

# **Recommended Readings**

## **Anxiety Disorders 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, 4<sup>th</sup> 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, 4<sup>th</sup> ed. workbook*. New York, NY: Oxford University Press.
- Wilson, R. (2009). *Don't panic: Taking control of anxiety attacks, 3<sup>rd</sup> ed.* New York, NY: HarperCollins.
- Zuercher-White, E. (1997). *An end to panic: Breakthrough techniques for overcoming panic disorder, 2<sup>nd</sup> Edition*. Oakland, CA: New Harbinger Publications.

### *Video Resources*

- Clark, D.M. (1998). *Cognitive therapy for panic disorder* (VHS Video). APA Psychotherapy Videotape Series. Washington, DC: American Psychological Association.
- Rapee, R.M. (1999). *Fight or flight? Overcoming panic and agoraphobia* (DVD or VHS Video). New York, NY: Guilford Press.

## **Social Phobia**

### *Professional Books – Treatment and Assessment*

- Antony, M.M., & Rowa, K. (2008). *Social anxiety disorder: Psychological approaches to assessment and treatment*. Göttingen, Germany: Hogrefe and Huber.
- 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)*, 2<sup>nd</sup> 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*, 2<sup>nd</sup> ed. Burlington, MA: Academic Press.

Schmidt, L.A., & Schulkin, J. (Eds.) (1999). *Extreme fear, shyness and social phobia: Origins, biological mechanisms, and clinical outcomes*. New York, NY: Oxford University 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*, 2<sup>nd</sup> 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)*, 2<sup>nd</sup> 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*, 2<sup>nd</sup> 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.

Rapee, R.M. (1999). *I think they think...Overcoming social phobia* (DVD Video). New York, NY: Guilford Press.

## **Obsessive-Compulsive Disorder**

#### *Professional Books – Treatment and Assessment*

Abramowitz, J.S. (2006): *Obsessive-compulsive disorder*. Cambridge, MA: Hogrefe and Huber.

- 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.
- Clark, D.A. (2004). *Cognitive-behavioral therapy for OCD*. New York, NY: Guilford 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.
- Maj, M., Sartorius, N., Okasha, A., & Zohar, J. (2002). *Obsessive-compulsive disorder, second edition*. Chichester, UK: John Wiley and Sons.
- Menzies, R.G., & de Silva, P. (Eds.) (2003). *Obsessive compulsive disorder: Theory, research, and treatment*. Chichester, UK: John Wiley and Sons.
- Swinson, R.P., Antony, M.M., Rachman, S., & Richter, M.A. (Eds.) (1998). *Obsessive compulsive disorder: Theory, research, and treatment*. New York, NY: Guilford 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. (2000). *Getting control: Overcoming your obsessions and compulsions, Revised Edition*. New York, NY: Plume.

- Carmin, C. (2009). *Obsessive-compulsive disorder demystified: An essential guide for understanding and living with OCD*. Cambridge, MA: Lifelong Books.
- Foa, E.B., & Wilson, R. (2001). *Stop obsessing! How to overcome your obsessions and compulsions, revised edition*. New York, NY: Bantam Books.
- 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 (3<sup>rd</sup> 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.

#### *Video Resources*

- Antony, M.M. (2007). *Obsessive-Compulsive Behavior* (DVD Video). Washington, DC: American Psychological Association.
- Antony, M.M. (2009). *Behavioral therapy over time* (DVD Video on Compulsive Hoarding). Washington, DC: American Psychological Association.
- Turner, S.M. (1998). *Behavior therapy for OCD* (VHS Video). Washington, DC: American Psychological Association.
- Wilson, R.R. (2005). *Obsessive-compulsive disorder* (DVD or VHS). Washington, DC: American Psychological Association.

## **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 and Huber.
- 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.
- Stein, D.J., Christenson, G., & Hollander, E. (Eds.) (1999). *Trichotillomania*. Washington, DC: American Psychiatric Press.

#### *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.

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*

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., 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*

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.
- 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.
- Antony, M.M., & Watling, M. (2006). *Overcoming medical phobias: How to conquer fear of blood, needles, doctors, and dentists*. Oakland, CA: New Harbinger Publications.
- Brown, D. (2009). *Flying without fear: Effective strategies to get you where you want to go*. 2<sup>nd</sup> 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.backinthedriverseat.com.au](http://www.backinthedriverseat.com.au)).

## **Trauma and Posttraumatic Stress Disorder**

### *Professional Books – Treatment and Assessment*

- Foa, E.B., & Rothbaum, B.O. (1998). *Treating the trauma of rape: Cognitive behavioral therapy for PTSD*. New York, NY: Guilford Press.
- 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.
- Resick, P.A., & Schnicke, M.K. (1996). *Cognitive processing therapy for rape victims: A treatment manual*. Newbury Park, CA: Sage.
- 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., Friedman, M.J., & Lindy, J.D. (Eds.) (2001). *Treating psychological trauma and PTSD*. New York, NY: Guilford Press.
- Wilson, J.P., & Keane, T.M. (Eds.) (2004). *Assessing psychological trauma and PTSD (2<sup>nd</sup> 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*



- Bryant, R.A., & Harvey, A.G. (2000). *Acute stress disorder: A handbook of theory, assessment, and treatment*. Washington, DC: American Psychological Association.
- 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, 2<sup>nd</sup> 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.
- Matsakis, A. (1996). *I can't get over it: A handbook for trauma survivors, Second Edition*. Oakland, CA: New Harbinger Publications.
- Rothbaum, B.O., Foa, E.B., & Hembree, E.A. (2007). *Reclaiming your life from a traumatic experience (Workbook)*. New York, NY: Oxford University Press.

## **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.
- 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.
- 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*

- Morris, T.L., & March, J.S. (Eds.) (2004). *Anxiety disorders in children and adolescents, 2<sup>nd</sup> 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*, 2<sup>nd</sup> 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*, 2<sup>nd</sup> ed. Oakland, CA: New Harbinger Publications.
- Wagner, A.P. (2002). *What to do when your child has obsessive-compulsive disorder: Strategies and solutions*. Rochester, NY: Lighthouse Press.
- Wagner, A.P. (2002). *Worried no more: Help and hope for anxious children*. Rochester, NY: Lighthouse Press.
- Waltz, M. (2000). *Obsessive compulsive disorder: Help for children and adolescents*. Sebastopol, CA: O'Reilly and Associates.

#### *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.

## **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.
- Andrews, G., Crino, R., Creamer, M., Hunt, C., Lampe, L., & Page, A. (2002). *The treatment of anxiety disorders: Clinician's guide and patient manuals, second edition*. New York, NY: Cambridge.
- Antony, M.M., Orsillo, S.M., & Roemer, L. (Eds.) (2001). *Practitioner's guide to empirically-based measures of anxiety*. New York, NY: Springer.

- Antony, M.M., & Swinson, R.P. (2000). *Phobic disorders and panic in adults: A guide to assessment and treatment*. Washington, DC: American Psychological Association.
- 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.
- Kase, L., & Ledley, D. (2007). *Anxiety disorders*. Hoboken, NJ: John Wiley and Sons.
- McLean, P.D., & Woody, S.R. (2001). *Anxiety disorders in adults: An evidence-based approach to psychological treatment*. New York, NY: Oxford University Press.
- Mostofsky, D.I., & Barlow, D.H. (Eds.) (2000). *The management of stress and anxiety in medical disorders*. Boston, MA: Allyn and Bacon.
- Rosqvist, J. (2005). *Exposure treatments for anxiety disorders: A practitioner's guide to concepts, methods, and evidence-based practice*. New York, NY: Brunner-Routledge.
- 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.
- Wells, A. (1997). *Cognitive therapy of anxiety disorders: A practice manual and conceptual guide*. Hoboken, NJ: John Wiley and Sons.

#### *Professional Books - Research*

- Antony, M.M., & Stein, M.B. (2009). *Oxford handbook of anxiety and related disorders*. New York, NY: Oxford University Press.
- Barlow, D.H. (2002). *Anxiety and its disorders: The nature and treatment of anxiety and panic, second edition*. New York, NY: Guilford Press.
- Dozois, D.J.A., & Dobson, K.S. (2004). *The prevention of anxiety and depression: Theory, research, and practice*. Washington, DC: American Psychological Association.
- Nutt, D.J., & Ballenger, J.C. (2003). *Anxiety disorders*. Malden, MA: Blackwell Science.
- Orsillo, S.M., & Roemer, L. (Eds.) (2005). *Acceptance- and mindfulness-based approaches to anxiety: Conceptualization and treatment*. New York, NY: Springer.
- Stein, D.J., Hollander, E., & Rothbaum, B.O. (Eds.) (2010). *Textbook of anxiety disorders, 2<sup>nd</sup> ed*. Washington, DC: American Psychiatric Press.

Stein, M.B., & Steckler, T. (2010). *Behavioral neurobiology of anxiety and its treatment*. New York, NY: Springer.

### *Self Help Books*

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, 2<sup>nd</sup> ed.* 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.

Bourne, E.J. (2005). *The anxiety and phobia workbook, 4th edition*. Oakland, CA: New Harbinger Publications.

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## **Medication Treatments)**

### *Professional Books*

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Otto, M. W., & Pollack, M.H. (2009). *Stopping anxiety medication (therapist guide), 2<sup>nd</sup> 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, 6<sup>th</sup> ed.* Oakland, CA: New Harbinger Publications.

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#### *Self Help Books*

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

## **Evidence-Based Psychological Treatments (General)**

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- Ledley, D.R., Marx, B.P., & Heimberg, R.G. (2010). *Making cognitive-behavioral therapy work: Clinical process for new practitioners, 2<sup>nd</sup> ed.* New York, NY: Guilford Press.
- Miller, W.R., & Rollnick, S. (2002). *Motivational interviewing: Preparing people for change, 2<sup>nd</sup> Ed.* New York, NY: Guilford Press.
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- Richard, D.C.S., & Lauterbach, D. (2007). *Handbook of exposure therapies*. Burlington, MA: Academic Press.
- Wright, J.H., Basco, M.R., & Thase, M.E. (2006). *Learning cognitive-behavior therapy: An illustrated guide*. Washington, DC: American Psychiatric Press.
- Young, J.E., Klosko, J.S., & Weishaar, M.E. (2003). *Schema therapy: A practitioner's guide*. New York, NY: Guilford Press.

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- Burns, D.D. (1999). *The feeling good handbook, Revised Edition*. New York, NY: Plume.
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#### *Video Resources*

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

Padesky, C. *Guided discovery using Socratic dialog* (VHS Video). May be ordered from [www.padesky.com](http://www.padesky.com).

Padesky, C. *Testing automatic thoughts with thought records* (VHS Video). May be ordered from [www.padesky.com](http://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](http://www.mindfulnesscds.com).

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