

BOOKS REVIEW

Jennifer B. Freeman, Abbe Mars Gracia
“Family Based Treatment for Young Children With OCD guide”
and *“Family-Based Treatment for Young Children*
With OCD workbook”.

John Piacentini, Audra Langley, Tami Roblek
“Cognitive-Behavioral Treatment of Childhood OCD:
Therapist Guide” and ***“It’s Only a False Alarm: Workbook”***

Gdańskie Wydawnictwo Psychologiczne Sp. z o.o., Sopot 2018

Obsessive-compulsive disorder affects about 2–3% of the child population (US), which means that, on average, one or two children in a hundred suffer from it. If untreated, OCD significantly reduces the quality of life by having a devastating impact not only on the child itself but also on his/her family.

The presented series fills the gap on the publishing market. So far, all the literature published in Poland has focused on the treatment of adult OCD patients. There has been no uniform program intended for both children and adolescents. The authors of this publication not only present the characteristics of the disorder in an accessible way, but also offer a specific method for treating young patients. The treatment process involves active participation of the parents of the patients. During the course of therapy, parents gain knowledge about the disorder, learn how to deal with the symptoms of their children’s OCD and develop new, more standardized patterns of mutual interactions and everyday functioning.

The presented program is based on cognitive-behavioral therapy, which is widely regarded as the first-choice therapy for the treatment of OCD. In addition, the authors, prior to the publication of their method, conducted studies on the effectiveness of these procedures among children and adolescents.

Both the series intended for treating children and the one aimed at adolescents consist of a book for the therapist and a guide for the patient. The books contain not only a detailed description of the OCD diagnosis and treatment procedures, but also an overview of the skills acquired during the therapy, as well as all the necessary materials and forms for work at home.

The developed work model assumes the goal will be achieved during the twelve sessions conducted within the period of fourteen weeks. The authors introduce a two-week break after the tenth therapy session, which aim is to strengthen the skills acquired during the treatment and to prepare the young patient for the completion of the treatment process. However, the presented outline may be subject to modifications depending on the needs of the child and his/her family. These publications not only outline the exact course of individual sessions with the patient, which is undoubtedly of great value for the therapists, but also facilitate cooperation with the patient's parents. The publications introduce an innovative model of treatment in which the parents become active participants during the treatment process. The books include both the sessions with only the parents and joint meetings of the entire family.

Both "Family Based Treatment for Young Children With OCD" and "Cognitive-Behavioral Treatment of Childhood OCD" are intended primarily for psychotherapists willing to expand their skills and to learn about a new model of working with OCD patients. However, they can also serve as a valuable introduction to the field of psychotherapy. The series on obsessive-compulsive disorder among children and adolescents is, without a doubt, an innovative tool for conducting the therapeutic process. It will also allow better understanding of the young patients and facilitate their effective treatment.

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