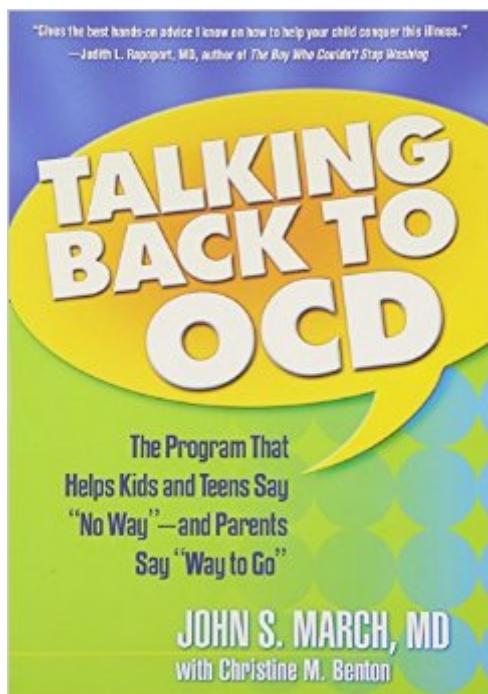


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# Talking Back To OCD: The Program That Helps Kids And Teens Say "No Way" -- And Parents Say "Way To Go"



## **Synopsis**

No one wants to get rid of obsessive-compulsive disorder more than someone who has it. That's why Talking Back to OCD puts kids and teens in charge. Dr. John March's eight-step program has already helped thousands of young people show the disorder that it doesn't call the shots--they do. This uniquely designed volume is really two books in one. Each chapter begins with a section that helps kids and teens zero in on specific problems and develop skills they can use to tune out obsessions and resist compulsions. The pages that follow show parents how to be supportive without getting in the way. The next time OCD butts in, your family will be prepared to boss back--and show an unwelcome visitor to the door.  Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

## **Book Information**

Paperback: 276 pages

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Average Customer Review: 4.3 out of 5 stars  See all reviews 

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Age Range: 4 and up

Grade Level: Preschool and up

## **Customer Reviews**

This book was so frustrating. There were some good ideas here and there, but they were few and far between. As another reviewer mentioned, the program is convoluted and hard to follow. It was often difficult to understand exactly what the point of each step was and what the "homework" entailed. There were useful "summary sheets" for each chapter, but they were hidden in the back of the book. This kind of thing happened a lot--things seemed to be out of order. Several times, I had a question about something I read, and would only find the answer to it in a much later chapter. Other

times, something would be mentioned seemingly in passing, only to have it turn out to be of great importance. It seemed to me that this program would be very hard to follow from beginning to end. Another thing that bothered me was that, while the book is purportedly for kids and teens, most of the content seemed written for very young children. The most annoying thing was the way the authors constantly referred to obsessions as "brain hiccups" (It was not uncommon to find the word "hiccup" four times in one paragraph), but there was also a seemingly endless stream of "kid-friendly" analogies that felt patronizing. "Your 'brainpower techniques' should roll off your tongue as smoothly as your explanations for why your chores aren't done or what happened to that homework that was supposed to be turned in today," reads one irritating passage. Weirdly enough, the same chapter contained sample "task lists" that seemed copied from a program for adults; one sample task for a person with "moral scrupulosity" OCD was described as "looking at porn sites online without praying". I'll admit that, after four chapters of "hiccups" and lame sports metaphors, this was pretty jarring for me.

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