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Treatment. Over one
million children and
adolescents in the US
suffer from Obsessive-
Compulsive Disorder

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(OCD), a baffling
illness that can be
debilitating for the child
in school, with friends
and family. Help is now
available!

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Up and Down the
Worry Hill by Aureen

Pinto Wagner is a book
made especially for kids
with OCD. This book is
written as a story about
a kid with OCD,

providing great
examples of obsessions
and compulsions, as
well as details about
treating OCD for kids.

This book is kid-

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friendly, as it was
written for kids between
8-13. Even though Up
and Down the Worry
Hill is a book meant for
kids, teens can read it
too if they are suffering
from OCD.

Treatment

Up and Down the
Worry Hill - Bookoholic
Kids

On Day 3, turn the
worry volume **DOWN**,

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and on day 4, turn the worry volume UP again, and so on. The idea is to turn the volume down on your worrying one day, and then turn the volume up on your worrying the next day.

Keep alternating each day between turning down your worrying and turning up your worrying.

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Worry Hill!?!

At first, facing your fears and not doing your rituals feels like riding

up a big Worry Hill,

because it's tough. You have to work hard to huff and puff up a hill,

but if you keep going, you can get to the top.

Once you get to the top, it's easy and fun to coast down the hill. "Of

course, you can only

Read Free Up And Down The

coast down the hill if
you first get to the top.

Helping Children
Conquer the OCD

"Worry Hill"

Over one million
children and adolescents

in the US suffer from

Obsessive-Compulsive
Disorder (OCD), a

baffling illness that can
be debilitating for the
child in school, with

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Children's Book
About
Cognitive-Behavioral
Therapy (CBT) is the
gold standard of
treatment for OCD, and
offers youngsters and
their families the path to
mastery over OCD. In
this uniquely creative
and ...

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In this uniquely creative
and heart-warming

book, Dr. Wagner, an
internationally

recognized expert in the
treatment of childhood

OCD, uses the powerful
real-life metaphor of the

Worry Hill to describe
OCD and its treatment

clearly and simply

through the eyes of a

child. Children and

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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. Parents and ...

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Up and Down the
Worry Hill gives
insightful information
and helps kids
understand their
worries- this book is one
of my favorites to use
for counseling OCD and
worry.

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RIDE Up and Down the Worry Hill: A CBT Treatment Protocol for Children and Adolescents

Understanding and accepting the vital concepts of exposure, habituation, and anticipatory anxiety, as

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well as the ability to tolerate anxiety during ERP, may be crucial to motivation and compliance. A child's success in treatment might

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