

Chapter 6

Anxiety disorders

ADDITIONAL RESOURCES

YouTube is replete with videos of people living with a range of anxiety and OCD disorders. Many are worth watching for the degree of insight they bring to our understanding of their experiences and problems. The usual suspects (PsychotherapyNet, Christine Padesky, the Beck Institute) provide some good therapy insights, but here are a number of others worth exploring....

- ADAA GotAnxiety: www.youtube.com/c/GotAnxiety-ADAA/videos
- The Washington Center for Cognitive Therapy:
www.youtube.com/channel/UCvBHhXLcVoFp0qQbeGhzM4g
- TedX talks: a large number of talks on a range of anxiety disorders provide both the experiences of people with disorders and therapists treating them. A wonderful depiction of the gestation of a panic attack is provided by Alison Sommer:
www.youtube.com/watch?v=bl8_81JF3b8

Try also reading...

These are just a selection of therapy-based books outlining a range of differing approaches to the treatment of a range of anxiety disorders.

Butler, G., Fennell, M. and Hackmann, A. (2010) *Cognitive Behavioral Therapy for Anxiety Disorders*. New York: Guildford. Don't be fooled by the US publisher, this is a text by some of the best-known UK CBT practitioners based in Oxford.

Forsyth, J.P. and 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*. Oakland, CA. New Harbinger.

Perez-Edgar, K. and Fox, N. (eds) (2018) *Behavioral Inhibition: Integrating Theory, Research, and Clinical Perspectives*. Cham: Springer.

Wells, A. (2007) *Cognitive Therapy of Anxiety Disorders: A Practical Guide*. Chichester: Wiley Blackwell. Another UK book, by Adrian Wells utilising the S-REF approach and the meta-cognitive approach to treating anxiety.

Winston, S.M. and Seif, M.N. (2017) *Overcoming Unwanted Intrusive Thoughts: A CBT-Based Guide to Getting Over Frightening, Obsessive, or Disturbing Thoughts*. Oakland, CA. New Harbinger.