be just a way to make the book seem to have more content than it really does.

Marion Kruger says

An absolutely invaluable guide to understanding OCD and what sufferers go through and think. I feel so much better equipped to support my partner now. Thank you!

Susan Csoke says

This is a family guide to help people with Obsessive-Compulsive disorder. It helps to identify the Compulsion and how to understand it and work with it to treat it. A very good read for anyone and everyone!!!!!! THANK YOU GOODREADS FIRSTREADS FOR THIS FREE BOOK!!!!!!

Lynette says

A very helpful book that has a wonderful description in chapter 1 as to how an ocd mind works. Brilliant way of describing it. Found this book to be great on a lot of levels but it also made me a little confused about how I can not offer reassurance. I get the mechanics behind it, but don't understand how I can just do nothing when someone wants basic reassurance. Doesn't the other person then feel like you don't care and aren't there for them? Someone enlighten me please! Can't quite get my head around this aspect!

Cheri Frink says

I love this book! Jon is an author that can write the answers to your questions in very few words. Every time I have read this book , I learn something new!
It is easy to follow and covers what to do if OCD strikes a family member and you need a resource to keep by your bedside. Great content!!

Wendy Mueller says

Jon Hershfield does an incredible job of describing what it's like to have OCD and what it's like to be the family member of someone with OCD. But what struck me the most was the feeling of hope and optimism that I felt on reading this book. I can just imagine family members reading this book and getting so much more insight into what the person with OCD is going through and how they can help. The book is very powerful and beautifully written. Anyone that reads it will have an entirely transformed view of what their loved one with OCD is going through and what they can do to help. Wendy Mueller, OCD support group leader

Marike Deutz says

Very helpful and well written.
