

OCD TREATMENT THROUGH STORYTELLING

A STRATEGY FOR SUCCESSFUL THERAPY

Allen H. Weg

“Dr. Weg has produced a masterpiece that shows clinicians innovative ways to teach patients and their family members about the complexities of OCD. I highly recommend this book. It is entertaining and teaches a very useful way of communicating the difficult and often very frightening aspects of OCD symptoms and treatment.”

—**Michael Jenike, M.D.**, Professor of Psychiatry, Harvard Medical School and Psychiatrist, Massachusetts General Hospital

Allen H. Weg, Ed.D., is a licensed psychologist and Founder and Executive Director of Stress and Anxiety Services of New Jersey. He is also Co-Founder and Vice President on the Board of Directors of OCD New Jersey, an affiliate of the International OCD Foundation (IOCDF), on which he is a member of the Scientific Advisory Board.

Storytelling and metaphor are among the most effective and useful tools therapists can use to better identify with their clients, clearly explain a disorder to family members, and introduce new treatment options. Based on years of clinical work with clients with OCD and their families, *OCD Treatment Through Storytelling* contains dozens of stories that therapists can adapt and employ in their own practices to explain hard-to-grasp aspects of OCD and its most effective treatment, Exposure and Response Prevention. Through Allen Weg’s engaging narratives, an experience at Toronto’s CN Tower becomes a lesson about OCD treatment; a popular science fiction film is a parable on how clients can overcome fears and phobias. Entertaining and accessible, these stories—some autobiographical, some universal—each illuminate a feeling, a strategy, a dynamic, or an intervention relevant to OCD or its treatment. Stories become methods of instruction and engagement in treatment, creating a solid foundation from which to draw understanding, empathy and support for those with OCD and their families. *OCD Treatment Through Storytelling* is a unique and useful resource for all mental health professionals who provide therapeutic services to persons with OCD and their families, and will be of interest to anyone wishing to better understand “the OCD experience.”

January 2011 208 pp.
978-0-19-5-38356-0 cloth \$32.95

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UNIVERSITY PRESS

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