



TRANSITIONAL AGE YOUTH
PSYCHIATRIC CONSULTATION SERVICE
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REFERENCE LIST FOR CLIENTS AND FAMILIES

Anxiety

www.anxietydisordersontario.ca

- website for the Anxiety Disorders Association of Ontario

Helping Your Anxious Child: a step-by-step guide for parents. Rapee RM, Spence SH, Cobham V, Wignall A. Oakland, CA: New Harbinger Publications, 2000.

Freeing Your Child from Anxiety: powerful, practical solutions to overcome your child's fears, worries, and phobias. Chansky TE. Broadway, 2004.

Help for Worried Kids: how your child can conquer anxiety and fear. Last CG. Guilford Press, 2005

Your Anxious Child: how parents and teachers can relieve anxiety in children. Dacey JS, Fiore LB. Jossey-Bass, 2001

What to Do When You Worry Too Much: a kid's guide to overcoming anxiety. Huebner D. Magination Press, 2005

If Your Adolescent Has an Anxiety Disorder: an essential resource for parents. Foa EB, Andrews E. Oxford University Press, 2006

Mastery of Your Anxiety and Worry, client workbook. Craske MG, Barlow DH, O'Leary TA. The Psychological Corporation, 1992.

The Anxiety and Phobia Workbook, 3rd edition. Bourne EJ. Oakland, CA: New Harbinger Publications, 2000.

The Relaxation and Stress Reduction Workbook, 5th edition. Davis M., Eshelman ER, McKay M. Oakland, CA: New Harbinger Publications, 2000.