



Its Only a False Alarm: A Cognitive Behavioral Treatment Program Workbook (Treatments That Work)

John Piacentini, Audra Langley, Tami Roblek

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Its Only a False Alarm, Workbook is written for children and adolescents ages 8 - 17 who are undergoing treatment for Obsessive-Compulsive Disorder (OCD). Designed to be used in conjunction with the program outlined in the corresponding Therapist Guide, this workbook contains easy-to-read psychoeducational material that help children understand their disorder and how to overcome it. It is filled with interactive worksheets and forms, as well as at-home exercises designed to help children relieve their anxiety and manage their OCD-related symptoms. Whether they are fearful of contamination or obsessed with symmetry, children will benefit from the exposure exercises found in this workbook. They will learn that just like a false fire alarm, there is nothing really dangerous around and nothing bad will occur if they dont perform their rituals and habits. Graphs and an OCD Thermometer provide children with a visual reminder of their progress over time.

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