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Overcoming Depression: A Cognitive Therapy Approach for Taming the Depression BEAST Client Workbook (Graywind Publications)

Mark Gilson, Arthur Freeman

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This cognitive-behavioral family intervention addresses obsessive compulsive disorder (OCD) in young children (ages 5-8). Both parents and children are taught "tools" to help them understand, manage, and reduce OCD symptoms. Exposure with response prevention (E/RP) is the main component of treatment. In E/RP, the patient is exposed to the feared situation, and the usual response (i.e. the ritual or avoidance behavior) is prevented until anxiety decreases. The workbook is for families to use to review the skills learned in therapy and carry out home practice. It includes forms for parents and children to complete.

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