

WE HELP KIDS AND FAMILIES
BE THEIR HEALTHIEST



OBSESSIVE-COMPULSIVE DISORDER (OCD) / TROUBLES OBSESSIONNELS COMPULSIFS (TOC)

*Kaitlin Atkinson Family Resource Library / Bibliothèque de
ressources familiales Kaitlin Atkinson*

Resource List /Ressources



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Being me with OCD: how I learned to obsess less and live my life / Dotson, Alison. -- Minneapolis, MN: Free Spirit Publishing, 2014.

This book uses the author's own experiences with obsessive-compulsive disorder to discuss the symptoms, diagnosis, and treatment of OCD, and includes advice on finding help and living a fuller, happier life with the disorder.

FAM RJ 506 .O25 D68 2014

Free from OCD: a workbook for teens with obsessive-compulsive disorder / Sisemore, Timothy A. -- Oakland, CA: Instant Help Books/New Harbinger Publications, 2010.

This book offers forty easy cognitive behavioral exercises to help you move past your OCD symptoms and live freely and flexibly, without fear. You'll finally be able to stop compulsive thoughts in their tracks and keep them from coming back.

FAM RJ 506 .O25 S58 2010

Freeing your child from Obsessive-Compulsive Disorder: a powerful, practical program for parents of children and adolescents / Chansky, Tamar E -- New York: Crown Publishers, 2000.

The author explains the various stages of OCD and what families go through when someone is diagnosed with OCD. This is a good tool for parents and guidance counselors.

FAM RJ 506 .O25 C45 2000

Gravir une montagne de soucis pour dominer ses TOC: un livre pour enfants traitant des troubles obsessionnels compulsifs et de leurs thérapies / Pinto Wagner, Aureen -- Héricy, France: Éd. du Puits fleuri, 2003.

Ce livre utilise la métaphore de la vie réelle puissant de la montagne souci pour décrire TOC et de son traitement clairement pour les enfants, les adolescents et leurs parents. Enfants et adultes pourront s'identifier à la lutte avec Casey TOC, son sens de l'espoir quand il apprend au sujet du traitement, son soulagement que ni lui ni ses parents sont à blâmer, et finalement, sa victoire sur le TOC.

FAM RJ 506 .O25 W336 2003

Helping your child with OCD: a workbook for parents of children of OCD / Fitzgibbons, Lee -- Vancouver: Raincoast Books, 2003.

This book is a personalized guide for parents or caregivers of a child with OCD which can use to understand the causes of the disorder and explore available treatments. Find out which techniques are most effective at controlling symptoms. This workbook is full of assessments, and progress charts that encourage you to get involved and stay committed to your child's recovery.

FAM RJ 506 .O25 F57

Mon cerveau a besoin de lunettes: vivre avec l'hyperactivité / Vincent, Annick. -- Le Gardeur, QC: Association Québécoise des Trouble D'Apprentissage, 2006.

Ponctué de données instructives et de trucs efficaces, le journal imaginaire de Tom permet aux jeunes, aux parents et aux intervenants d'apprivoiser le trouble déficitaire de l'attention avec ou sans hyperactivité. Cette livre est indispensable pour mieux comprendre cette réalité.

FAM RJ 506 .H9 V55 2006

Obsessive-compulsive disorder: help for children and adolescents / Waltz, Mitzi -- Sebastopol, CA: O'Reilly, 2000.

Childhood OCD can be a truly debilitating disability, not just a minor problem or personality quirk. This book will help parents secure a diagnosis, manage family life, understand medical interventions, explore therapeutic interventions, get care within their existing healthcare plan, and navigate the special education system.

FAM RJ 506 .O25 W35

Réponses à vos questions sur les Toc de l'enfant et de l'adolescent / Borbol, Michel. -- Paris: Éditions Solar, 2005.

Présentant toutes les connaissances actuellement disponibles sur les TOC de l'enfant et de l'adolescent, cet ouvrage rapporte à la fois les données issues des travaux les plus récents et celles provenant d'une longue expérience clinique fondée sur des thérapies d'inspiration psychanalytique. Cette approche plurielle rend compte de la diversité des traitements et de leur efficacité. En dehors de toute polémique, Réponses à vos questions sur les TOC de l'enfant et de l'adolescent a pour but d'informer, de rassurer et d'aider les familles à mieux s'orienter pour trouver les traitements les plus efficaces.

FAM RJ 506 .O25 B66 2005

Talking back to OCD: the program that helps kids and teens say "no way" - and parents say "way to go" / March, John S. -- New York: The Guilford Press, 2007.

This book is really two books in one. Each chapter begins with a section that helps young readers zero in on specific problems and develop skills they can use to tune out obsessions and resist compulsions. The pages that follow the instructions for kids and teens show their parents how to be supportive without getting in the way.

FAM RJ 506 .O25 M375 2007

Ten turtles on Tuesday: a story for children about obsessive-compulsive disorder / Flanagan Burns, Ellen; Cornelison, Sue (ill.). -- Washington, DC: Magination Press, 2014.

Eleven-year-old Sarah is confused, embarrassed, and frustrated by her need to count things but finally talks with her mother and a therapist, who diagnoses Obsessive-Compulsive Disorder and gives Sarah techniques for coping with her symptoms. Includes note to readers. Appropriate for ages 8-13.

FAM RJ 506 .O25 F53 2014

Troubles obsessionnels compulsifs chez l'enfant et l'adolescent / Vera, Luis. -- Paris: Dunod, 2004.

Cette ouvrage illustré de nombreux propos d'enfants obsessionnels, ce livre s'adresse à tous les cliniciens désireux de comprendre les particularités de ce trouble chez l'enfant et les moyens de le traiter. Il répond aussi aux nombreuses questions posées par les enseignants et les familles qui trouveront une clé pour mieux comprendre pensée obsessionnelle.

FAM RJ 506 .O25 V47 2004

Up and down the worry hill [3rd ed.]: a children's book about obsessive-compulsive disorder and its treatment / Wagner, Aureen Pinto. -- Apex, NC: Lighthouse Press, 2013.

In this book, the author uses the metaphor of the Worry Hill to describe OCD and its treatment clearly and simply through the eyes of a child. Children and adults will identify with Casey's struggle with OCD, his sense of hope when he learns about treatment, his relief that neither he nor his parents are to blame, and eventually, his victory over OCD. Ages 7-10.

FAM RJ 506 .O25 W33 2013

What to do when your brain gets stuck: a kid's guide to overcoming OCD / Huebner, Dawn. -- Washington, DC: Magination Press, 2007.

This book guides children and their parents through the cognitive-behavioral techniques used to treat Obsessive Compulsive Disorder including examples, activities, and step-by-step instructions to help children master the skills needed to break free and live happier lives.

FAM RJ 506 .O25 H84 2007



What to do when your child has obsessive-compulsive disorder / Wagner, Aureen Pinto -- Rochester, NY: Lighthouse Press, 2002.

Using the metaphor of the Worry Hill, the author presents a step-by-step approach that countless children have used successfully to triumph over OCD. This guide was designed to be used alone or with the children's integrated companion book: Up and Down the Worry Hill.

FAM RJ 506 .O25 W34

Web Sites / Sites internet

Obsessive Compulsive Disorder (OCD) - CHEO / Trouble obsessionnel-compulsif (TOC) - CHEO
<http://www.cheo.on.ca/en/obsessive-compulsive-disorder>

Obsessive-Compulsive Disorder – MedlinePlus from the U.S. National Library of Medicine
<http://www.nlm.nih.gov/medlineplus/obsessivecompulsivedisorder.html>

Obsessive-Compulsive Disorder in Children and Adolescents – From the American Academy of Child & Adolescent Psychiatry
http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Obsessive_Compulsive_Disorder_In_Children_And_Adolescents_60.aspx

OCD Ottawa - A Peer-Based Support Network
<http://www.ocdottawa.com/>

Kids Health – Information for Kids, Teens and Parents from the Nemours Foundation
<http://www.kidshealth.org>

Obsessive-Compulsive Disorder - Canadian Mental Health Association / Le trouble obsessionnel-compulsif - l'Association canadienne pour la santé mentale
http://www.cmha.ca/mental_health/obsessive-compulsive-disorder/

Fondation québécoise pour le Trouble Obsessionnel-Compulsif / Québec Obsessive Compulsive Disorder Foundation
<http://www.fqtoc.com/>

Association québécoise des parents et amis de la personne atteinte de maladie mentale (AQPAMM)
<http://www.apammrs.org/>

Have That Talk – Ottawa Public Health / Temps d'en parler – Santé publique Ottawa
<http://www.ottawapublichealth.ca/en/public-health-services/have-that-talk.aspx>

Local Contacts / Liaison régionale

CHEO
613-737-7600, ext. 2496.
Doctor referral required
<http://www.cheo.on.ca/>

Canadian Mental Health Association - Ottawa Branch / La Section d'Ottawa de l'Association Canadienne pour la santé mentale
1355 Bank Street, Suite 301



Ottawa, ON K1H 8K7
613-737-7791
cmhaoc@magma.ca

[Ottawa OCD Parent/Spouse/Caregivers Support Group](#)
barb@ocdottawa.com

Parent's Lifelines of Eastern Ontario (PLEO) / Parents: Lignes de secours de l'est de l'Ontario
613-321-3211 - Our Helpline is staffed Monday to Friday from 9:00 am to 7:00 pm / Notre ligne d'aide téléphonique est disponible du lundi au vendredi, de 9h à 19h
<http://www.pleo.on.ca/>
info@pleo.on.ca

YouthNet/ReseauAdo
2305 St. Laurent Blvd. Unit 300B
Ottawa, ON K1G 4J8
613-738-3915
youthnet@cheo.on.ca
<http://www.youthnet.on.ca/>

This guide provides medical material for information purposes only and is not intended to replace the advice of your physician. The information may not always apply to your individual situation.

The guide represents material available in the Family Resource Library collection at CHEO. It is not intended to be an exhaustive list. Your local public library may also be able to provide you with information.

If you require materials in alternative formats, please contact the library at 613-737-7600 ext. 2157 or at library@cheo.on.ca.

Ce guide fournit du matériel médical pour informations seulement et ne vise pas à remplacer les conseils du médecin. Ces informations pourraient ne pas toujours s'appliquer aux situations individuelles.

Ce guide présente le matériel disponible à la bibliothèque de ressources familiales du CHEO. Ce n'est pas une liste complète. Votre bibliothèque publique locale pourrait aussi être en mesure de vous fournir des informations précieuses.

Si vous avez besoin des documents en formats alternatifs, s'il vous plaît contacter la bibliothèque au 613-737-7600 poste 2157 ou à library@cheo.on.ca.

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