

# Resources for Anxiety Disorders

Developed by Centers for Family Change  
[www.centersforfamilychange.com](http://www.centersforfamilychange.com)

The following websites and books have been reviewed by our staff and have been found to offer sound information on anxiety disorders and their treatment.

[www.nimh.nih.gov/health/topics/anxiety-disorders](http://www.nimh.nih.gov/health/topics/anxiety-disorders)

## **Website for the National Institute of Mental Health**

*This site offers a wide array of information on anxiety disorders from general information on various disorders, to information on the latest research. However, this site tends to emphasize medication based treatment of anxiety disorders.*

[www.psychcentral.com](http://www.psychcentral.com)

## **A clearing house of Mental Health Resources**

*This site is run by a psychologist. In addition to offering summaries on the nature and treatment of anxiety disorders it provides links to and reviews of resources ranging from self-help groups, to books, to on-line resources. The only drawback is the overwhelming number of pop up ads. However, we recommend you tolerate them because the site is objective and highlights the research on the benefits of psychotherapy which many more medically oriented sites omit.*

[www.adaa.org](http://www.adaa.org)

## **Website of the Anxiety Disorders Association of America (ADAA)**

*The ADAA is a national nonprofit organization providing information about anxiety disorders. This site offers much information about anxiety disorders as well as links to multiple resources, including support groups and message boards, as well as updates on the latest research.*

[www.healthguide.org](http://www.healthguide.org)

## **A non-for profit website offering a wide array of information on the nature and treatment of psychological disorders**

*This site offers solid information on the anxiety disorders and their treatment. It is less scientifically focused than NIMH site.*

[www.anxietycoach.com](http://www.anxietycoach.com)

## **A local psychologist's website with many excellent resources and solid information on anxiety disorders**

*This site's emphasis on Cognitive Behavioral Therapy (CBT) is a bit overstated from our perspective, given that outcome research on the benefits of psychotherapy does not really support the claim that CBT is far more effective than other approaches.*

*We highly recommend his workbook on Panic Disorder (see below).*

## **Books on Anxiety Disorders**

Bourne, Edmund, The Anxiety & Phobia Workbook, Fourth Edition. New Harbinger Publications, 2005.

Burns, David, The Feeling Good Handbook. New York: Penguin Books. 1999.

Butler, Gillian, Overcoming Social Anxiety and Shyness: A Self-Help Guide Using Cognitive Behavioral Techniques. New York: Basic Books, 2008.

Carbonell, David, Panic Attacks Workbook: A Guided Program for Beating the Panic Trick. Berkeley, CA: Ulysses Press. 2004.

Lejeune, Chad, The Worry Trap. Oakland, CA: New Harbinger Publications, Inc., 2007.

Penzel, Fred, Obsessive Compulsive Disorders: A Complete Guide to Getting Well and Staying Well. New York: Oxford University Press, 2000.

Wilson, Reid. Don't Panic: Taking Control of Anxiety Attacks, 3<sup>rd</sup> ed., 2009.