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 upon which to build 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."

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