

APPENDIX 5. RESOURCES

For Physicians

Manuals

- Burns D. The Feeling Good Handbook. New York: Penguin, 1989. www.feelinggood.com
- Craske MG, Barlow DH. Mastery of Your Anxiety and Panic, 3rd ed. (MAP III) Graywind Publications, 2000. www.graywindpublications.com
- Greenberger D, Padesky CA. Clinician's guide to Mind Over Mood. New York. The Guilford Press, 1995. www.padesky.com. Also available by calling: 1-800-365-7006.
- Holdsworth N, Paxton R. Managing anxiety and depression. UK: The Mental Health Foundation, 1999. www.mentalhealth.org.uk

Websites

- www.cbt.ca
This website contains tools for patients (e.g., thought records, lists of cognitive distortions), pearls for doctors (e.g., practical tips for managing borderline personality disorder, panic disorder, PTSD, etc.), a Canada-wide referral list, and an index of CBT workshops accredited by the College of Family Physicians of Canada.
- www.psychcorp.com: Provides assessment/inventory tools

Courses

- The Centre for Addiction and Mental Health www.camh.net/education/index.html
- College of Family Physicians of Canada www.cfpc.ca (yearly courses)
- The Academy of Cognitive Therapy (US) www.academyofct.org

For Patients

Bibliotherapy

Adults

- Antony MM, McCabe R. 10 Simple Solutions to Panic: How to Overcome Panic Attacks, Calm Physical Symptoms and Reclaim your Life. Oakland: New Harbinger Publications, 2004.
- Barlow DH, Craske MG. Mastery of your Anxiety and Panic (MAP 3). 3rd Ed. (client workbooks for anxiety, panic and agoraphobia). New York: Oxford University Press, 2000.
- Beck A, Emery G. Anxiety Disorders and Phobias. New York: Basic Books, 1985.
- Burns D. The Feeling Good Handbook. New York: Penguin, 1989. www.feelinggood.com
- Greenberger D, Padesky C. Mind Over Mood: change how you feel by changing the way you think. New York: The Guilford Press, 1995. www.padesky.com

Children

- Crist, JJ. What to Do When You're Scared and Worried: A Guide for Kids. Minneapolis: Free Spirit Publishing, 2004.
- Wagner AP. Worried No More: Help and Hope for Anxious Children. Lighthouse Point, FLA: Lighthouse Press, 2002.
- Zuercher-White E. End to Panic. Oakland: New Harbinger Press, 1998.
- Allen JS, Klein RJ. Ready, Set, Relax: A Research-Based Program of Relaxation, Learning and Self-Esteem for Children. Silver Spring, MD: Summit Crossroads Press.

Websites

- www.cbt.ca (see description above)
- The Canadian Mental Health Association www.cmha.ca
- The Academy of Cognitive Therapy www.academyofct.org
- Mood Disorder Organizations:
 - Depression and Manic Depression Association of Alberta www.obad.ca
 - The Mood Disorders Association of Ontario www.mooddorders.on.ca
- Note:** Some other provincial branches may be contacted by phone:
 - ▶ Mood Disorders of British Columbia (604) 873-0103
 - ▶ Mood Disorders Association of Manitoba 1-800-263-1460; (204) 786-0987
 - ▶ Ami Quebec (514) 486-1448
 - ▶ Society for Depression and Manic Depression in Saskatchewan (306) 343-7518
 - ▶ Depression and Manic Depressive Society of Nova Scotia (902) 539-7179

