

Recommended Readings and DVDs

Anxiety Disorders, Depression, and Related Problems

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Panic Disorder and 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. (2018). *Cognitive behavioral therapy of social anxiety disorder: Evidence-based and disorder specific treatment techniques, 2nd ed.* New York, NY: Routledge.
- Hope, D.A., Heimberg, R.G., & Turk, C.L. (2019). *Managing social anxiety: A cognitive behavioral therapy approach (therapist guide), 3rd ed.* New York, NY: Oxford University Press.
- McEvoy, P.M., Saulsman, L.M., & Rapee, R.M. (2018). *Imagery-enhanced CBT for social anxiety disorder*. New York, NY: Guilford Press.
- National Collaborating Centre for Mental Health (2013). *Social anxiety disorder: The NICE guideline on recognition, assessment, and treatment*. London, UK: British Psychological Society and Royal College of Psychiatrists.

Professional Books - Research

- Hofmann, S.G., & DiBartolo, P.M. (Eds.) (2014). *Social anxiety: Clinical, developmental, and social perspectives, 3rd ed.* Waltham, MA: Academic Press.
- Weeks, J.W. (Ed.) (2014). *Wiley-Blackwell handbook of social anxiety*. Hoboken, NJ: Wiley-Blackwell.

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. Available as free PDF download at <http://martinantony.com/publications> (click on "DOWNLOADS").
- Antony, M.M., & Swinson, R.P. (2017). *The shyness and social anxiety workbook: Proven, step-by-step techniques for overcoming your fear, 3rd ed.* Oakland, CA: New Harbinger Publications.
- Butler, G. (2016). *Overcoming social anxiety and shyness: A self-help guide using cognitive behavioral techniques, 2nd ed.* London, UK: Little, Brown Book Group.
- Fleming, J.E., & Kocovski, N.L. (2013). *The mindfulness and acceptance workbook for social anxiety and shyness: Using acceptance and commitment therapy to free yourself from fear and reclaim your life*. Oakland, CA: New Harbinger Publications.

Hope, D.A., Heimberg, R.G., & Turk, C.L. (2019). *Managing social anxiety: A cognitive behavioral therapy approach (workbook)*, 3rd ed. New York, NY: Oxford University Press.

Monarath, H., & Kase, L. (2007). *The confident speaker: Beat your nerves and communicate at your best in any situation*. New York, NY: McGraw-Hill.

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.

Padesky, C.A. (2008). Cognitive behavioral therapy for social anxiety.
<http://store.padesky.com/vsa.htm>

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

Wenzel, A. (2013). *Cognitive behavioral therapy for social anxiety*. (DVD). Washington, DC: American Psychological Association.

Obsessive-Compulsive Disorder

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.

Bream, V. Challacombe, F., Palmer, A., & Salkovskis, P. (2017). *Cognitive behaviour therapy for OCD*. Oxford, UK: Oxford University Press.

Clark, D.A. (2020). *Cognitive-behavioral therapy for OCD and its subtypes*, 2nd ed. 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.
- Rego, S.A. (2016). *Treatment plans and interventions for obsessive-compulsive disorder*. New York, NY: Guilford Press.
- Van Niekerk, J. (2018). *OCD treatment made simple: A clinician's guide to treating obsessive compulsive disorder efficiently and effectively*. Oakland, CA: New Harbinger Publications.
- Williams, M.T., & Wetterneck, C.T. (2019). *Sexual obsessions in obsessive-compulsive disorder: A step-by-step, definitive guide to understanding, diagnosis, and treatment*. 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., & Storch, E.A. (2017). *The Wiley handbook of obsessive compulsive disorders*. Hoboken, NJ: Wiley Blackwell.
- 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. (2018). *Getting over OCD: A 10-step workbook for taking back your life, 2nd ed.* 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. (2014). *Freedom from obsessive-compulsive disorder: A personalized recovery program for living with uncertainty (updated edition)*. New York, NY: Berkley Publishing Group.

- Hershfield, J. (2018). *Overcoming harm OCD: Mindfulness and CBT tools for coping with unwanted violent thoughts*. 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.
- Seif, M.N., & Winston, S.M. (2019). *Needing to know for sure: A CBT-based guide to overcoming compulsive checking and reassurance seeking*. Oakland, CA: New Harbinger Publications.
- Winston, S.M., & Seif, M.N. (2017). *Overcoming unwanted intrusive thoughts: A CBT-based guide to getting over frightening obsessive, or disturbing thoughts*. Oakland, CA: New Harbinger Publications.
- 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.
- Jongsma, A.E., & Bruce, T.J. (2010). *Evidence-based treatment planning for obsessive-compulsive disorder (DVD)*. Hoboken, NJ: John Wiley and Sons.
- Storch, E.A. (2015). *Cognitive-behavioral therapy for obsessive-compulsive disorder (DVD)*. Washington, DC: American Psychological Association
- 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.

Hoarding Disorder

Professional Books – Treatment and Assessment

- Bratnott, C., Schmalisch, C.S., & Steketee, G. (2011). *The hoarding handbook: A guide for human service professionals*. New York, NY: Oxford University Press.
- Chasson, G.S., & Siev, J. (2019). *Hoarding disorder*. Boston, MA: Hogrefe
- Steketee, G., & Frost, R.O. (2014). *Treatment for hoarding disorder (therapist guide), 2nd ed.* New York, NY: Oxford University Press.
- Tolin, D.F., Worden, B.L., Wootton, B.M., & Gilliam, C. (2017). *CBT for hoarding disorder: A group therapy program, therapist's guide*. Hoboken, NJ: Wiley Blackwell.

Professional Books - Research

Frost, R.O., & Steketee, G. (Eds.) (2014). *Oxford handbook of hoarding and acquiring*. New York, NY: Oxford University Press.

Self Help Books

Tolin, D., & Frost, R.O., Steketee, G. (2014). *Buried in treasures: Help for compulsive acquiring, saving, and hoarding, 2nd ed.* New York, NY: Oxford University Press.

Steketee, G., & Frost, R.O. (2014). *Treatment for hoarding disorder (workbook), 2nd ed.* New York, NY: Oxford University Press.

Tolin, D.F., Worden, B.L., Wooton, B.M., & Gilliam, C. (2017). *CBT for hoarding disorder: A group therapy program, workbook*. Hoboken, NJ: Wiley Blackwell.

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

Video Resources

Antony, M.M. (2009). *Behavioral therapy over time (DVD on Compulsive Hoarding)*. 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.

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.

Wilhelm, S., Phillips, K.A., & Steketee, G. (2013). *Cognitive-behavioral therapy for body dysmorphic disorder: A treatment manual*. New York, NY: Guilford Press.

Woods, D.W., & Twohig, M.P. (2008). *Trichotillomania: An ACT-enhanced behavior therapy approach (therapist guide)*. New York, NY: Oxford University Press.

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.

Woods, D.W., & Twohig, M.P. (2008). *Trichotillomania: An ACT-enhanced behavior therapy approach (workbook)*. New York, NY: Oxford University Press

Generalized Anxiety Disorder and Chronic Worry

Professional Books – Treatment and Assessment

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.

National Collaborating Centre for Mental Health (2011). *Generalized anxiety disorder in adults: The NICD guideline on management in primary, secondary, and community care*. London, UK: British Psychological Society and Royal College of Psychiatrists.

Robichaud, M., Koerner, N., & Dugas, M.J. (2019). *Cognitive-behavioral treatment for generalized anxiety disorder: From science to practice, 2nd ed.* New York, NY: Routledge.

Rygh, J.L., & Sanderson, W.C. (2004). *Treating generalized anxiety disorder: Evidence-based strategies, tool, and techniques.* New York, NY: Guilford Press.

Zinbarg, R.E., Craske, M.G., & Barlow, D.H. (2006). *Mastery of your anxiety and worry, 2nd ed. (therapist guide).* New York, NY: Oxford University 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

Craske, M.G., & Barlow, D.H. (2006). *Mastery of your anxiety and worry, 2nd ed. (Workbook).* New York, NY: Oxford University Press.

Gyorkoe, 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.

Robichaud, M.R., & Buhr, K. (2018). *The Worry Workbook: CBT skills to overcome worry and anxiety by facing the fear of uncertainty.* Oakland, CA: New Harbinger Publications.

Robichaud, M., & Dugas, M.J. (2015). *The generalized anxiety disorder workbook: A comprehensive CBT guide for coping with uncertainty, worry, and fear.* Oakland, CA: New Harbinger Publications.

Video Resources

Antony, M.M. (2018). *Cognitive behavioral therapy for generalized anxiety and worry (DVD Video).* Washington, DC: American Psychological Association.

Craske, M.G. (2008). *Treating clients with generalized anxiety disorder (DVD Video).* Washington, DC: American Psychological Association.

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.

Öst, L.-G., & Skaret, E. (2013). *Cognitive behavior therapy for dental phobia and anxiety*. Hoboken, NJ: Wiley-Blackwell.

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 as free PDF download at <http://martinantony.com/publications> (click on "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. Available as free PDF download at <http://martinantony.com/publications> (click on "DOWNLOADS").

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 as free PDF download at <http://martinantony.com/publications> (click on "DOWNLOADS").

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

Carbonell, D. (2017). *Fear of flying workbook: Overcome your anticipatory anxiety and develop skills for flying with confidence*. Berkeley, CA: Ulysses Press.

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

Video Resources

Tompkins, M.A. (2013). *Cognitive-behavioral therapy for specific phobias*. (DVD). Washington, DC: American Psychological Association (exposure therapy for a client with a cat phobia).

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

- Back, S.E., Foa, E.B., et al. (2014). *Concurrent treatment for PTSD and substance use disorders with prolonged exposure (COPE) (therapist guide)*. New York, NY: Oxford University Press.
- Foa, E.B., Hembree, E.A., Rothbaum, B.O., Rauch, S.A.M. (2019). *Prolonged exposure therapy for PTSD: Emotional processing of traumatic experiences (therapist guide)*, 2nd ed. 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.
- Monson, C.M., & Shnaider, P. (2014). *Treating PTSD with cognitive-behavioral therapies: Interventions that work*. Washington, DC: American Psychological Association.
- Resick, P.A., Monson, C.M., & Chard, K.M. (2017). *Cognitive processing therapy for PTSD: A comprehensive manual*. 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. (2017). *Clinician's guide to treating PTSD: A cognitive-behavioral approach*, 2nd ed. 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.
- Friedman, M.J., Keane, T.M., & Resick, P.A. (2014). *Handbook of PTSD: Science and practice*, 2nd ed. New York, NY: Guilford Press.
- McNally, R.J. (2003). *Remembering trauma*. Cambridge, MA: Harvard University Press.

Self Help Books

- Back, S.E., Foa, E.B., et al. (2014). *Concurrent treatment for PTSD and substance use disorders with prolonged exposure (COPE) (patient workbook)*. New York, NY: Oxford University Press.
- 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., & Rauch, S.A.M. (2019). *Reclaiming your life from a traumatic experience (Workbook), 2nd ed.* New York, NY: Oxford University Press.
- Tull, M.T., Gratz, K.L., & Chapman, A.L. (2016). *Cognitive-behavioral coping skills workbook for PTSD: Overcome fear and anxiety and reclaim your life*. Oakland, CA: New Harbinger Publications.
- Williams, M.B., & Poijula, S. (2016). *The PTSD workbook: Simple, effective techniques for overcoming traumatic stress symptoms (3rd ed.)*. Oakland, CA: New Harbinger Publications.

Video Resources

- Monson, C.M. (2016). *Cognitive behavioral interventions for posttraumatic stress disorder (DVD Video)*. Washington, DC: American Psychological Association.

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.
- Ehrenreich-May, J., Kennedy, S.M., Sherman, J.A., Bilek, E.L., Buzzella, B.A., Bennett, S.M., & Barlow, D.H. (2018). *Unified protocols for transdiagnostic treatment of emotional disorders in children and adolescents, therapist guide*. New York, NY: Oxford University 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.
- Franklin, M.E., Freeman, J.B., & March, J.S. (2019). *Treating OCD in children and adolescents*. New York, NY: Guilford 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.
- 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.
- Raggi, V.L., Samson, J.G., Felton, J.W., Loffredo, H.R., & Berghorst, L.H. (2018). *Exposure therapy for treating anxiety in children and adolescents: A comprehensive guide*. Oakland, CA: New Harbinger Publications.
- 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.
- Josephs, S.A. (2017) *Helping your anxious teen: Positive parenting strategies to help your teen beat anxiety, stress, and worry*. Oakland, CA: New Harbinger Publications.
- 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

- Alter, R., & Clarke, C. (2016). *The anxiety workbook for kids: Take charge of fears & worries using the gift of imagination*. Oakland, CA: New Harbinger Publications.
- 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.

- Ehrenreich-May, J., Kennedy, S.M., Sherman, J.A., Bennett, S.M., & Barlow, D.H. (2018). *Unified protocols for transdiagnostic treatment of emotional disorders in adolescents, workbook*. New York, NY: Oxford University Press.
- Ehrenreich-May, J., Kennedy, S.M., Sherman, J.A., Bilek, E.L., & Barlow, D.H. (2018). *Unified protocols for transdiagnostic treatment of emotional disorders in children, workbook*. New York, NY: Oxford University Press.
- Khanna, M.S., & Ledley, D.R. (2018). *The worry workbook for kids: Helping children to overcome anxiety and the fear of uncertainty*. Oakland, CA: New Harbinger Publications.
- 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

- Bryan, C.J., & Rudd, M.D. (2018). *Brief cognitive-behavioral therapy for suicide prevention*. New York, NY: Guilford Press.
- 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.
- Watkins, E.R. (2016). *Rumination-focused cognitive-behavioral therapy for depression*. New York, NY: Guilford Press.

Professional Books - Research

Gotlib, I.A., & Hammen, C.L. (Eds.) (2014). *Handbook of depression, 3rd 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.

Paterson, R.J. (2016). *How to be miserable: 40 strategies you already use.* Oakland, CA: New Harbinger Publications.

Strosahl, K.D., & Robinson, P.J. (2017). *The mindfulness and acceptance workbook for depression: Using acceptance and commitment therapy to move through depression and create a life worth living, 2nd ed.* Oakland, CA: New Harbinger Publications.

Teasdale, J., Williams, M., & Segal, Z. (2014). *The mindful way workbook: An 8-week program to free yourself from depression and emotional distress.* New York, NY: Guilford Press.

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.

Perfectionism

Professional Books – Treatment and Assessment

Egan, S.J., Wade, T.D., Shafran, R., & Antony, M.M. (2014). *Cognitive-behavioral treatment of perfectionism.* New York, NY: Guilford Press.

Hewitt, P.L., Flett, G.L., & Mikail, S.F. (2017). *Perfectionism: A relational approach to conceptualization, assessment, and treatment.* New York, NY: Guilford Press.

Professional Books - Research

Stoeber, J. (2017). *The Psychology of perfectionism: Theory, research, and applications.* New York, NY: Routledge.

Self Help Books

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.

Shafran, R., Egan, S., & Wade, T. (2018). *Overcoming perfectionism: A self-help guide using cognitive behavioural techniques*, 2nd ed. London, UK: Robinson.

Videos

Antony, M.M. (2008). *Cognitive behavioral therapy for perfectionism over time* (DVD Video). Washington, DC: American Psychological Association.

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

Abramowitz, J.S., Deacon, B.J., & Whiteside, S.P.H. (2019). *Exposure therapy for anxiety: Principles and practice*, 2nd ed. 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.

Barlow, D.H., & Farchione, T.J. (Eds.) (2018). *Applications of the unified protocol for transdiagnostic treatment of emotional disorders*. New York, NY: Oxford University Press.

Barlow, D.H., Farchione, T.J., Sauer-Zacala, S., Latin, H.M., Ellard, K.K., Bullis, J.R., Bentley, K.H., Boettcher, H.T., & Cassiello-Robbins, C. (2018). *Unified protocol for transdiagnostic treatment of emotional disorders* (therapist guide). New York, NY: Oxford University Press.

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.

McKay, D., & Storch, E.A. (Eds.) (2013). *Handbook of assessing variants and complications in anxiety disorders*. New York, NY: Springer.

- Norton, P.J. (2012). *Cognitive-behavioral therapy for anxiety: A transdiagnostic treatment manual*. New York, NY: Guilford Press.
- Roemer, L., & Orsillo, S.M. (2020). *Acceptance-based behavioral therapy: Treating anxiety and related challenges*. New York, NY: Guilford Press.
- Smits, J.A.J., & Otto, M.W. (2009). *Exercise for mood and anxiety disorders (therapist guide)*. New York, NY: Oxford University Press.
- Storch, E.A., & McKay, D. (Eds.) (2013). *Handbook of treating variants and complications in anxiety disorders*. New York, NY: Springer.
- 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.
- 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.
- Emmelkamp, P., & Ehring, T. (2014). *Wiley Handbook of anxiety disorders*. Hoboken, NJ: John Wiley and Sons.
- 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.
- Ressler, K.J., Pine, D.S., & Rothbaum, B.O. (2015). *Primer on anxiety disorders: Translational perspectives on diagnosis and treatment*. New York, NY: Oxford University Press.
- Stein, D.J., Hollander, E., & Rothbaum, B.O. (Eds.) (2010). *Textbook of anxiety disorders, 2nd 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

- Abramowitz, J.S. (2012). *The stress less workbook: Simple strategies to relieve pressure, manage commitments, and minimize conflicts*. New York, NY: Guilford Press.

- Barlow, D.H., Sauer-Zacala, S., Farchione, T.J., Latin, H.M., Ellard, K.K., Bullis, J.R., Bentley, K.H., Boettcher, H.T., & Cassiello-Robbins, C. (2018). *Unified protocol for transdiagnostic treatment of emotional disorders* (workbook). New York, NY: Oxford University Press.
- Bourne, E.J. (2020). *The anxiety and phobia workbook, 7th edition*. 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.
- Forsyth, J.P., & Eifert, G.H. (2016). *The mindfulness and acceptance workbook for anxiety: A guide to breaking free from anxiety, phobias, and worry using acceptance and commitment therapy* (2nd ed.). Oakland, CA: New Harbinger Publications.
- Hofmann, S.G. (2020). *The anxiety skills workbook: Simple CBT and mindfulness strategies for overcoming anxiety, fear, and worry*. Oakland, CA: New Harbinger Publications.
- Norton, P.J., & Antony, M.M. (2021). *The anti-anxiety program: A workbook of proven strategies to overcome worry, panic, and phobias*. New York, NY: Guilford Press.
- Orsillo, S.M., & Roemer, L. (2011). *A mindful way through anxiety: Break free from chronic worry and reclaim your life*. New York, NY: Guilford Press.
- Orsillo, S.M., & Roemer, L. (2016). *Worry less, live more: The mindful way through anxiety workbook*. New York, NY: Guilford Press.
- Otto, M.W., & Smits, J.A.J. (2009). *Exercise for mood and anxiety disorders (workbook)*. New York, NY: Oxford University Press.
- Otto, M.W., & Smits, J.A.J. (2011). *Exercise for mood and anxiety disorders: Proven strategies for overcoming depression and enhancing well-being*. New York, NY: Oxford University Press.

Books for Family Members

- Thieda, K.N. (2013). *Loving someone with anxiety: Understanding and helping your partner*. Oakland, CA: New Harbinger Publications.

Video Resources

- Siegel, R.D. (2012). *Mindfulness for anxiety* (DVD). Washington, DC: American Psychological Association

Motivational Interviewing

Professional Books

- Arkowitz, H., Miller, W.R., & Rollnick, S. (2015). *Motivational interviewing in the treatment of psychological problems, 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.
- Naar, S., & Safren, S.A. (2017). *Motivational interviewing and CBT: Combining strategies for maximum effectiveness.* New York, NY: Guilford Press.
- Rollnick, S., Miller, W.R., & Butler, C.C. (2008). *Motivational interviewing in health care: Helping patients change behavior.* New York, NY: Guilford Press.
- Rosengren, D.B. (2017). *Building motivational interviewing skills: A practitioner's Workbook, 2nd ed.* New York, NY: Guilford Press.
- Steinberg, M.P. & Miller, W.R. (2016). *Motivational interviewing in diabetes care.* New York, NY: Guilford Press.

Self Help Books

- Zuckoff, A., & Gorscak, B. (2015). *Finding your way to change: How the power of motivational interviewing can reveal what you want and how to get there.* New York, NY: Guilford Press.

Evidence-Based Psychological Treatments (Adults)

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.
- Barlow, D.H. (Ed.) (2014). *Clinical handbook of psychological disorders: A step-by-step treatment manual, 5th 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. (2017). *Cognitive-behavioral therapy, 2nd ed.* Washington, DC: American Psychological Association.
- Dobson, D., & Dobson, K.S. (2017). *Evidence-based practice of cognitive-behavioral therapy, 2nd ed.* New York, NY: Guilford Press.
- Dobson, K.S., & Dozois, D.J.A. (Eds.) (2019). *Handbook of cognitive-behavioral therapies, 4th ed.* New York, NY: Guilford Press.
- Hayes, S.C., & Hofmann, S.G. (2018). *Process-based CBT: The science and core clinical competencies of cognitive-behavioral therapy.* Oakland, CA: Context 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.
- Hofmann, S.G., & Asmundson, G.J.G. (2017). *The science of cognitive-behavioral therapy.* San Diego, CA: Academic Press.
- Iwamasa, G.Y., & Hays, P.A. (Eds.) (2019). *Culturally responsive cognitive behavior therapy: Practice and supervision.* Washington, DC: American Psychological Association.
- Josefowitz, N., & Myran, D. (2017). *CBT made simple: A clinician's guide to practicing cognitive behavioral therapy.* Oakland, CA: New Harbinger Publications.
- Kazantzis, N., Dattilio, F.M., & Dobson, K.S. (2017). *The therapeutic relationship in cognitive-behavioral therapy: A clinician's guide.* 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. (2018). *Making cognitive-behavioral therapy work: Clinical process for new practitioners, 3rd ed.* New York, NY: Guilford Press.
- Neenan, M., & Dryden, W. (2015). *Cognitive behaviour therapy: 100 key points and techniques.* London, UK: Routledge.
- Newman, C.F. (2013). *Core competencies in cognitive behavioral therapy: Becoming a highly effective and competent cognitive behavioral therapist.* New York, NY: Routledge.
- Nezu, C.M., & Nezu, A.M. (2017). *The Oxford handbook of cognitive and behavioral therapies.* New York, NY: Oxford University Press.
- O'Donohue, W.T., & Fisher, J.E. (2012). *Cognitive behavior therapy: Core principles for practice.* Hoboken, NJ: John Wiley and Sons.
- Rosmarin, D.H. (2018). *Spirituality, religion, and cognitive-behavioral therapy: A guide for clinicians.* New York, NY: Guilford Press.

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.

Tolin, D.F. (2016). *Doing CBT: A comprehensive guide to working with behaviors, thoughts and emotions*. New York, NY: Guilford Press.

Wright, J.H., Brown, G.K., Thase, M.E., & Basco, M.R. (2017). *Learning cognitive-behavior therapy: An illustrated guide, 2nd ed.* Arlington, VA: American Psychiatric Association Publishing.

Self Help Books

Alberti, R., & Emmons, M. (2017). *Your perfect right, 10th ed.* Oakland, CA: New Harbinger Publications.

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

Davis, M., Eshelman, A.R., & McKay, M. (2019). *The relaxation and stress reduction workbook, 7th ed.* Oakland, CA: New Harbinger Publications.

Greenberger, D., & Padesky, C.A. (2016). *Mind over mood: Change how you feel by changing the way you think, 2nd ed.* New York, NY: Guilford Press.

Kabat-Zinn, J. (2013). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness, revised ed.* New York, NY: Dell Publishing.

McKay, M., Davis, M., & Fanning, P. (2018). *Messages: The communications skills book, 4th ed.* 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.

Dobson, K.S., Hays, P.A., & Wenzel, A. (2015). *Cognitive restructuring and automatic thoughts* (DVD). Washington, DC: American Psychological Association.

Dobson, K.S., Hays, P.A., & Wenzel, A. (2015). *Core belief work and acceptance* (DVD). Washington, DC: American Psychological Association.

Dobson, K.S., Hays, P.A., & Wenzel, A. (2015). *Problem solving* (DVD). Washington, DC: American Psychological Association.

Dobson, K.S., Hays, P.A., & Wenzel, A. (2015). *Psychological assessment and case conceptualization* (DVD). Washington, DC: American Psychological Association.

- Dobson, K.S., Hays, P.A., & Wenzel, A. (2015). *Relapse prevention and ending treatment* (DVD). Washington, DC: American Psychological Association.
- Dobson, K.S., Hays, P.A., & Wenzel, A. (2015). *Session structure and behavioral strategies* (DVD). Washington, DC: American Psychological Association.
- Hays, P.A. (2013). *Culturally responsive cognitive-behavioral therapy in practice*. (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.
- Kabat-Zinn, J. (2005). *Guided mindfulness meditation, Series 3*. Lexington, MA: Stress Reduction CDs and Tapes. May be ordered through www.mindfulnesscds.com.

Evidence-Based Psychological Treatments (Children & Adolescents)

Professional Books – Treatment and Assessment

- Flessner, C.A., & Piacentini, J.C. (Eds.) (2017). *Clinical handbook of psychological disorders in children and adolescents*. New York, NY: Guilford Press.
- Friedberg, R.D., & McClure, J.M. (2015). *Clinical practice of cognitive therapy with children and adolescents*, 2nd ed. New York, NY: Guilford Press.
- Schroeder, C.S., & Smith-Boydston, J.M. (2017). *Assessment and treatment of childhood problems: A clinician's guide*. New York, NY: Guilford Press.
- Weiss, J.R., & Kazdin, A.E. (Eds.) (2017). *Evidence-based psychotherapies for children and adolescents*, 3rd ed. New York, NY: Guilford Press.

CBT Supervision

Professional Books

- Corrie, S., & Lane, D.A. (2015). *CBT supervision*. London, UK: Sage Publications.
- Milne, D.L. (2018). *Evidence-based CBT supervision: Principles and practice*, 2nd ed. Chichester, UK: John Wiley and Sons.
- Milne, D.L. & Reiser, R.P. (2017). *A manual for evidence-based CBT supervision*. Chichester, UK: John Wiley and Sons.

- Newman, C.F., & Kaplan, D.A. (2016). *Supervision essentials for cognitive-behavioral therapy*. Washington, DC: American Psychological Association.
- Scott, M.J. (2014) *Simply effective cognitive-behaviour therapy supervision*. New York, NY: Routledge.
- Sudak, D.M., Codd III, R.T., Ludgate, J.W., Sokol, L., Fox, M.G., Reiser, R.P., & Milne, D.L. (2016). *Teaching and supervising cognitive-behavioral therapy*. Hoboken, NJ: Wiley.

Medication Treatments

Professional Books

- Procyshyn, R.M., Bezchlibnyk-Butler, K.Z., & Jeffries, J.J. (Eds.) (2019). *Clinical handbook of psychotropic drugs, 23rd ed.* Göttingen, Germany: Hogrefe.
- Bezchlibnyk-Butler, K.Z., & Virani, A.S (2018). *Clinical handbook of psychotropic drugs for children and adolescents, 4th 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., Albala, 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. (2017). *Handbook of clinical psychopharmacology for therapists, 8^h ed.* Oakland, CA: New Harbinger Publications.

Self Help Books

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

CBT for Psychosis

Professional Books

- Beck, A.T., Rector, N.A., Stolar, N., & Grant, P. (2009). *Schizophrenia: Cognitive theory, research, and therapy*. New York, NY: Guilford Press.
- Granholt, E.L., McQuaid, J.R., & Holden, J.L. (2016). *Cognitive-behavioral social skills training for schizophrenia: A practical treatment guide*. New York, NY: Guilford Press.
- Hagen, R., Turkington, D., Berge, T., & Gråwe, R.W. (Eds.) (2011). *CBT for psychosis: A symptom-based approach*. New York, NY: Routledge.

Kingdon, D.G., & Turkington, D. (2005). *Cognitive therapy for schizophrenia*. New York, NY: Guilford Press.

Wright, N.P., Turkington, D., Kelly, O.P., Davies, D., Jacobs, A.M., & Hopton, J. (2014). *Treating psychosis: A clinician's guide to integrating acceptance and commitment therapy, compassion-focused therapy, and mindfulness approaches within the cognitive-behavioral therapy tradition*. Oakland, CA: New Harbinger Publications.