

An interdisciplinary approach to caring for people living with Obsessive Compulsive Disorder

Please note the resources displayed in this document were accurate at the time of publication

MHPN Resources

MHPN Network: [Join or start a new network](#)

MHPN Webinar Library: [Watch our previous webinars](#)

MHPN Podcast: [Listen to our range of podcasts](#)

Websites

Website link for finding mental health clinicians who treat OCD across Australia:
<https://ocd.org.au/>

International OCD Foundation
www.iocdf.org

A Penny For Your Intrusive Thoughts
www.apennyforyourintrusivethoughts.org

The Grayson LA Treatment Center for Anxiety and OCD - publications and free support groups
<https://www.laocdtreatment.com/>

Anxiety Recovery Centre of Victoria
<http://www.arcvic.org.au/>

Perinatal Anxiety & Depression Australia - PANDA
<https://www.panda.org.au/>

Intrusive Thoughts
<https://www.intrusivethoughts.org/>

OC Foundation
<http://www.ocfoundation.org/>

OCD Centre of LA
<https://ocdla.com/>

SANE Australia
<https://www.sane.org/mental-health-and-illness/facts-and-guides/obsessive-compulsive-disorder>

Beyond Blue
<https://www.beyondblue.org.au/the-facts/anxiety/types-of-anxiety/ocd>

ReachOut.com
<https://au.reachout.com/articles/how-to-deal-with-ocd>

Kids Helpline
<https://kidshelpline.com.au/>

Books

Getting over OCD: A 10-Step Workbook for taking back your life - 2nd Edition by Dr Jonathan S. Abramowitz.

A self-help book for adults with OCD. Freedom from Obsessive Compulsive Disorder: A Personalised Recovery Program for living with Uncertainty by Jonathan Greyson, A self-help book for adults.

An interdisciplinary approach to caring for people living with Obsessive Compulsive Disorder (cont.)

Overcoming OCD. A Journey to Recovery by Janet Singer with Seth J. Gilihan - A mother's account of her son's treatment with OCD.

Daring to Challenge OCD by Joan Davidson - A self-help book for adults which answers some frequently asked questions about recovery from OCD.

Without Doubt! An illustrated therapeutic story for children with OCD by Golfo Liamaki.

Treating OCD: A Clinician's Guide to Getting Unstuck
<https://www.drceilingelgec.com.au/training/treating-ocd-manual> - (also available on Amazon, etc.)

Storch, E.A., Abramowitz, J.S., McKay, D. Complexities in Obsessive Compulsive and related disorders: Advances in Conceptualization and treatment 2021. Oxford University Press ISBN: 978-0190052775 available at
<http://www.jabramowitz.com/books.html>

VIDEOS AND MOVIES

Unstuck - A film about children and teens living with OCD.

[You Probably don't have OCD - and this is why](#) - A YouTube video on OCD and why it's a debilitating condition not just a quirk that someone has.

[What is Existential OCD?](#) - Dr Phillipson discusses the phenomena of existential OCD.

Podcasts:

The OCD Stories Podcast: Dr. Patrick McGrath interviews Dr. Alec Pollard
<https://theocdstories.com/>

Podcast by Dr Celin Gelgec & Dr Victoria Miller coming soon. For more information visit
<https://www.drceilingelgec.com.au/podcast>

Journals:

Lynch, J. M., van Driel, M., Meredith, P., Stange, K. C., Getz, L., Reeve, J., ... & Dowrick, C. (2021). The Craft of Generalism clinical skills and attitudes for whole person care. Journal of Evaluation in Clinical Practice.

Lynch, J. (2021). A Whole Person Approach to Wellbeing: Building Sense of Safety. Routledge.

Workshops:

Treating OCD: Introductory Workshop
<https://www.drceilingelgec.com.au/training/mb-erp-online-workshop>

Treating OCD: Advanced Workshop
<https://www.drceilingelgec.com.au/training/treating-ocd-advanced-workshop>