

Cognitive-Behavioral Therapy Resources for Anxiety

Workbooks and Self-help Books by Disorder

Comprehensive Self-help Workbooks for All Anxiety Disorders:

- Bourne, Edmund: *The Anxiety & Phobia Workbook* (Fourth Edition)
- Bourne, Edmund: *Coping with Anxiety: 10 Simple Ways to Relieve Anxiety, Fear & Worry*
- Burns, David: *When Panic Attacks: The New Drug-Free Anxiety Therapy That Can Change Your Life*
- Davis, McKay, Eshelman: *The Relaxation and Stress Reduction Workbook*
- Farchione, Fairholme, Ellard, Barlow, Boisseau, Allen, May: *Unified Protocol for Transdiagnostic Treatment of Emotional Disorders* (workbook) from the "Treatments That Work" series
- Ramirez-Basco, Monica: *Never Good Enough: How to Use Perfectionism to Your Advantage Without Letting it Ruin Your Life*
- Smits, Jasper and Otto, Michael: *Exercise for Mood and Anxiety Disorders*
- Otto, Pollack, Barlow: *Stopping Anxiety Medication: Panic Control Therapy for Benzodiazepine Discontinuation*

Generalized Anxiety Disorder

- Craske, Michelle and Barlow, David: *Mastery of Your Anxiety and Worry* (workbook) from the "Treatments That Work" series
- Brantley, Jeffrey: *Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic*
- Davis, McKay, Eshelman: *The Relaxation and Stress Reduction Workbook*
- Ramirez-Basco, Monica: *Never Good Enough: How to Use Perfectionism to Your Advantage Without Letting it Ruin Your Life*
- Benson, Herbert and Proctor, William: *Relaxation Revolution: Enhancing Your Personal Health Through the Science & Genetics of Mind Body Healing*
- Lackner, Jeffrey: *Controlling IBS the Drug-free Way: A 10-step Plan for Symptom Relief*

Post-Traumatic Stress Disorder

- Foa, Edna: *Reclaiming Your Life From a Traumatic Experience* (workbook) from the "Treatments That Work" series
- Hickling, Edward, and Blanchard, Edward: *Overcoming the Trauma of Your Motor Vehicle Accident* (workbook) from the "Treatments That Work" series
- Olasov, Barbara and Foa, Edna: *Reclaiming Your Life After Rape: Cognitive-Behavioral Therapy for Posttraumatic Stress Disorder* (workbook) from the "Treatments That Work" series
- Williams, Mary Beth and Poijula, Soili: *The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms*
- Follette, Victoria and Pistorello, Jacqueline: *Finding Life Beyond Trauma: Using Acceptance and Commitment Therapy to Heal from Post-Traumatic Stress and Trauma-Related Problems*
- U.S Department of Health and Human Services: *Directory of Services and Resources for Survivors of Torture*

Specific Phobias

- Antony, Craske, and Barlow: *Mastering Your Fears and Phobias* (workbook) from the "Treatments That Work" series
- Ridley, Layne: *White Knuckles: Overcoming the Fear of Flying*
- Brown, Duane: *Flying Without Fear: Effective Strategies to Get You Where You Need to Go*

Panic Disorder and Agoraphobia

- Barlow, David and Craske, Michelle: *Mastery of Your Anxiety and Panic* (workbook) from the "Treatments That Work" series
- Carbonell, David: *Panic Attacks Workbook: A Guided Program for Beating the Panic Trick*
- Wilson, Reid: *Don't Panic: Taking Control of Anxiety Attacks* (3rd Edition)

Obsessive-Compulsive Disorder

- Hyman, Bruce and Pedrick, Cherry: *The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder*
- Foa, Edna and Kozak, Michael: *Mastery of Obsessive-Compulsive Disorder: A Cognitive-Behavioral Approach* (workbook) from the "Treatments That Work" series

Social Anxiety Disorder

- Hope, Heimberg, Turk: *Managing Social Anxiety* (workbook) from the "Treatments That Work" series
- Rapee, Ronald: *Overcoming Shyness and Social Phobia: A Step-by-Step Guide*
- Markway, Carmin, Pollard, & Flynn: *Dying of Embarrassment*
- Antony, Martin and Swinson, Richard: *The Shyness and Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming Your Fear*
- Erika Hilliard: *Living Fully With Shyness and Social Anxiety: A Comprehensive Guide to Gaining Social Confidence*
- Soifer, Zqourides, Himle, Pickering: *Shy Bladder Syndrome: Your Step-by-Step Guide to Overcoming Paruresis*
- Fine, Debra: *The Fine Art of Small Talk*

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Workbooks and Self-help Books by Disorder (con.)

Impulse Control Disorders:

(Trichotillomania (compulsive hair pulling), skin picking, pathological gambling, compulsive stealing, pyromania/ fire setting, compulsive buying)

Penzel, Fred: *The Hair-Pulling Problem: A Complete Guide to Trichotillomania*

Grant, Donahue, Odlaug: *Overcoming Impulse Control Problems* (workbook) from the “Treatments That Work” series

Ladouceur, Robert, and Lachance, Stella: *Overcoming Your Pathological Gambling* (workbook) from the “Treatments That Work” series

Woods, Douglas, and Twohig, Michael: *Trichotillomania: An ACT-enhanced Behavior Therapy Approach* (workbook) from the “Treatments That Work” series

Shulman, Terrence: *Something for Nothing: Shoplifting Addiction and Recovery*

Hoarding

Neziroglu, Bubrick, & Yaryura-Tobias: *Overcoming Compulsive Hoarding: Why You Save & How You Can Stop*

Steketee, Gail, and Frost, Randy: *Compulsive Hoarding and Acquiring* (workbook) from the “Treatments That Work” series

Tolin, Frost, Steketee: *Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding*

Frost, Randy and Steketee, Gail: *Stuff*

Body Dysmorphic Disorder

Claiborn, James and Pedrick, Cherry: *The BDD Workbook*

Health Worries/Hypochondriasis

Asmundson, Gordon J.G. and Taylor, Steven:

It's Not All in Your Head: How Worrying About Your Health Could Be Making You Sick— and What You Can Do About It

Attention Deficit/Hyperactivity Disorder (ADHD) in Adults

Sprich, Safren, Perlman, Otto: *Mastering Your Adult ADHD* (workbook) from the “Treatments That Work” series

Depression and Bipolar Disorder

Burns, David: *Feeling Good: The New Mood Therapy*

Burns, David: *The Feeling Good Handbook*

Gilson, Freeman, Yates, Freeman: *Overcoming Depression* (workbook) from the “Treatments That Work” series

Otto, Reilly-Harrington, Knauz, Henin, Kogan, Sachs: *Managing Bipolar Disorder* (workbook) from the “Treatments That Work” series

Rohan, Kelly: *Coping with the Seasons: A Cognitive-Behavioral Approach to Seasonal Affective Disorder* (workbook) from the “Treatments That Work” series

Williams, Teasdale, Segal, and Kabat-Zinn: *The Mindful Way Through Depression: Freeing Yourself From Chronic Unhappiness*

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Other Resources

Books on Anxiety Disorders (informational)

Anxiety Disorders and Mental Health (general)

Ross, Jerilyn and Carter, Rosalynn: *Triumph Over Fear: A Book of Help and Hope for People with Anxiety, Panic Attacks, and Phobias*
Schwartz, Jeffrey and Begley, Sharon: *The Mind and the Brain: Neuroplasticity and the Power of Mental Force*

Obsessive Compulsive Disorder

Osborn, Ian: *Tormenting Thoughts and Secret Rituals*
Baer, Lee: *The Imp of the Mind: The Silent Epidemic of Obsessive Bad Thoughts*

Posttraumatic Stress Disorder

Phillips, Suzanne and Kane, Dianne: *Healing Together: A Couple's Guide to Coping with Trauma and Post-traumatic Stress*
Orange, Cynthia: *Shock Waves: A Practical Guide to Living with a Loved One's PTSD*
Paulson, Daryl and Krippner, Stanley: *Haunted by Combat: Understanding PTSD in War Veterans Including Women, Reservists, and Those Coming Back from Iraq*
Judith Herman: *Trauma and Recovery*

Body Dysmorphic Disorder

Phillips, Katharine: *The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder*

Social Phobia

Swiggett, Chelsea Rae: *My True Story of Fear, Anxiety and Social Phobia (Louder Than Words)*
Cunningham, Terry: *The Hell of Social Phobia: One Man's 40 Year Struggle*

Panic Disorder

Berman, Carol: *100 Questions and Answers about Panic Disorder (2nd Edition)*

Books on Mindfulness

Kabat-Zinn, Jon: *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness.*

Williams, Teasdale, Segal, and Kabat-Zinn: *The Mindful Way Through Depression: Freeing Yourself From Chronic Unhappiness*

Support Groups in Michigan

Obsessive-Compulsive Disorder

Ann Arbor OCD Support Group
1st Thursday of each month 1:00-2:30
Community Support & Treatment Services (CSTS)
2140 E. Ellsworth Rd., Ann Arbor, MI
Contact Jim: 734-477-0326, jhm420@juno.com
OR
Jeannie at 734-761-4629,
michiganlady64@gmail.com

Depression and bipolar

Support Groups for patients and families of persons with depression or bipolar disorder
UM Depression Center, Rachel Upjohn Building,
4250 Plymouth Rd., Ann Arbor
2nd and 4th Wednesdays of each month,
7:00pm-8:15pm

Listing of other Michigan Support Groups:
<http://www.anxietypanic.com/michigan.htm>

Other Mental Health Resources

General

National Alliance on Mental Illness (NAMI): <http://www.nami.org/>
Treatments That Work: http://www.oup.com/us/companion_websites/umbrella/treatments/?view=usa
Michigan Mental Health Networker: <http://www.mhweb.org/>

Hoarding

Children of Hoarders: <http://childreinhoarders.com/wordpress/>

Washtenaw County Hoarding Task Force
Info: <http://www.hoardingtaskforce.org/taskforces/the-hoarding-task-force-of-washtenaw-county>
Contact: Harriet Balakar at 734-998-9355

Social Anxiety Disorder

Toastmasters: <http://www.toastmasters.org/>

University of Michigan Anxiety Disorders Clinic, Department of Psychiatry, Rachel Upjohn Building
4250 Plymouth Road, Ann Arbor, MI 48109; Phone: 734-764-0231; <http://www.psych.med.umich.edu/anxiety/clinic.asp>

Anxiety Disorder Foundations and Associations

Anxiety Disorders Association of America: www.adaa.org
Obsessive-Compulsive Foundation: www.ocfoundation.org
Agoraphobics in Motion: www.aim-hq.org
Social Phobia/Social Anxiety Association: <http://www.socialphobia.org/>
Social Anxiety Institute: <http://www.socialanxietyinstitute.org>
Posttraumatic Stress Disorder Association: <http://www.ptsdassociation.com>
African American Post Traumatic Stress Disorder Association: <http://www.aaptsdassn.org>
Heal My PTSD, LLC: <http://healmyptsd.com>

