



Understanding OCD: Skills to Control the Conscience and Outsmart Obsessive Compulsive Disorder

By Leslie Shapiro

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Understanding OCD: Skills to Control the Conscience and Outsmart Obsessive Compulsive Disorder By Leslie Shapiro

One of the most experienced therapists in the world for treatment-resistant obsessive compulsive disorder (OCD) explains the disorder, the treatments available, and the skills needed to overcome and outsmart OCD.

- Includes a list of normal "bad" thoughts versus obsessions
- Features tests to rate one's guilt, scrupulosity, and OCD
- Examines the ways in which guilt is an interfering factor in OCD treatment and recovery
- Covers effective strategies for controlling the conscience-related aspects of the disease

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Editorial Review

Review

"Impressively well written, exceptionally well organized, and deftly presented, *Understanding OCD* is very highly recommended for professional and academic library Psychology/Psychiatry instructional reference collections." - **Midwest Book Review**

"The book gives insight into the role of guilt and religion in some forms of OCD and may be useful to those clinicians interested in learning more about obsessive guilt. . . . Recommended." - **Choice**

Review

"The author, Leslie Shapiro, is known to be an experienced clinician, compassionate caregiver, articulate educator, thoughtful scholar, and intrepid pioneer. So it should come as no surprise that she has sculpted such an engaging, artful, and informative volume, which also conveys hope and inspiration. This book will be of value to anyone interested in learning about OCD or supporting those who are confronted by the disorder. In particular, her preeminent expertise in the area of scrupulosity makes it an essential resource for those who wish for a deeper understanding of that under-appreciated phenomenon." (Scott L. Rauch, MD, President, Psychiatrist in Chief and Rose-Marie & Eijk van Otterloo Chair of Psychiatry, McLean Hospital, Professor of Psychiatry, Harvard Medical School)

"I worked with Leslie Shapiro in 1994 incapacitated by scrupulosity. She was the one therapist that changed my world in a way I never dreamt possible. I can honestly say, without her dedication, patience, and the highly skilled therapy she implemented, I would not have had the courage to find or be the person I am today. This book is a true gift to all those who suffer with any type of OCD, their supports, and professionals in the field seeking insight." (Robin T., Former Client of Leslie Shapiro and the OCD Institute)

"Leslie Shapiro has crafted an exceptionally user-friendly book that targets the guilt, shame and moral uncertainty so often caused by OCD. Grounded in research on the brain, human instinct, culture, and religion, this book enables sufferers to distinguish OCD symptoms from reality, and to attack the problem at its core. The author's keen understanding and ready examples from years of experience shine through as she offers clear explanations and strategies to combat this insidious disease. A great read for sufferers and clinicians alike." (Gail Steketee, PhD, Dean and Professor at Boston University School of Social Work)

About the Author

Leslie J. Shapiro is a residential-level behavior therapist for treatment resistant obsessive compulsive disorder (OCD) at the OCD Institute at McLean Hospital.

Users Review

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Mark Bottoms:

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