



TRANSITIONAL AGE YOUTH
PSYCHIATRIC CONSULTATION SERVICE
PHONE: 705-333-1751
FAX: 705-527-1780

REFERENCE LIST FOR CLIENTS AND FAMILIES

Phobias

Mastery of Your Phobia (client workbook). Antony M.M., Craske M.G., Barlow D.H. San Antonio, Texas: The Psychological Corporation, 1995. 1-800-387-7278.

- a self-help book for adults that is usable by most adolescents

Social Phobia

Coping With Social Anxiety: the definitive guide to effective treatment options. Hollander E. Holt Paperbacks, 2005

Living Fully with Shyness and Social Anxiety: a comprehensive guide to gaining social confidence. Hilliard EB. Marlowe & Company, 2005.

The Shyness and Social Anxiety Workbook: proven step-by-step techniques for overcoming your fear. Antony M.M., Swinson R.P. Oakland, CA: New Harbinger Publications, 2000. 1-800-748-6273.

- a self-help book for adults that is usable by most adolescents