

Anxiety Disorders, Panics, Obsessive/Compulsive & Personality Disorders, Others

- Babior, Shirley, LCSW, MFCC & Carol Goldman, LICSW
Overcoming Panic Attacks: Strategies to Free Yourself from the Anxiety Trap,
CompCare Publishing, 1990
92 pgs.
- Beck, Aaron T., M.D.
Cognitive Therapy and The Emotional Disorders, Penguin Books, 1976
356 pgs.
- Beck, Aaron T., M.D. and Arthur Freeman, Ed.D.
Cognitive Therapy of Personality Disorders, Guilford Press, 1990
Beck and his associates have produced an exceptionally useful handbook in the
cognitive behavioral tradition for working with the challenging problem of personality
disorders.
396 pgs.
- Bourne, Edmund J.
The Anxiety and Phobia Workbook, New Harbinger Publications, 1990
Step by step guidelines & exercises for people struggling with panic attacks, or
agoraphobia and anxiety.
313 pgs.
- Foster, Constance
Kids Like Me, Solvay Pharmaceuticals, Inc., 1997
Children's stories about Obsessive Compulsive Disorder
24 pgs.
- Griest, John
Obsessive Compulsive Disorder: A Guide, Obsessive-Compulsive Information Center,
University of Wisconsin, 1989
46 pgs.
- Goldstein, Alan, Ph.D. and Berry Stainback
Overcoming Agoraphobia, Penguin Books, 1987
The director of Temple University's Agoraphobia and Anxiety Program,
Goldstein helps his clients conquer the fear of the outside world.
285 pgs.
- Gunderson, John G., M.D.
Borderline Personality Disorder, American Psychiatric Press, Inc., 1984
Quote from the jacket cover: "This book will be of interest to anyone with clinical
responsibilities treating borderline personality disorder, historically a subject of much
confusion and controversy. Dr. Gunderson, a recognized authority on personality
disorders, schizophrenia, has written a definitive guide to the diagnosis and treatment of
borderline personality disorder."
204 pgs.

Anxiety Disorders, Panics, Obsessive/Compulsive & Personality Disorders, Others

Kaysen, Susanna

Girl, Interrupted, Turtle Bay Books (Div. Random House), 1993 (2 Copies)

Kaysen, at 18, spends two years at McLean Psychiatric Hospital. She looks back at her time and treatment there with the diagnosis of personality disorder.

168 pgs.

Kernodle, William D., M.D.

Panic Disorder: The Medical Point of View, Cadmus Publishing, 1995

197 pgs.

Kreisman, Jerold J., M.D. & Hal Straus

I Hate You – Don't Leave Me, Avon Books, 1989 (2 Copies)

Understanding the borderline personality.

207 pgs.

Levenkron, Steve

Obsessive-Compulsive Disorders, Warner Books, 1991 (2 Copies)

“Enormously engrossing and painlessly instructive to Mental Health professionals and lay people alike. Read it!” – Michael Kenin, M.D., Chief of Psychopharmacology, Department of Psychiatry, Lenox Hill Hospital, New York City

192 pgs.

Linehan, Marsha M.

Cognitive-Behavioral Treatment of Borderline Personality Disorder, Guilford Publications, Inc., 1993

“Every once in a very long while, in our field, a clinical innovation is introduced that profoundly improves patient care. Marsha Linehan’s development of a cognitive-behavioral approach to borderline personality disorder is such a rare innovation ... Her techniques are clear, teachable and learnable and make good common sense ...” From the foreword by Allen Frances, MD.

558 pgs.

Linehan, Marsha M.

Skills Training Manual for Treating Borderline Personality Disorder, A Companion Manual, Guilford Publications, Inc., 1993

This manual is a step-by-step guide for teaching clients four sets of skills: interpersonal effectiveness, emotion regulation, distress tolerance and mindfulness. The manual features an array of client handouts that may be readily photocopied.

180 pgs.

Madison Institute of Medicine

Fearful Flyer's: A Guide, Madison Institute of Medicine, 1998

66 pgs.

Madison Institute of Medicine

Obsessive Compulsive Disorder: A Guide, (Revised) Obsessive-Compulsive Information Center, University of Wisconsin, 1997

65 pgs.

Anxiety Disorders, Panics, Obsessive/Compulsive & Personality Disorders, Others

Madison Institute of Medicine

Panic Disorder & Agoraphobia: A Guide, (Revised) Madison Institute of Medicine, 1998
69 pgs.

Madison Institute of Medicine

Social Phobia: A Guide, Madison Institute of Medicine, 1997
61 pgs.

Madison Institute of Medicine

Trichotillomania: A Guide, (Revised) Madison Institute of Medicine, 1998
49 pgs.

Rapoport, Judith L., M.D.

The Boy Who Couldn't Stop Washing. The Experience and Treatment of Obsessive-Compulsive Disorder, Plume, 1989, E.P. Dutton, New York, 1988

Quote from jacket cover: "...Obsessive-Compulsive Disorder (OCD) is an emotionally crippling disease that afflicts up to six million Americans. Petty thoughts, point less rituals – cleaning, counting, avoiding, checking – that sufferers are powerless to stop, repeating them over and over until they feel they have “gotten it right”. In this landmark study, a distinguished psychiatrist and expert on OCD recounts the extraordinary experiences of dozens of her patients, many of who speak in their own words, and explores the successes of new and existing treatments. By providing guidelines for diagnosis as well as lists of resources and references, The Boy Who Couldn't Stop Washing offers new hope for OCD patients and their families..."

261 pgs.

Ross, Jerilyn

Triumph Over Fear, Bantam Books, 1991

Through case histories, the many faces of anxiety, including phobias, panic disorder, Obsessive Compulsive Disorder and Post Traumatic Stress Disorder are explored. Step-by-step treatment plans are introduced.

297 pgs.

University of Wisconsin-Madison

Obsessive Compulsive Disorder in Children and Adolescents: A Guide, (Revised)
University of Wisconsin-Madison, 1997

58 pgs

Wilson, R. Reid, Ph.D.

Don't Panic; Taking Control of Anxiety Attacks, Harper Collins, 1987

Dr. Wilson is an internationally known specialist in the treatment of anxiety and panic disorders. He offers strategies that have been found to be successful in his practice.

288 pgs.