Recommended Readings and DVDs

Anxiety Disorders, Depression, and Related Problems

Compiled by Martin M. Antony, PhD
Department of Psychology, Ryerson University

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Address all Correspondence to:

Martin M. Antony, PhD, FRSC, ABPP
Department of Psychology, Ryerson University
350 Victoria Street
Toronto, ON M5B 2K3 Canada
Tel: 416-979-5000, ext. 2631 (after pressing "1")
Fax: 416-599-5660
E-Mail: mantony@ryerson.ca
Website: www.martinantony.com
Panic Disorder and Agoraphobia

Professional Books – Treatment and Assessment


Self Help Books


Video Resources


Social Anxiety Disorder

Professional Books – Treatment and Assessment


Professional Books - Research


Self Help Books


Video Resources


Obsessive-Compulsive Disorder

Professional Books – Treatment and Assessment


Professional Books - Research


Self Help Books


**Video Resources**


**Hoarding Disorder**

*Professional Books – Treatment and Assessment*


Professional Books - Research

Self Help Books

Video Resources

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

Professional Books – Treatment and Assessment


Professional Books - Research


Self Help Books


Generalized Anxiety Disorder and Chronic Worry

Professional Books – Treatment and Assessment


Professional Books - Research


Self Help Books


Video Resources


Specific Phobia

Professional Books – Treatment and Assessment


**Professional Books - Research**


**Self Help Books**


**Video Resources**


Trauma and Posttraumatic Stress Disorder

Professional Books – Treatment and Assessment


Professional Books - Research


Self Help Books


Video Resources


**Anxiety Disorders in Children and Adolescents**

*Professional Books – Treatment and Assessment*


**Professional Books - Research**


**Self Help Books for Parents**


Self Help Books for Children and Adolescents


**Video Resources**


**Depression**

**Professional Books – Treatment and Assessment**


Professional Books - Research


Self Help Books


Perfectionism

Professional Books – Treatment and Assessment


Professional Books - Research


Self Help Books


**Videos**


Available from Alexander Street (use “Antony” as the discount code at checkout for a 75% discount): https://search.alexanderstreet.com/preview/work/bibliographic_entity%7Cvideo_work%7C3282249

**Anxiety Disorders and Related Topics (General)**

**Professional Books – Treatment and Assessment**


**Professional Books - Research**


**Self Help Books**


*Books for Family Members*


*Video Resources*


*Motivational Interviewing*

*Professional Books*


**Self Help Books**


**Evidence-Based Psychological Treatments (Adults)**

**Professional Books – Treatment and Assessment**


**Self Help Books**


**Video Resources**


*Mindfulness Meditation Audio CDs*


**Evidence-Based Psychological Treatments (Children & Adolescents)**

*Professional Books – Treatment and Assessment*


**CBT Supervision**

*Professional Books*


## Medication Treatments

### Professional Books


### Self Help Books


## CBT for Psychosis

### Professional Books


