

## SUPPORTING RESOURCES

# 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](http://www.iocdf.org)

A Penny For Your Intrusive Thoughts

[www.apennyforyourintrusivethoughts.org](http://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.drcelingelgec.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 You Tube 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.drcelingelgec.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.drcelingelgec.com.au/training/mb-erp-online-workshop>

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