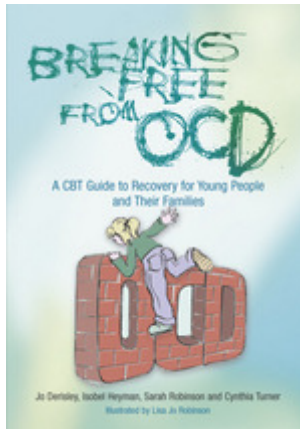


# **OBSESSIVE COMPULSIVE DISORDER**

## **Adult/ Young people's Books**



### **Breaking free from OCD: A CBT Guide for young people and their families**

Introduces cognitive behavioural therapy (CBT) as a proven method for helping those with OCD. It shows how CBT works by offering teenagers a structured plan of treatment which can be read alone or with a parent, counsellor or mental health worker