

Up and Down the Worry Hill: A Children's Book About Obsessive-Compulsive Disorder and Its Treatment

By Aureen Pinto Wagner Ph.D

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** The only OCD book for children and adolescents that has a companion book for parents**

Up and Down the Worry Hill helps parents and professionals explain Obsessive-Compulsive Disorder to children clearly and simply through the eyes of a child. Children will identify with Casey's initial 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.

In the US alone, there are over 1 million children with OCD. The author's unique story and metaphor of the Worry Hill makes OCD and its treatment easy for children to understand. Now is a time for optimism and hope because OCD can be treated successfully. This book, along with its companion guide for parents What to do when your Child has Obsessive-Compulsive Disorder: Strategies and Solutions brings hope and help to countless children and families who suffer from this baffling illness. The metaphor of the Worry Hill is a common thread that weaves through both books.

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Editorial Review

About the Author
Dr. Aureen Pinto Wagner is a Clinical Child Psychologist and Director of The OCD and Anxiety Consultancy in Rochester, NY. She is also the author of the critically acclaimed books What to do when your Child has Obsessive-Compulsive Disorder: Strategies and Solutions, and Worried No More: Help and Hope for Anxious Children. Dr. Wagner provides training workshops and consultation for clinicians and school personnel in Cognitive-Behavioral Therapy for OCD and anxiety. She frequently presents seminars and leads discussion groups on anxiety for parents and families, and contributes to radio, television and newspapers as an expert on anxiety-related topics. Dr. Wagner lives in Rochester, NY with her family.

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