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Up and Down the Worry Hill: A Children's Book About ...

Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment. 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 friends and family. Help is now available!

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Up and Down the Worry Hill: A Children's Book about ...

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.

Up and Down the Worry Hill - Bookoholic Kids

On Day 3, turn the worry volume DOWN, 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.

What? Me Worry!?!

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 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

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debilitating for the child in school, with friends and family. Help is now available! 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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Up and Down the Worry Hill: A Children's Book about ...

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 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

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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 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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