

Bibliotherapy List for Obsessive Compulsive Disorder

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Sources for Youth with OCD

Awareness Films. (1993). *The touching tree*. St. Monica, CA: Pyramid Media.

The Touching Tree is a story written for young children ages 8 to 14 years old who are exhibiting signs of obsessive compulsive disorder. The short 38-minute film highlights a young boy named Terry who exhibits OCD behaviors and struggles to cope with the world around him. With guidance from an empathetic teacher, Terry ultimately faces his fears and begins the road to recovery.

Awareness Films was created in the 1980s by James Callner. The company produces films to educate the public on OCD and related disorders. Awareness Films has been recognized American Psychiatric Association as a helpful tool for those struggling with OCD and encourages the public to contact the company if a new film should be made to fit their specific needs.

Carmin, C. (2009). *Obsessive-compulsive disorder demystified: An essential guide for understanding and living with OCD*. Cambridge: Da Capo Press.

Obsessive Compulsive Disorder Demystified is a useful guide for all ages and is appropriate for individuals who have OCD or are living with someone with OCD and want to learn more about the disorder. *Obsessive Compulsive Order Demystified* outlines the disorder, discusses common signs and behaviors, treatments, and several case studies to better understand OCD.

Cheryl Carmin, PhD is the director of the Stress and Anxiety Disorders clinic and Cognitive Behavior Therapy at the University of Illinois at Chicago.

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Dr. Carmin displays an interest in the etiology and treatment of several anxiety disorders. She has a particular interest on the relationship between anxiety and coronary heart disease and the pathophysiology related to the disorders. Dr. Carmin is currently a professor at the University of Illinois at Chicago and resides in Chicago.

Harrar, G. (2003). *Not as crazy as I seem*. Boston: Houghton Mifflin.

Not as Crazy as I Seem is a fictional story, with very real experiences that is written for children in grades 7-10. The book highlights a young man, Devon, whose parents relocated to give Devon a clean slate in hopes to rid Devon of his “repeated obsessive actions.” Even though he is not social in the cafeteria because he is made fun of for eating everything in fours, Devon eventually befriends a girl named Tanya, who leads him into some trouble. Now Devon must reconcile his poor behaviors in order to regain everyone’s trust.

George Harrar is a fiction writer who develops short stories which have appeared in several literary magazines. Harrar is originally from Jenkintown, PA and graduated from New York University with a degree in Journalism. Harrar and his wife currently live in Massachusetts with their son.

OCD Chicago. (2009) *Got OCD? A guide for teens*. (1st Ed). [Brochure]. Chicago, IL. Accessed at: <http://www.ocdchicago.org/images/uploads/pdf/got-ocd.pdf>.

Got OCD? A Guide for Teens is a useful brochure that gives a brief overview of the disorder in a user friendly fashion. The brochure outlines the definition of OCD,

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typical feelings that individual may be having, and some common obsessions displayed by those with OCD. *Got OCD? A Guide for Teens* also gives ways one can manage their OCD and common worries about the disorder with ways of coping with them. Finally, the guide highlights some stories about teens with OCD and their success through individualized treatment therapies.

OCD Chicago is a small, non-profit organization founded in 1994. The organization provides free information for parents, teens, college students, and healthcare professionals on dealing with OCD. OCD Chicago also provides referrals for treatment and support. Visit www.ocdchicago.org for more information and free resources.

St. John, R. (2011). *The ray of hope: A teenager's fight against obsessive compulsive disorder*. Manville, IL: Vermilion Press.

The Ray of Hope is a non-fictional story written for teens ages 13-18 who are struggling to find answers for their questions about OCD. St. John, who suffered from OCD as a young boy, writes this book in the first person as part-memoir and part-self help, making it into a question and answer format so that the reader can find the sections most useful to them.

Ray St. John, the author, gives the readers an excellent perspective of OCD because he had OCD himself at a younger age. St. John gives ways that he overcame the disorder and the specific obsessions he displayed. NOTE: *Ray of Hope* may not be suitable for younger children because it contains some sexual material.

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Wilensky, A.S. (1999). *Passing for normal: A memoir of compulsion*. New York, NY: Broadway Books.

In *Passing for Normal: A Memoir of Compulsion*, Amy Wilensky, the author of this book, led an otherwise “normal” life but when she started to notice herself needing to touch wood to ward off harms or the inability to throw away useless scraps of paper... she worried she would be labeled as a “freak.” After reading *The Boy Who Couldn't Stop Washing His Hands*, she was able to see the whole picture: obsessive compulsive disorder. Wilensky outlines her relationships, her dysfunctions, and the challenges to strive towards acting “normal”.

Amy Wilensky is a graduate of Vassar College in New York and Columbia University's Masters of Fine Arts writing program. Wilensky is a native of Boston and currently lives in New York City, New York.

Sources for Educators of Youth with OCD

Adams, G. (2011). *Students with OCD: A handbook for school personnel*. Wasco, IL: Quality Books, Inc.

Students with OCD provides a link between children with OCD and their treatment team: parents, educators, and healthcare professionals. This handbook provides an overview of the relationship between OCD and education. This book provides information on common symptoms, treatment approaches, and an easy to use guide on how to implement these strategies.

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The author of this book, Dr. Gail Adams, Ed.D. is a member of the OCD Scientific Advisory Board and has worked with children in the area of mental health for over 20 years. Dr. Adams received her B.A. in elementary education at the University of Illinois in Chicago and her Master's degree in Special Education and a Doctorate in Educational Psychology at Northern Illinois University. She is a retired faculty member in the Teaching and Learning Department at the Northern Illinois University and is currently an education consultant.

Cooley, M. (2007). *Teaching kids with mental health & learning disorders in the regular classroom: How to recognize, understand, and help challenged (and challenging) students succeed*. Minneapolis, MN: Free Spirit Pub.

Teaching Kids with Mental Health and Learning Disorders is a resource for educators who have children in their classrooms with a variety of disorders. This user-friendly guide describes mental health and learning disorders and how each are demonstrated in the classroom. This essential resource also offers expert opinions on what to do and what not to do.

Myles L. Cooley, Ph.D., a Board Certified, Licensed Psychologist and author has been practicing psychology for over 30 years. Dr. Cooley works with children, adolescents and adults evaluating and treating them for a variety of disorders. He is also a consultant for schools and gives presentations on educational programs to the public.

Dornbush, MP, Pruitt, SK. (1995). *Teaching the tiger: A Handbook for individuals involved in the education of students with ADD, TS, or OCD*. Duarte, California: HopePress.

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Teaching the Tiger is an easy-to-read guide for educators who are experiencing Attention Deficit Disorder (ADD), Tourette Syndrome (TS), or Obsessive Compulsive Disorder (ODD) in their classrooms. The book is broken down into useful sections for educators such as classroom scenarios, relevant computer programs to use, and individualized education plans. *Teaching the Tiger* also offers resources pertaining to laws for handicapped individuals, information on modifications for college admission exams, and organizations for each syndrome.

Dr. Marilyn Dornbush is a school psychologist who specializes in neuropsychology. She wrote her dissertation on children with Tourette syndrome. Dr. Dornbush is a member of the Board of directors of the Tourette Syndrome Association of Georgia and a current member of the Scientific Advisory Board.

Dr. Sheryl Pruitt is the clinical director of Parkaire Consultants which is a clinic that serves neurologically impaired individuals. Before Parkaire, Dr. Pruitt taught behavior disordered students and conducted a State of Georgia Exemplary Model Learning Disability Program. She is on the Scientific Advisory Board and also serves on the National Tourette Syndrome Association's educational committee. Dr. Pruitt has two sons with neurological disorders and helps them in both a personal and professional setting.

Sources for Parents of Youth with OCD

Rapee, R.M., Wignall, A., Spence, S.H., Cobham, V., Lyneham, H. (2008). *Helping your anxious child: A step-by-step guide for parents*. Oakland, CA: New Harbinger Publications.

Helping Your Anxious Child provides parents with detailed techniques to design their own individualized self-help program for their child. This book describes several disorders in depth, the common types, how the disorders originate, and how to handle each specific situation, with or without a professional's help. The authors' clinical approach introduces individual skills early and gradually builds on those skills as the book progresses. *Helping Your Anxious Child* is a great resource for parents and is an easy to use guide to help their child create an individualized treatment plan for their specific situation.

Local Support for Persons with OCD

Obsessive-Compulsive Foundation of Western Pennsylvania. (2004). Accessed at:

<http://www.ocfwpa.org/>.

Obsessive Compulsive Foundation of Western Pennsylvania provides education, support, information, and research studies for those who are diagnosed with OCD or need more information on OCD. Located in Pittsburgh, PA, OCF has several support groups around the surrounding area and can be accessed on their website.

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Obsessive-Compulsive Foundation of Western Pennsylvania. (September 29, 2004). OCD Support Groups. *Local Obsessive-Compulsive (OC) Groups*. Retrieved November 1, 2011, from <http://www.ocfwpa.org/support.htm>.

OCF of Western Pennsylvania is a branch of the International Obsessive Compulsive Disorder Foundation (IOCDF). Its mission is to support individuals with OCD through guidance to local resources. Addresses, meeting times, and contact information for Support Groups local to western Pennsylvania can be accessed through this site. Support groups can provide help through sharing each other's stories and experiences as well as individual ways of treatment.