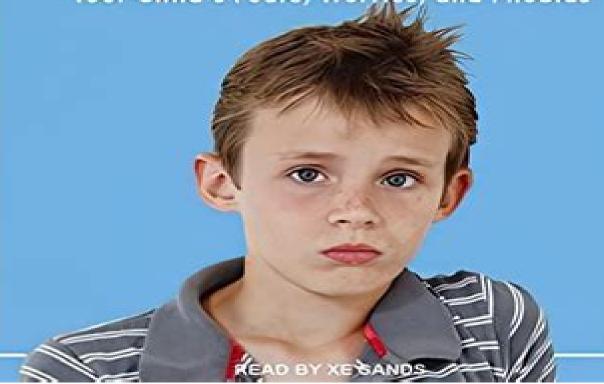


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Author of Freeing Your Child from Obsessive-Compulsive Disorder

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Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias



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condition works and how they can best help their kids Which behaviors are part of ordinary childhood and which are symptoms of OCD How can they help their child take back control of their lives from disruptive thoughts and debilitating rituals What should they do if their child experiences a relapse in symptoms In Freeing Your Child from Obsessive Compulsive Disorder child psychologist and OCD expert Dr Tamar E Chansky helps parents make sense of a child s experience with this very confusing but highly treatable disorder She shares intuitive easy to implement strategies for helping kids and teens confidently outsmart the brain tricks and traps of OCD alongside scripts for explaining symptoms to children of all ages and targeted advice for navigating a wide range of OCD themes Dr Chansky also advises parents on how they can tailor treatment to their child s needs with fully updated information on diagnostic criteria medication effective therapy modalities and treatment outcomes as well as the most recent findings on PANS and PANDAS the sudden appearance of OCD symptoms after a strep or viral infection With its research backed and reassuring guidance Freeing Your Child from Obsessive Compulsive Disorder spells out exactly what parents can say and do to help their children reclaim their Raising Worry-Free Girls Sissy Goff, 2019-09-17 You Can Help Your Daughter Overcome Anxiety and Worry It s surprising to find a girl who doesn't struggle with anxiety and worry either in short episodes or for longer periods For a variety of reasons childhood anxiety rates are soaring especially among girls Today's parents need to know what contributes to anxiety and worry and how they can empower their daughters to overcome fears and live more courageously In this immensely practical book veteran counselor Sissy Goff shares how you can instill bravery and strength in your daughter Addressing common age specific issues Goff gives you the tools to help you and your child understand why her brain is often working against her when she starts to worry learn how she can fight back by helping her body mind and heart find the anchoring truth of God's strong safe love for her and the confidence she needs to thrive Freeing Your Child from **Negative Thinking** Tamar E. Chansky, 2008-09-02 From a leading clinician and strong selling author a guide for all parents navigating the uncharted territory of managing their child's negative mindset The Worry-Free Parent Sissy Goff, 2023-08-22 Worry is contagious but you can stop its spread Anxiety has an amazing ability to spread Time and time again when veteran counselor and parenting expert Sissy Goff has an anxious child or teen in her office she s found they have at least one very well intentioned but anxious parent Anxiety is contagious and it s likely affecting your kids distracting you in the present and making you feel like it will define your family s future It doesn t have to be this way With over 30 years of experience helping both children and adults Sissy offers you practical well researched tools that will make a difference in your life and the lives of your children Learn how to uncover the roots of your own anxiety process anxiety in healthy ways rather than passing it on model bravery discover a place of deeper freer connection to your kids Here is the help you need to experience freedom from anxiety raise confident courageous kids and become a worry free family in an increasingly anxious world Also available The Worry Free Parent Workbook a companion resource that provides clinically proven exercises to help

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