

# Ocd pdf book

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What support can I get? What is OCD? What are the symptoms of OCD? What causes OCD? What treatments can help? It also includes tips for helping yourself to live with OCD, and guidance for friends and family. Obsessions are repeated thoughts, urges, or mental images that cause anxiety. Common compulsions include: <1 Excessive cleaning or handwashing Obsessive-Compulsive Disorder uPresence of obsessions, compulsions, or both uTime consuming or cause clinically significant distress uNot due to a substance or medical condition uNot better explained by another mental disorder 3 Includes tips for helping yourself, and guidance for friends and family. Common obsessions include: <1 Fear of germs or contamination. There are seven sections to this contents statement of intent Obsessive-compulsive disorder impacts people of all ages and walks of life. It is defined by obsessive, uncontrollable, recurring thoughts, images, and impulses that are intrusive Obsessive-Compulsive Disorder uPresence of obsessions, compulsions, or both uTime consuming or cause clinically significant distress uNot due to a substance or medical In our collection of overOCD books in PDF format, you will also have access to the most effective treatments and expert recommendations on how to combine prevention with therapy to ensure that people have the best quality of life, especially in cases of much more severe obsessions Obsessive-compulsive disorder (OCD) This resource explains what obsessive-compulsive disorder (OCD) is, possible causes and how you can access treatment and support. Contents. If you require this information in Word document format for compatibility with screen Understanding obsessive compulsive disorder (OCD) This booklet explains what OCD is, including possible causes and how you can access treatment and support. Compulsions are repetitive behaviors that a person feels the urge to do in response to an obsessive thought. Obsessions are repeated thoughts, urges, or mental images that cause anxiety. Common obsessions include: <1 Fear of germs or contamination. Compulsions are repetitive This book has been designed to help you to manage your Obsessive Compulsive Disorder (OCD) with support from a mental health facilitator.

 Difficulté Facile

 Durée 92 minute(s)

 Catégories Art, Vêtement & Accessoire, Énergie, Alimentation & Agriculture, Sport & Extérieur

 Coût 119 EUR (€)

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Étape 1 -

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