

Recommended Readings and DVDs

Anxiety Disorders, Depression, and Related Problems

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Panic Disorder With and Without Agoraphobia

Professional Books – Treatment and Assessment

- Antony, M.M., & Swinson, R.P. (2000). *Phobic disorders and panic in adults: A guide to assessment and treatment*. Washington, DC: American Psychological Association.
- Craske, M.G., & Barlow, D.H. (2007). *Mastery of your anxiety and panic, 4th ed. therapist guide*. New York, NY: Oxford University Press.
- Taylor, S. (2000). *Understanding and treating panic disorder: Cognitive and behavioral approaches*. Chichester, UK: John Wiley and Sons.

Self Help Books

- Antony, M.M., & McCabe, R.E. (2004). *10 simple solutions to panic: How to overcome panic attacks, calm physical symptoms, and reclaim your life*. Oakland, CA: New Harbinger Publications.
- Barlow, D.H., & Craske, M.G. (2007). *Mastery of your anxiety and panic, 4th ed. workbook*. New York, NY: Oxford University Press.
- Wilson, R. (2009). *Don't panic: Taking control of anxiety attacks, 3rd ed.* New York, NY: HarperCollins.
- Zuercher-White, E. (1997). *An end to panic: Breakthrough techniques for overcoming panic disorder, 2nd Edition*. Oakland, CA: New Harbinger Publications.

Video Resources

- AnxietyBC (2010). *Effectively managing panic disorder* (DVD). Vancouver, BC: Author. May be ordered from anxietybc.com.
- Clark, D.M. (1998). *Cognitive therapy for panic disorder* (DVD). Washington, DC: American Psychological Association.
- Dobson, K.S. (2010). *Cognitive therapy over time* (DVD). Washington, DC: American Psychological Association.
- Jongsma, A.E., & Bruce, T.J. (2010). *Evidence-based treatment planning for panic disorder* (DVD). Hoboken, NJ: John Wiley and Sons.
- Olatunji, B.O. (2011). *Cognitive-behavioral therapy for clients with anxiety and panic* (DVD). Washington, DC: American Psychological Association.
- Rapee, R.M. (1999). *Fight or flight? Overcoming panic and agoraphobia* (DVD). New York, NY: Guilford Press.

Social Anxiety Disorder

Professional Books – Treatment and Assessment

- Antony, M.M., & Rowa, K. (2008). *Social anxiety disorder: Psychological approaches to assessment and treatment*. Göttingen, Germany: Hogrefe.
- Heimberg, R.G., & Becker, R.E. (2002). *Cognitive-behavioral group therapy for social phobia: Basic mechanisms and clinical strategies*. New York, NY: Guilford Press.
- Hofmann, S.G., & Otto, M.W. (2008). *Cognitive behavioral therapy for social anxiety disorder: Evidence-based and disorder specific treatment techniques*. New York, NY: Routledge.
- Hope, D.A., Heimberg, R.G., & Turk, C.L. (2010). *Managing social anxiety: A cognitive behavioral therapy approach (therapist guide), 2nd ed.* New York, NY: Oxford University Press.

Professional Books - Research

- Crozier, W.R., & Alden, L.E. (Eds.) (2005). *The Essential Handbook of Social Anxiety for Clinicians*. Hoboken, NJ: John Wiley and Sons.
- Hofmann, S.G., & DiBartolo, P.M. (Eds.) (2010). *Social anxiety: Clinical, developmental, and social perspectives, 2nd ed.* Burlington, MA: Academic Press.

Self Help Books

- Antony, M.M. (2004). *10 simple solutions to shyness: How to overcome shyness, social anxiety, and fear of public speaking*. Oakland, CA: New Harbinger Publications.
- Antony, M.M., & Swinson, R.P. (2008). *The shyness and social anxiety workbook: Proven, step-by-step techniques for overcoming your fear, 2nd ed.* Oakland, CA: New Harbinger Publications.
- Butler, G. (2008). *Overcoming social anxiety and shyness: A self-help guide using cognitive behavioral techniques*. New York, NY: Basic Books.
- Hope, D.A., Heimberg, R.G., & Turk, C.L. (2010). *Managing social anxiety: A cognitive behavioral therapy approach (workbook), 2nd ed.* New York, NY: Oxford University Press.
- Monarth, H., & Kase, L. (2007). *The confident speaker: Beat your nerves and communicate at your best in any situation*. New York, NY: McGraw-Hill.
- Stein, M.B., & Walker, J.R. (2009). *Triumph over shyness: Conquering social anxiety disorder, 2nd ed.* Silver Spring, MD: Anxiety Disorders Association of America.

Video Resources

- Albano, A.M. (2006). *Shyness and social phobia (DVD)*. Washington, DC: American Psychological Association.

- Jongsma, A.E., & Bruce, T.J. (2010). *Evidence-based treatment planning for social anxiety disorder* (DVD). Hoboken, NJ: John Wiley and Sons.
- Rapee, R.M. (1999). *I think they think...Overcoming social phobia* (DVD). New York, NY: Guilford Press.

Obsessive-Compulsive Disorder and Hoarding

Professional Books – Treatment and Assessment

- Abramowitz, J.S. (2006): *Obsessive-compulsive disorder*. Göttingen, Germany: Hogrefe.
- Abramowitz, J.S. (2006): *Understanding and treating obsessive-compulsive disorder: A cognitive behavioral approach*. Mahwah, NJ: Erlbaum.
- Abramowitz, J.S., McKay, D., & Taylor, S. (2008). *Clinical handbook of obsessive-compulsive disorder and related problems*. Baltimore, MD: Johns Hopkins University Press.
- Antony, M.M., Purdon, C., & Summerfeldt, L.J. (2007). *Psychological treatment of obsessive-compulsive disorder: Fundamentals and beyond*. Washington, DC: American Psychological Association.
- Bratton, C., Schmalisch, C.S., & Steketee, G. (2011). *The hoarding handbook: A guide for human service professionals*. New York, NY: Oxford University Press.
- Clark, D.A. (2004). *Cognitive-behavioral therapy for OCD*. New York, NY: Guilford Press.
- Foa, E.B., Yadin, E., & Lichner, T.K. (2012). *Exposure and response (ritual) prevention for obsessive-compulsive disorder, therapist guide (2nd ed.)*. New York: Oxford University Press.
- Rachman, S. (2003). *The treatment of obsessions*. New York, NY: Oxford University Press.
- Rachman, S. (2006). *Fear of contamination: Assessment and treatment*. New York, NY: Oxford University Press.
- Steketee, G., & Frost, R.O. (2007). *Compulsive hoarding and acquiring (therapist guide)*. New York, NY: Oxford University Press.
- Wilhelm, S., & Steketee, G.S. (2006). *Cognitive therapy for obsessive-compulsive disorder: A guide for professionals*. Oakland, CA: New Harbinger Publications.

Professional Books - Research

- Abramowitz, J.S., & Houts, A.C. (Eds.) (2005). *Obsessive-compulsive disorder: Concepts and controversies*. New York, NY: Springer.
- Abramowitz, J.S., McKay, D., & Taylor, S. (2008). *Obsessive-compulsive disorder: Subtypes and spectrum conditions*. New York, NY: Elsevier.

Frost, R.O., & Steketee, G. (Eds.) (2002). *Cognitive approaches to obsessions and compulsions: Theory, assessment, and Treatment*; Oxford, UK: Pergamon.

Steketee, G. (Ed.) (2011). *Oxford handbook of obsessive compulsive and spectrum disorders*. New York, NY: Oxford University Press.

Self Help Books

Abramowitz, J.S. (2009). *Getting over OCD: A 10-step workbook for taking back your life*. New York, NY: Guilford Press.

Baer, L. (2012). *Getting control: Overcoming your obsessions and compulsions, 3rd ed.* New York, NY: Plume.

Carmin, C. (2009). *Obsessive-compulsive disorder demystified: An essential guide for understanding and living with OCD*. Cambridge, MA: Lifelong Books.

Challacombe, F., Oldfield, V.B., & Salkovskis, P. (2011). *Break free from OCD: Overcoming obsessive compulsive disorder with CBT*. London, UK: Vermilion.

Grayson, J. (2004). *Freedom from obsessive-compulsive disorder: A personalized recovery program for living with uncertainty*. New York, NY: Berkley Publishing Group.

Hyman, B.M., & Pedrick, C. (2010). *The OCD workbook: Your guide to breaking free from obsessive-compulsive disorder (3rd ed)*. Oakland, CA: New Harbinger Publications.

Munford, P.R. (2004). *Overcoming compulsive checking: Free your mind from OCD*. Oakland, CA: New Harbinger Publications.

Munford, P.R. (2005). *Overcoming compulsive washing: Free your mind from OCD*. Oakland, CA: New Harbinger Publications.

Purdon, C., & Clark, D.A. (2005). *Overcoming obsessive thoughts: How to gain control of your OCD*. Oakland, CA: New Harbinger Publications.

Tolin, D., & Frost, R.O., Steketee, G. (2007). *Buried in treasures: Help for compulsive acquiring, saving, and hoarding*. New York, NY: Oxford University Press.

Tompkins, M.A., & Hartl, T.L. (2009). *Digging out: helping your loved one manage clutter, hoarding, and compulsive acquiring*. Oakland, CA: New Harbinger Publications.

Steketee, G., & Frost, R.O. (2007). *Compulsive hoarding and acquiring (workbook)*. New York, NY: Oxford University Press.

Yadin, E., Foa, E.B., & Lichner, T.K. (2012). *Treating your OCD with exposure and response (ritual) prevention for obsessive-compulsive disorder, workbook (2nd ed.)*. New York: Oxford University Press.

Video Resources

- Antony, M.M. (2007). *Obsessive-Compulsive Behavior* (DVD). Washington, DC: American Psychological Association.
- Antony, M.M. (2009). *Behavioral therapy over time* (DVD on Compulsive Hoarding). Washington, DC: American Psychological Association.
- Jongsma, A.E., & Bruce, T.J. (2010). *Evidence-based treatment planning for obsessive-compulsive disorder* (DVD). Hoboken, NJ: John Wiley and Sons.
- Turner, S.M. (1998). *Behavior therapy for OCD* (DVD). Washington, DC: American Psychological Association.
- Wilson, R.R. (2005). *Obsessive-compulsive disorder* (DVD). Washington, DC: American Psychological Association.
- Wilson, R. (2012). *Cognitive therapy for obsessions*. (DVD). Mill Valley, CA: Psychotherapy.net.

Health Anxiety, Trichotillomania, Tic Disorders, Body Dysmorphic Disorder, and Related Problems

Professional Books – Treatment and Assessment

- Abramowitz, J.S., & Braddock, A.E. (2008). *Psychological treatment of health anxiety and hypochondriasis: A biopsychosocial approach*. Göttingen, Germany: Hogrefe.
- Abramowitz, J.S., & Braddock, A.E. (2011). *Hypochondriasis and health anxiety*. Göttingen, Germany: Hogrefe.
- Franklin, M.E., & Tolin, D.F. (2007). *Treating trichotillomania: Cognitive-behavioral therapy for hair pulling and related problems*. New York, NY: Springer.
- Furer, P., Walker, J.R., & Stein, M.B. (2007). *Treating health anxiety and fear of death: A practitioner's guide*. New York, NY: Springer.
- O'Connor, K.P. (2005). *Cognitive-behavioral management of tic disorders*. Chichester, UK: John Wiley and Sons.
- Taylor, S., & Asmundson, G.J.G. (2004). *Treating health anxiety: A cognitive-behavioral approach*. New York, NY: Guilford Press.
- Veale, D., & Neziroglu, F. (2010). *Body dysmorphic disorder: A treatment manual*. West Sussex, UK: John Wiley and Sons.

Professional Books - Research

- Abramowitz, J.S., McKay, D., & Taylor, S. (2008). *Obsessive-compulsive disorder: Subtypes and spectrum conditions*. New York, NY: Elsevier.
- Asmundson, G.J.G., Taylor, S., & Cox, B.J. (Eds.) (2002). *Health anxiety: Hypochondriasis and related disorders*. Chichester, UK: Wiley Blackwell.

Self Help Books

- Asmundson, G.J.G., & Taylor, S. (2005). *It's not all in your head: How worrying about your health could be making you sick – and what you can do about it*. New York, NY: Guilford Press.
- Claiborn, J., & Pedrick, C. (2002). *The BDD workbook: Overcome body dysmorphic disorder and end body image obsessions*. Oakland, CA: New Harbinger Publications.
- Keuthen, N.J., Stein, D.J., & Christenson, G.A. (2001). *Help for hair pullers: Understanding and coping with trichotillomania*. Oakland, CA: New Harbinger Publications.
- Owens, K.M.B., & Antony, M.M. (2011). *Overcoming health anxiety: Letting go of your fear of illness*. Oakland, CA: New Harbinger Publications.
- Penzel, F. (2003). *The hair pulling problem: A complete guide to trichotillomania*. New York, NY: Oxford University Press.
- Wilhelm, S. (2006). *Feeling good about the way you look: A program for overcoming body image problems*. New York, NY: Guilford Press.

Generalized Anxiety Disorder and Chronic Worry

Professional Books – Treatment and Assessment

- Dugas, M.J., & Robichaud, M. (2007). *Cognitive-behavioral treatment for generalized anxiety disorder*. New York, NY: Routledge.
- Hazlett-Stevens, H. (2008). *Psychological approaches to generalized anxiety disorder: A clinician's guide to assessment and treatment*. New York, NY: Springer.
- Marker, C.D., & Aylward, A.G. (2012). *Generalized anxiety disorder*. Göttingen, Germany: Hogrefe.
- Rygh, J.L., & Sanderson, W.C. (2004). *Treating generalized anxiety disorder: Evidence-based strategies, tool, and techniques*. New York, NY: Guilford Press.

Professional Books - Research

- Davey, G.C.L., & Wells, A. (Eds.) (2006). *Worry and its psychological disorders: Theory, assessment, and Treatment*. Chichester, UK: John Wiley and Sons.
- Heimberg, R.G., Turk, C.L., & Mennin, D.S. (Eds.) (2004). *Generalized anxiety disorder: Advances in research and practice*. New York, NY: Guilford Press.

Self Help Books

- Gyoerkoe, K.L., & Wiegartz, P.S. (2006). *10 simple solutions to worry: How to calm your mind, relax your body, & reclaim your life*. Oakland, CA: New Harbinger Publications.

Hazlett-Stevens, H. (2005). *Women who worry too much: How to stop worry and anxiety from ruining relationships, work, & fun*. Oakland, CA: New Harbinger Publications.

Meares, K., & Freeston, M. (2008). *Overcoming worry: A self-help guide using cognitive behavioral techniques*. New York, NY: Basic Books.

Specific Phobia

Professional Books – Treatment and Assessment

Craske, M.G., Antony, M.M., & Barlow, D.H. (2006). *Mastering your Fears and Phobias (therapist guide), second edition*. New York, NY: Oxford University Press.

Professional Books - Research

Davis, T.E. Ollendick, T.H., & Öst, L.-G. (Eds.) (2012), *Intensive one-session treatment of specific phobias*. New York, NY: Springer.

Maj, M., Akiskal, H.S., López-Ibor, J.J., & Okasha, A. (2004). *Phobias*. Hoboken, NJ: John Wiley and Sons.

Self Help Books

Antony, M.M., Craske, M.G., & Barlow, D.H. (2006). *Mastering your Fears and Phobias (workbook), second edition*. New York, NY: Oxford University Press.

Antony, M.M., & McCabe, R.E. (2005). *Overcoming animal and insect phobias: How to conquer fear of dogs, snakes, rodents, bees, spiders, and more*. Oakland, CA: New Harbinger Publications. Available for free download at <http://www.martinantony.com/downloads>.

Antony, M.M., & Rowa, K. (2007). *Overcoming fear of heights: How to conquer acrophobia and live a life without limits*. Oakland, CA: New Harbinger Publications. <http://www.newharbinger.com/bookstore/productdetails.cfm?PC=1693>

Antony, M.M., & Watling, M. (2006). *Overcoming medical phobias: How to conquer fear of blood, needles, doctors, and dentists*. Oakland, CA: New Harbinger Publications. Available for free download at <http://www.martinantony.com/downloads>.

Brown, D. (2009). *Flying without fear: Effective strategies to get you where you want to go. 2nd ed.* Oakland, CA: New Harbinger Publications.

Triffitt, J. (2003). *Back in the driver's seat: Understanding, challenging, and managing fear of driving*. Tasmania, Australia: Dr. Jacqui Triffitt (www.backinthedriversonline.com.au).

Video Resources

Wilson, R. (2012). *Exposure therapy for phobias*. (DVD). Mill Valley, CA: Psychotherapy.net (exposure therapy for a client with claustrophobia).

Trauma and Posttraumatic Stress Disorder

Professional Books – Treatment and Assessment

- Foa, E.B., Hembree, E.A., & Rothbaum, B.O. (2007). *Prolonged exposure therapy for PTSD: emotional processing of traumatic experiences (therapist guide)*. New York, NY: Oxford University Press.
- Hickling, E.J., & Blanchard, E.B. (2006). *Overcoming the trauma of your motor vehicle accident: A cognitive-behavioral treatment program (therapist guide)*. New York, NY: Oxford University Press.
- Monson, C.M., & Fredman, S.J. (2012). *Cognitive-behavioral conjoint therapy for PTSD: Harnessing the healing power of relationships*. New York, NY: Guilford Press.
- Rosen, G.M., & Frueh, B.C. (Eds.) (2010). *Clinician's Guide to Posttraumatic Stress Disorder*. Hoboken, NJ: John Wiley and Sons.
- Taylor, S. (2006). *Clinician's guide to treating PTSD: A cognitive-behavioral approach*. New York, NY: Guilford Press.
- Wilson, J.P., & Keane, T.M. (Eds.) (2004). *Assessing psychological trauma and PTSD (2nd ed.)*. New York, NY: Guilford Press.
- Zayfert, C., & Becker, C.B. (2007). *Cognitive-behavioral therapy for PTSD: A case formulation approach*. New York, NY: Guilford Press.

Professional Books - Research

- Beck, J.G., & Sloan, D.M. (2012). *Oxford handbook of traumatic stress disorders*. New York, NY: Oxford University Press.
- Foa, E.B., Keane, T.M., Friedman, M.J., & Cohen, J.A. (2009). *Effective treatments for PTSD: Practice guidelines from the International Society for Traumatic Stress Studies, 2nd ed.* New York, NY: Guilford Press.
- McNally, R.J. (2003). *Remembering trauma*. Cambridge, MA: Harvard University Press.

Self Help Books

- Follette, V.M., & Pistorello, J. (2007). *Finding life beyond trauma: Using acceptance and commitment therapy to heal from post-traumatic stress and trauma-related problems*. Oakland, CA: New Harbinger Publications.
- Hickling, E.J., & Blanchard, E.B. (2006). *Overcoming the trauma of your motor vehicle accident: A cognitive-behavioral treatment program (workbook)*. New York, NY: Oxford University Press.
- Rothbaum, B.O., Foa, E.B., & Hembree, E.A. (2007). *Reclaiming your life from a traumatic experience (Workbook)*. New York, NY: Oxford University Press.

Williams, M.B., & Poijula, S. (2002). *The PTSD workbook: Simple, effective techniques for overcoming traumatic stress symptoms*. Oakland, CA: New Harbinger Publications.

Anxiety Disorders in Children and Adolescents

Professional Books – Treatment and Assessment

Albano, A.M., & DiBartolo, P.M. (2007). *Cognitive-behavioral therapy for social phobia in adolescents: Stand up, speak out*. New York, NY: Oxford University Press.

Beidel D.C., & Alfano, C.A. (2011). *Child anxiety disorders: A guide to research and treatment*. New York, NY: Routledge.

Chorpita, B.F. (2007). *Modular cognitive-behavioral therapy for childhood anxiety disorders*. New York, NY: Guilford Press.

Foa, E.B., Chrestman, K.R., & Gilboa-Schechtman, E. (2009). *Prolonged exposure therapy for adolescents with PTSD: Emotional processing of traumatic experiences (therapist guide)*. New York, NY: Oxford University Press.

Freeman, J.B., & Garcia, A.M. (2009). *Family-based treatment for young children with OCD (therapist guide)*. New York, NY: Oxford University Press.

Grills-Taquechel, A.E., & Ollendick, T.H. (2012). *Phobic and anxiety disorders in children and adolescents*. Göttingen, Germany: Hogrefe.

Kearney, C.A. (2001). *School refusal behavior in youth : A functional approach to assessment and treatment*. Washington, DC: American Psychological Association.

Kearney, C.A. (2005). *Social anxiety and social phobia in youth: Characteristics, assessment, and psychological treatment*. New York, NY: Springer.

Kearney, C.A., & Albano, A.M. (2007). *When children refuse school: A cognitive-behavioral therapy approach, second edition (therapist's guide)*. New York, NY: Oxford University Press.

March, J.S., & Mulle, K. (1998). *OCD in children and adolescents*. New York, NY: Guilford Press.

Mattick, S.G., & Ollendick, T.H. (2002). *Panic disorder and anxiety in adolescents*. Malden, MA: Blackwell.

Piacentini, J., Langley, A., & Roblek, T. (2007). *Cognitive-behavioral treatment of childhood OCD: It's only a false alarm (therapist guide)*. New York, NY: Oxford University Press.

Rapee, R.M., Wignall, A., Hudson, J.L., & Schniering, C.A. (2000). *Treating anxious children and adolescents: An evidence-based approach*. Oakland, CA: New Harbinger Publications.

Professional Books - Research

McKay, D., & Storch, E.A. (Eds.) (2011). *Handbook of child and adolescent anxiety disorders*. New York, NY: Springer.

- Morris, T.L., & March, J.S. (Eds.) (2004). *Anxiety disorders in children and adolescents, 2nd Ed.* New York, NY: Guilford Press.
- Muris, P. (2007). *Normal and abnormal fear and anxiety in children and adolescents.* Burlington, MA: Elsevier.
- Ollendick, T.H., & March, J.S. (Eds.) (2004). *Phobic and anxiety disorders in children and adolescents: A clinician's guide to effective psychosocial and pharmacological interventions.* New York, NY: Oxford University Press.
- Silverman, W.K., & Treffers, P.D.A. (Eds.) (2001). *Anxiety disorders in children and adolescents: Research, assessment, and intervention.* New York, NY: Cambridge.
- Vasey, M.W., & Dadds, M.R. (Eds.) (2001). *The developmental psychopathology of anxiety.* New York, NY: Oxford University Press.

Self Help Books for Parents

- Eisen, A.R., & Engler, L.B. (2006). *Helping your child with separation anxiety: A step-by-step guide for parents.* Oakland, CA: New Harbinger Publications.
- Fitzgibbons, L., & Pedrick, C. (2003). *Helping your child with OCD.* Oakland, CA: New Harbinger Publications.
- Foa, E.B., & Andrews, L.W. (2006). *If your adolescent has an anxiety disorder: An essential resource for parents.* New York, NY: Oxford University Press.
- Freeman, J.B., & Garcia, A.M. (2009). *Family-based treatment for young children with OCD (workbook).* New York, NY: Oxford University Press.
- Kearney, C.A. (2011). *Silence is not golden: Strategies for helping the shy child.* New York, NY: Oxford University Press.
- Kearney, C.A., & Albano, A.M. (2007). *When children refuse school: A cognitive behavioral therapy approach (parent workbook)* New York, NY: Oxford University Press.
- Last, C.G. (2006). *Help for worried kids: How your child can conquer anxiety and fear.* New York, NY: Guilford Press.
- Manassis, K. (2008). *Keys to parenting your anxious child, 2nd ed.* Hauppauge, NY: Barrons Educational Series.
- March, J.S., & Benton, C.M. (2007). *Talking back to OCD: The program that helps kids and teens say "no way" – and parents say "way to go."* New York, NY: Guilford Press.
- McHolm, A.E., Cunningham, C.E., & Vanier, M.K. (2005). *Helping your child with selective mutism: Practical steps to overcome a fear of speaking.* Oakland, CA: New Harbinger Publications.
- Rapee, R.M., Spence, S.H., Cobham, V., Wignall, A., & Lyneham, H. (2008). *Helping your anxious child: A step-by-step guide for parents, 2nd ed.* Oakland, CA: New Harbinger Publications.

Self Help Books for Children and Adolescents

- Brozovich, R., & Chase, L. (2008). *Say goodbye to being shy: A workbook to help kids overcome shyness*. Oakland, CA: Instant Help Books.
- Crist, J.J. (2004). *What to do when you're scared & worried: A guide for kids*. Minneapolis, MN: Free Spirit.
- Piacentini, J., Langley, A., & Roblek, T. (2007). *It's only a false alarm (workbook)*. New York, NY: Oxford University Press.
- Tompkins, M.A., & Martinez, K. (2010). *My anxious mind: A teen's guide to managing anxiety and panic*. Washington, DC: Magination Press.
- Wagner, A.P. (2000). *Up and down the worry hill: A children's book about obsessive-compulsive disorder and its treatment*. Rochester, NY: Lighthouse Press.

Video Resources

- AnxietyBC (2009). *Separation anxiety: A parent's guide to helping your child* (DVD). Vancouver, BC: Author. May be ordered from anxietybc.com.
- AnxietyBC (2011). *Obsessive compulsive disorder: A parent's guide to helping your child* (DVD). Vancouver, BC: Author. May be ordered from anxietybc.com.

Depression

Professional Books – Treatment and Assessment

- Kanter, J.W., Busch, A.M., & Rusch, L.C. (2009). *Behavioral activation*. New York, NY: Routledge.
- Martell, C.R., Dimidjian, S., & Herman-Dunn, R. (2010). *Behavioral activation for depression: A clinician's guide*. New York, NY: Guilford Press.
- Persons, J.B., Davidson, J., & Tompkins, M.A. (2001). *Essential components of cognitive-behavior therapy for depression*. Washington, DC: American Psychological Association.
- Segal, Z.V., Williams, M.G., & Teasdale, J.D. (2013). *Mindfulness-based cognitive therapy for depression, 2nd ed.* New York, NY: Guilford Press.

Professional Books - Research

- Gotlib, I.A., & Hammen, C.L. (Eds.) (2009). *Handbook of depression, 2nd ed.* New York, NY: Guilford Press.

Self Help Books

- Addis, M.E., & Martell, C.R. (2004). *Overcoming depression one step at a time. The new behavioral activation approach to getting your life back*. Oakland, CA: New Harbinger Publications

- Bieling, P.J., & Antony, M.M. (2003). *Ending the depression cycle: A step-by-step guide for preventing relapse*. Oakland, CA: New Harbinger Publications.
- Williams, M., Teasdale, J., & Segal, Z. (2007). *The mindful way through depression*. New York, NY: Guilford Press.
- Wright, J.H., & McCray, L.W. (2012). *Breaking free from depression: Pathways to wellness*. New York, NY: Guilford Press.

Anxiety Disorders and Related Topics (General)

Professional Books – Treatment and Assessment

- Abramowitz, J.S., Deacon, B.J., & Whiteside, S.P.H. (2011). *Exposure therapy for anxiety: Principles and practice*. New York, NY: Guilford Press.
- Antony, M.M., Orsillo, S.M., & Roemer, L. (Eds.) (2001). *Practitioner's guide to empirically-based measures of anxiety*. New York, NY: Springer.
- Bennett-Levy, J., Butler, G., Fennell, M., & Hackman, A. (Eds.) (2011). *Oxford guide to behavioural experiments in cognitive therapy*. Oxford, UK: Oxford University Press.
- Butler, G., Fennell, M., & Hackman, A. (2008). *Cognitive-behavioral therapy for anxiety disorders; Mastering clinical challenges*. New York, NY: Guilford Press.
- Clark, D.A., & Beck, A.T. (2010). *Cognitive therapy of anxiety disorders: Science and practice*. New York, NY: Guilford Press.
- Eifert, G.H., & Forsyth, J.P. (2005). *Acceptance and commitment therapy for anxiety disorders: A practitioner's treatment guide to using mindfulness, acceptance, and values-based behavior change strategies*. Oakland, CA: New Harbinger Publications.
- Hackman, A., Bennett-Levy, J., & Holmes, E.A. (2011). *Oxford guide to imagery in cognitive therapy*. Oxford, UK: Oxford University Press.
- Kase, L., & Ledley, D. (2007). *Anxiety disorders*. Hoboken, NJ: John Wiley and Sons.
- Smits, J.A.J., & Otto, M.W. (2009). *Exercise for mood and anxiety disorders (therapist guide)*. New York, NY: Oxford University Press.
- Sookman, D., & Leahy, R.L. (2010). *Treatment resistant anxiety disorders: Resolving impasses to symptom remission*. New York, NY: Routledge.
- Westra, H.A. (2012). *Motivational interviewing in the treatment of anxiety*. New York, NY: Guilford Press.

Professional Books - Research

- Antony, M.M., & Stein, M.B. (2009). *Oxford handbook of anxiety and related disorders*. New York, NY: Oxford University Press.

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- Dozois, D.J.A., & Dobson, K.S. (2004). *The prevention of anxiety and depression: Theory, research, and practice*. Washington, DC: American Psychological Association.
- Neudeck, P., & Wittchen, H.-W. (2012). *Exposure therapy: Rethinking the model – refining the method*. New York, NY: Springer.
- Orsillo, S.M., & Roemer, L. (Eds.) (2005). *Acceptance- and mindfulness-based approaches to anxiety: Conceptualization and treatment*. New York, NY: Springer.
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- Abramowitz, J.S. (2012). *The stress less workbook: Simple strategies to relieve pressure, manage commitments, and minimize conflicts*. New York, NY: Guilford Press.
- Antony, M.M., & Norton, P.J. (2009). *The anti-anxiety workbook: Proven strategies to overcome worry, panic, phobias, and obsessions*. New York, NY: Guilford Press.
- Antony, M.M., & Swinson, R.P. (2009). *When perfect isn't good enough: Strategies for coping with perfectionism, 2nd ed*. Oakland, CA: New Harbinger Publications.
- Clark, D.A., & Beck, A.T. (2012). *The anxiety and worry workbook: The cognitive-behavioral solution*. New York, NY: Guilford Press.
- Bourne, E.J. (2011). *The anxiety and phobia workbook, 5th edition*. Oakland, CA: New Harbinger Publications.
- Forsyth, J.P., & Eifert, G.H. (2007). *The mindfulness and acceptance workbook for anxiety: A guide to breaking free from anxiety, phobias, and worry using acceptance and commitment therapy*. Oakland, CA: New Harbinger Publications.
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- Shafran, R., Egan, S., & Wade, T. (2010). *Overcoming perfectionism: A self-help guide using cognitive behavioral techniques*. London, UK: Constable & Robinson.

Medication Treatments

Professional Books

- Bezchlibnyk-Butler, K.Z., & Virani, A.S (2007). *Clinical handbook of psychotropic drugs for children and adolescents, 2nd ed.* Göttingen, Germany: Hogrefe.
- Hofmann, S.G. (Ed.) (2012). *Psychobiological approaches for anxiety disorders: Treatment combination strategies.* Hoboken, NJ: Wiley-Blackwell.
- Otto, M. W., & Pollack, M.H. (2009). *Stopping anxiety medication (therapist guide), 2nd ed.* New York, NY: Oxford University Press.
- Paterson, J., Alcala, A.A., McCahill, M.E., & Edwards, T.M. (2010). *The therapist's guide to psychopharmacology: Working with patients, families, and physicians to optimize care, revised ed.* New York, NY: Guilford Press.
- Preston, J.D., O'Neil, J.H., & Talaga, M.C. (2010). *Handbook of clinical psychopharmacology for therapists, 6th ed.* Oakland, CA: New Harbinger Publications.
- Virani, A.S., Bezchlibnyk-Butler, K.Z. Jeffries, J.J., & Procyshyn, R.M. (Eds.) (2012). *Clinical handbook of psychotropic drugs, 19th edition.* Göttingen, Germany: Hogrefe.

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- Otto, M. W., & Pollack, M.H. (2009). *Stopping anxiety medication (workbook), 2nd ed.* New York, NY: Oxford University Press.

Evidence-Based Psychological Treatments (General)

Professional Books – Treatment and Assessment

- Antony, M.M., & Barlow, D.H. (Eds.) (2010). *Handbook of assessment and treatment for psychological disorders, 2nd ed.* New York, NY: Guilford Press.
- Antony, M.M., Ledley, D.R., & Heimberg, R.G. (Eds.) (2005). *Improving outcomes and preventing relapse in cognitive behavioral therapy.* New York, NY: Guilford Press.
- Antony, M.M., & Roemer, L. (2011). *Behavior therapy.* Washington, DC: American Psychological Association.
- Arkowitz, H., Westra, H.A., Miller, W.R., & Rollnick, S. (2008). *Motivational interviewing in the treatment of psychological problems.* New York, NY: Guilford Press.
- Barlow, D.H. (Ed.) (2008). *Clinical handbook of psychological disorders: A step-by-step treatment manual, 4th edition.* New York, NY: Guilford Press.
- Beck, J.S. (2005). *Cognitive therapy for challenging problems: What to do when the basics don't work.* New York, NY: Guilford Press.
- Beck, J.S. (2011). *Cognitive behavior therapy: Basics and beyond, 2nd ed.* New York, NY: Guilford Press.
- Bernstein, D.A., Borkovec, T.D., & Hazlett-Stevens, H. (2000). *New directions in progressive relaxation training: A guidebook for helping professionals.* Westport, CT: Praeger.

- Bieling, P.J., McCabe, R.E., & Antony, M.M. (2006). *Cognitive behavioral therapy in groups*. New York, NY: Guilford Press.
- Craske, M.G. (2010). *Cognitive-behavioral therapy*. Washington, DC: American Psychological Association.
- Dobson, K.S. (Ed.) (2010). *Handbook of cognitive-behavioral therapies, 2nd Ed.* New York, NY: Guilford Press.
- Dobson, D., & Dobson, K.S. (2009). *Evidence-based practice of cognitive-behavioral therapy*. New York, NY: Guilford Press.
- Hayes, S.C., Strosahl, K.D., & Wilson, K.G. (2012). *Acceptance and commitment therapy: The process and practice of mindful change, 2nd ed.* New York, NY: Guilford Press.
- Kazantzis, N., Reinecke, M.A., & Freeman, A. (2010). *Cognitive and behavioral theories in clinical practice*. New York, NY: Guilford Press.
- Kuyken, W., Padesky, C.A., & Dudley, R. (2009). *Collaborative case conceptualization: Working effectively with clients in cognitive-behavioral therapy*. New York, NY: Guilford Press.
- Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2010). *Making cognitive-behavioral therapy work: Clinical process for new practitioners, 2nd ed.* New York, NY: Guilford Press.
- Miller, W.R., & Rollnick, S. (2013). *Motivational interviewing: Helping people change, 3rd ed.* New York, NY: Guilford Press.
- Newman, C.F. (2013). *Core competencies in cognitive behavioral therapy: Becoming a highly effective and competent cognitive behavioral therapist*. New York, NY: Routledge.
- O'Donohue, W.T., & Fisher, J.E. (2012). *Cognitive behavior therapy: Core principles for practice*. Hoboken, NJ: John Wiley and Sons.
- Stott, R., Mansell, W., Salkovskis, P., Lavender, A., Cartwright-Hatton, S. (2010). *Oxford guide to metaphors in CBT: Building cognitive bridges*. Oxford, UK: Oxford University Press.
- Wright, J.H., Basco, M.R., & Thase, M.E. (2006). *Learning cognitive-behavior therapy: An illustrated guide*. Washington, DC: American Psychiatric Press.

Self Help Books

- Burns, D.D. (1999). *The feeling good handbook, Revised Edition*. New York, NY: Plume.
- Davis, M., Eshelman, E.R., & McKay, M. (2008). *The relaxation and stress reduction workbook, 6th ed.* Oakland, CA: New Harbinger Publications.
- Greenberger, D., & Padesky, C.A. (1995). *Mind over mood: Change how you feel by changing the way you think*. New York, NY: Guilford Press.

Kabat-Zinn, J. (1990). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness*. New York, NY: Dell Publishing.

McKay, M., Davis, M., & Fanning, P. (2009). *Messages: The communications skills book, 3rd edition*. Oakland, CA: New Harbinger Publications.

McKay, M., Davis, M., & Fanning, P. (2007). *Thoughts and feelings: Taking control of your moods and your life, 3rd ed.* Oakland, CA: New Harbinger Publications.

Video Resources

Beck, J.S. (2006). *Cognitive therapy* (DVD). Washington, DC: American Psychological Association.

Dobson, K.S. (2011). *Cognitive-behavioral therapy strategies* (DVD). Washington, DC: American Psychological Association.

Padesky, C. (2008). *Guided discovery using Socratic dialog* (DVD). May be ordered from www.padesky.com.

Padesky, C. (2008). *Testing automatic thoughts with thought records* (DVD). May be ordered from www.padesky.com.

Mindfulness Meditation Audio CDs

Kabat-Zinn, J. (2002). *Guided mindfulness meditation, Series 1*. Lexington, MA: Stress Reduction CDs and Tapes. May be ordered through www.mindfulnesscds.com.

Kabat-Zinn, J. (2002). *Guided mindfulness meditation, Series 2*. Lexington, MA: Stress Reduction CDs and Tapes. May be ordered through www.mindfulnesscds.com.

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