Cognitive-Behavioral Therapy for Perfectionism

Presented by

Martin M. Antony, PhD, ABPP
Department of Psychology, Ryerson University
Website: www.martinantony.com
E-mail: mantony@psych.ryerson.ca

Handouts and slides from this presentation may not be reproduced without permission of the presenter

April 9, 2015

Anxiety and Depression Association of America

Cognitive-Behavioral Therapy for Perfectionism

April 9, 2015

Martin M. Antony, PhD, ABPP

Professor and Chair, Department of Psychology, Ryerson University, Toronto

Director of Research, Anxiety Treatment and Research Centre, St. Joseph's Healthcare, Hamilton

www.martinantony.com

RYERSON UNIVERSITY

Outline

- Overview of perfectionism
- Causes of perfectionism
- Assessment of perfectionism
- Introduction to cognitive-behavioral therapy
- Changing perfectionistic thinking
- Changing perfectionistic behavior
- Mindfulness and acceptance-based approaches
- Emerging research on treating perfectionism
- Recommended books and DVDs

OVERVIEW OF PERFECTIONISM

Definition of Perfectionism

Perfectionism is a disposition to regard anything short of perfection as unacceptable

Merriam Webster Dictionary

Definition of Clinical Perfectionism

"The overdependence of self-evaluation on the determined pursuit (and achievement) of self-imposed, personally demanding standards of performance in at least one salient domain, despite the occurrence of adverse consequences."

Shafran, Cooper, & Fairburn, 2002

Historical Perspectives

- "Tyranny of the shoulds" (Horney, 1950)
- "Musterbation" (Ellis & Harper, 1961)
- Normal vs. neurotic perfectionism (Hamacheck, 1978)

Examples of Perfectionists

- A woman struggles to be a perfect parent, a perfect wife, and a perfect employee, often to the detriment of her own emotional and physical health.
- A graphic artist constantly seeks reassurance that his work is of the highest quality, and that he is well respected and well-liked by others.
- A student constantly strives to meet excessively high academic standards, and who is devastated when she receives a grade that is less than perfect.
- An individual spends hours planning every aspect of every day, and who becomes very distressed when things don't go according to his plans.

Egan, Wade, Shafran, & Antony, 2014

Perfectionism in the Context of OCPD

"A pervasive pattern of preoccupation with orderliness, perfectionism, and mental and interpersonal control, at the expense of flexibility, openness, and efficiency"

DSM-5 Definition of Obsessive-Compulsive Personality Disorder (OCPD)

Obsessive-Compulsive Personality Disorder

- Excessive concern with order, rules, lists, and trivial details
- Perfectionism that interferes with task completion
- Excessively devoted to work (at the expense of leisure, friendships)

Obsessive-Compulsive Personality Disorder

- Overconscientious, inflexible about matters of morality, ethics, values
- Unable to discard worn or objects
- Reluctance to delegate tasks to others
- Miserly
- Rigid and stubborn

Domains of Perfectionism

- Performance at work or school
- Relationships, friendships and family life
- Leisure and recreation
- Neatness and aesthetics
- Organization and ordering
- Writing
- Speaking
- Physical appearance
- Health and personal cleanliness

Transdiagnostic Nature of Perfectionism

- Social and performance anxiety
- Worry and generalized anxiety disorder
- Obsessive-compulsive disorder
- Obsessive-compulsive personality disorder
- Eating disorders
- Body dysmorphic disorder
- Chronic fatigue
- Problem anger
- Depression
- Suicidal ideation

Egan et al., 2011

CAUSES OF PERFECTIONISM

Pathways to Perfectionism

- Learning
- Cognitive factors
- Biological factors
- Other factors (e.g., stress, personality, interpersonal factors)

Learning and Perfectionism

1. **Reinforcement of Perfectionism**
2. **Modeling**
2. **Other Learning Pathways**

- Direct traumatic experiences
- Observational learning
- Informational/instructional learning

Modeling

Factors Affecting Modeling

- Attractiveness
- Similarity (e.g., values)
- Observing a model being rewarded for a particular behavior

Albert Bandura

Cognitive View of Perfectionism

- Perfectionism stems from biased beliefs, assumptions, and predictions, for example:
  - Anything less than sticking to my diet perfectly is a failure. If I eat one cookie, I may as well have eaten ten cookies.
  - I always need to look perfect in front of other people.
  - If I don't get an A+ in this course, I don't deserve to be in this program.
  - My reports are never good enough.
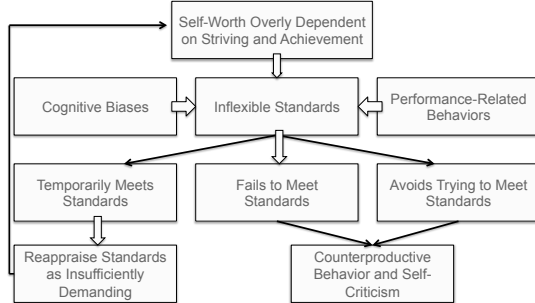 - I seem to be the only person in this house who knows how to clean things properly.

Adapted from Antony & Swinson, 2009

Cognitive View of Perfectionism

Other contributing factors include:

- Biased attributions
- Biased memory
- Biased attention

Cognitive Model of Perfectionism

```
        ┌──────────────────────────────────┐
   ┌───→│ Self-Worth Overly Dependent      │
   │     │ on Striving and Achievement      │
   │     └──────────────────────────────────┘
   │     ┌──────────┐  ┌──────────────┐  ┌──────────────────┐
   │     │ Cognitive│→ │  Inflexible  │ ←│ Performance-Related│
   │     │  Biases  │  │  Standards   │  │    Behaviors     │
   │     └──────────┘  └──────────────┘  └──────────────────┘
   │     ┌──────────┐  ┌──────────────┐  ┌──────────────────┐
   │     │Temporarily│ │ Fails to Meet│  │ Avoids Trying to │
   │     │Meets      │  │  Standards   │  │ Meet Standards   │
   │     │Standards  │  └──────────────┘  └──────────────────┘
   │     └──────────┘
   │     ┌──────────┐  ┌──────────────────┐
   │     │Reappraise │  │ Counterproductive│
   └─────│Standards  │  │ Behavior and Self│
         │as Insuff. │  │    -Criticism    │
         │Demanding  │  └──────────────────┘
         └──────────┘
```

Shafran, Egan, & Wade, 2010

Cognitive Biases

- Dichotomous (all-or-nothing / black and white) thinking
- Shoulds and musts
- Selective attention (noticing the negative; discounting the positive)
- Overgeneralization
- Double standards

Adapted from Egan, Wade, Shafran, & Antony, 2014

Performance-Related Behaviors

- Avoiding situations that may test one's performance (e.g., tests)
- Procrastination
- Goal achievement behaviors (e.g., overpreparing)
- Testing one's performance
- Reassurance seeking
- Social comparisons

Adapted from Egan, Wade, Shafran, & Antony, 2014

Biology and Perfectionism

Genetics Studies
- Disorders associated with perfectionism (e.g., depression, anxiety disorder, eating disorders) are moderately heritable.
- The trait of perfectionism has been found to be moderately heritable (Moser et al., 2012; Tozzi et al., 2004).

Neurotransmitters
- No studies in perfectionism

Brain Imaging Studies (e.g., PET, fMRI)
- No studies in perfectionism

ASSESSMENT OF PERFECTIONISM

Popular Perfectionism Measures

- Frost Multidimensional Perfectionism Scale (Frost et al., 1990)
- Hewitt and Flett Multidimensional Perfectionism Scale (Hewitt & Flett, 1991)

Frost Multidimensional Perfectionism Scale

Concern over Mistakes
- If I fail at work/school, I am a failure as a person.
- I hate being less than best at things.

Personal Standards
- I set higher goals than most people.
- I am very good at focusing my efforts on attaining a goal.

Doubts about Actions
- I usually have doubts about the simple everyday things I do.
- It takes me a long time to do something right.

Frost Multidimensional Perfectionism Scale

Parental Expectations
- My parents set very high standards for me.
- My parents wanted me to be the best at everything.

Parental Criticism
- As a child, I was punished for doing things less than perfectly.
- My parents never tried to understand my mistakes.

Organization
- Organization is very important to me.
- I am a neat person.

Hewitt and Flett Multidimensional Perfectionism Scale

Self-Oriented Perfectionism
- When I am working on something, I cannot relax until it is perfect.
- I demand nothing less than perfection of myself.

Other-Oriented Perfectionism
- I seldom criticize my friends for accepting second best.
- The people who matter to me should never let me down.

Socially Prescribed Perfectionism
- Those around me readily accept that I can mistakes too.
- My family expects me to be perfect.

Positive and Negative Perfectionism

Maladaptive Evaluative Concerns
- Hewitt & Flett MPS: SPP
- Frost et al MPS: CM, PE, PC, DA

Positive Striving
- Hewitt & Flett MPS: SOP, OOP
- Frost et al MPS: PS, OR

Bieling et al., 2004; Frost et al., 1993

Questions to Determine Whether Standards are Overly Perfectionistic

- Are my standards higher than those of other people?
- Am I able to meet my standards? Do I get overly upset if I don't meet my own standards?
- Are other people able to meet my standards? Do I get overly upset if others don't meet my standards?

Questions to Determine Whether Standards are Overly Perfectionistic

- Do my standards help me to achieve my goals or do they get in the way (e.g., by making me overly disappointed or angry when my standards are not met; by making me get less work done, etc.)?
- What would be the costs of relaxing a particular standard or ignoring a rule that I have?
- What would be the benefits of relaxing a specific standard or ignoring a rule that I have?

INTRODUCTION TO COGNITIVE-BEHAVIORAL THERAPY

Evidence-Based Strategies

Cognitive Strategies for Perfectionism
- Recalibrating cognitive biases, encouraging flexible thinking, and correcting unrealistic beliefs and interpretations

Behavioral Strategies for Perfectionism
- Exposure to feared objects, thoughts, situations
- Prevention of safety behaviors

Other Strategies (still unproven in perfectionism)
- Mindfulness and acceptance-based strategies
- Motivational enhancement

Evidence-Based Strategies

Strategies for Targeting Associated Problems
- Social skills training (social anxiety disorder)
- Behavioral activation (depression)
- Progressive muscle relaxation (chronic worry)
- Medications (anxiety disorders, OCD, depression)

Treatment Decisions

- Group or individual?
- Number of sessions?
- Frequency of sessions?
- Focus on perfectionism vs. focus on one or more specific disorders (e.g., depression, OCD)

Introducing the Treatment

- Understanding perfectionism (e.g., definitions, causes, features)
- Adaptive vs. maladaptive perfectionism
- Setting "SMART" goals (specific, measurable, attainable, relevant, time-bound)
- Readiness for treatment; beliefs about treatment
- Discussion of treatment expectations (number of sessions, attending appointments, arriving on time, completing homework, ongoing assessment, etc.)
- Overview of treatment strategies
- Developing a collaborative CBT formulation

Sample 11-Session Protocol

1. Motivational enhancement
2. CBT formulation and monitoring
3. Introduction to changing cognitive biases
4. Introduction to changing maladaptive behaviors
5. Introduction to behavioral experiments
6. Maladaptive patterns of self-evaluation
7. Rigidity, rules, and extreme standards
8. Self-criticism and self-compassion
9. Scheduling pleasant events
10. Problem solving
11. Relapse prevention

Adapted from Egan, Wade, Shafran, & Antony, 2014

Homework Guidelines

- Amount should be manageable and achievable
- Instructions should be unambiguous
- Rationale should be clear to the client
- Leave enough time to assign homework
- Homework should be planned collaboratively
- Ensure clear expectation that homework will be completed
- Begin each session with review of homework
- Avoid being punitive for failure to complete homework
- Homework is often progressive or additive

Adapted from Egan, Wade, Shafran, & Antony, 2014

Homework Guidelines

- Some clients avoid homework (because it cannot be done well enough).
- Some clients do much more homework than they are asked to do (because they devalue small goals)
- It is helpful to work through beliefs that clients may have about homework completion

Adapted from Egan, Wade, Shafran, & Antony, 2014

Components of Relapse Prevention

- Develop an action plan, emphasizing strategies that have been most helpful
- Discuss realistic and compassionate expectations
- Catch problems early
- Identify triggers for lapses and setbacks
- Strategies for dealing with lapses and setbacks
- Practice self-compassion

Egan, Wade, Shafran, & Antony, 2014

CHANGING PERFECTIOINISTIC THINKING

Link Between Thoughts and Emotions

- It is 10 pm and two neighbors hear a loud bang outside their houses. One neighbor feels angry, while the other neighbor feels scared. They have both heard the same noise, so what accounts for them feeling differently?
- Two women arrive home to a bunch of flowers from their husbands with an attached note that says "I love you." One woman immediately feels worried, whereas the other one immediately feels happy. What accounts for the difference in their feelings?

Egan, Wade, Shafran, & Antony, 2014

Cognitive Strategies

- Designed to promote more flexible, adaptive, and realistic thinking.

Perfectionism Myths

- The harder people work, the better they will do.
- To get ahead, you have to be single minded and give up all outside interests.
- The more you put into something, the more you get out of it.
- People can't be happy if they're not successful.
- If I avoid it, it tends to sort itself out.
- If a job's worth doing, then it's worth doing right.
- People notice every little detail and are quick to form critical judgments.

<div align="right">Egan, Wade, Shafran, & Antony, 2014</div>

Cognitive Features

- All-or-nothing thinking
- Unrealistic and inflexible standards
- Raising the bar when standards are met
- Overestimating likelihood of negative events
- Underestimating one's ability to cope with negative events
- Being overly focused on details

Changing Perfectionistic Thinking

- Examining the evidence
- Education
- Perspective shifting
- Compromising with self and others
- Behavioral experiments
- Changing social comparison habits
- Looking at the big picture
- Tolerating uncertainty and ambiguity

Using Emotional Shifts to Elicit Thoughts

Questions to ask oneself
- What was going through my mind just before I started to feel this way?
- What was I saying to myself?
- What images did I have?
- What was I predicting would happen in this situation?
- What does this say about me?

Examining the Evidence

- What facts, data, and experiences support my beliefs, predictions or interpretation?
- Have I had any experiences to show that this thought is not completely true all the time?
- If my best friend had this thought, what would I tell him or her?
- If someone who loved me knew I was thinking this thought, what would he or she say to me?
- When I am not feeling this way, does this sort of situation look different to me?

Examining the Evidence *(continued)*

- Are there small things that contradict my thoughts that I might be discounting?
- Five years from now, as I look back on this, will I think about it any differently?
- Am I blaming myself for something over which I have no control?

Cognitive Reappraisal

- Pie Chart Technique

Identifying Double Standards

- Do I have one set of rules for myself, and another set of rules for other people?
- Are the rules for myself harder than my rules for others?

Egan, Wade, Shafran, & Antony, 2014

Challenging Double Standards

- Is it fair to have harsher rules for myself than for everyone else?
- What is the impact of holding a different set of standards for myself than for others?
- What would I say to a friend who had a harder set of rules for him or herself than others?
- How does it follow that rules need to be harder for myself than for other people?

Egan, Wade, Shafran, & Antony, 2014

Identifying Should Statements

- What runs through my mind when I think of the "to do" list that I have to get through?
- How often do I say "should" and "must" to yourself when I am thinking of everything I have to do?

Egan, Wade, Shafran, & Antony, 2014

Challenging Should Statements

- How does saying "should" to myself constantly make me feel? In what way does it impact on my sense of self?
- What impact might it have if I applied the sort of pressure I apply on myself to a close friend?

Egan, Wade, Shafran, & Antony, 2014

Perfectionism Thought Record

Event	Beliefs	Feelings Before	Disputation	Feelings After
What was the event, situation, thought, image or memory?	What went through my mind? What does it say about me as a person? Am I using unhelpful thinking styles? Rate 0 - 100%	What was I feeling? Rate 0 -100%	What would a friend say? Is there another way of viewing this thought?	How do I feel now?

Egan, Wade, Shafran, & Antony (2014)

Perfectionism Thought Record

Event	Beliefs	Feelings Before	Disputation	Feelings After
At home Monday night lying in bed thinking about presentation that I gave in the afternoon	I said "um" a lot and stumbled over my words at the start so the whole presentation was ruined (90%) *(noticing the negative, discounting the positive)* I screwed up the presentation; I am such a failure; what a loser (90%) *(labelling)* I should be able to do a better job of presentations by now in my career (80%) *(shoulds)* I may lose my job (60%) *(catastrophizing)* I know the audience was bored as some people were looking out of the window (80%) *(mind-reading)*	Anxious (90%)	Just because I stumbled over a few words does not mean the whole thing was ruined; I was more confident after the start. No one said the presentation was bad Just because someone says "um" a lot in the first 5 minutes of a presentation does not make him a failure as a person I would like to not be anxious about presentations, but telling myself to do better just makes me more anxious There is no evidence I will lose my job I don't know they were bored, they were probably thinking about other things	Anxious (45%)

Egan, Wade, Shafran, & Antony (2014)

Behavioral Experiments

- Set up experiment to test out the validity of a target cognition vs. an alternative cognition. May be a "real life" or simulated (role play) situation.
- Consider whether to disclose the expected outcomes or rationale to the client in advance.
- Report on the outcome (results).
- Reflect on the outcome and what conclusions can be made.

Behavioral Experiments

Example
- Belief: I must always be busy. It is wrong not to be busy. I could not tolerate being idle. Belief rating = 100%.
- Alternative Belief: It's okay to be idle sometimes.
- Experiment: Sit in a café for 20 minutes and read a newspaper.

Egan, Wade, Shafran, & Antony, 2014

Observational "Experiments"

- ***Direct Observation***: Observing others (e.g., drawing attention to oneself), demonstrations, etc.
- ***Surveys***: gathering a broad sample of factual information or opinions relevant to patient's concerns.
- ***Gathering Information From Other Sources***: collecting factual information from reliable sources (i.e., certain internet sites, statistics, experts); demonstrations.

(Bennett-Levy et al., 2010)

CHANGING PERFECTIOINISTIC BEHAVIOR

Behavioral Features

- Overcompensating and overpreparing
- Excessive checking, reassurance seeking
- Trying to change the behavior of others
- Excessive organizing and list making
- Not knowing when to quit
- Procrastinating
- Avoiding situations where with a risk of failing
- Failure to delegate
- Avoiding feared situations

Changing Perfectionistic Behavior

- Exposure to feared situations
- Preventing safety behaviors
- Setting priorities
- Preventing procrastination

Sample In Vivo Exposures

- Take an aerobics class and work out in front of others
- Say something incorrect
- Spill a drink
- Talk about unfamiliar topics
- Ask for help in a store
- Drop something in front of others
- Make a mistake in public
- Ask for help

Principles of Effective Exposure

- Predictability and perceived control
- Graduated exposure versus flooding
- Longer exposure practices work best
- Exposures should be spaced closely
- Eliminate subtle avoidance strategies
- Vary the context of the exposure practices
- Do not fight the fear

Abramowitz (2009)
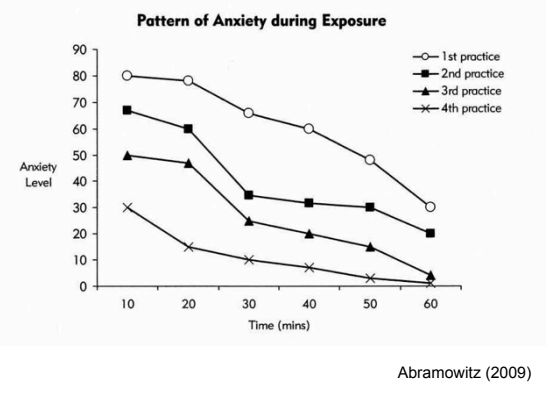
Sample Exposure Hierarchy
Fear of Making Mistakes in Front of Others

Item	Anxiety (0-100)
Give a formal presentation about unfamiliar material in front of people I don't know well	99
Throw a party for people from work and prepare an unfamiliar dish	85
Purposely forget my wallet when in line at the store	85
Ask someone to repeat themselves at a meeting	75
Show up for a haircut on the wrong day	60
Have lunch with a co-worker and allow uncomfortable silences	50
Forget my ticket when I pick up my dry cleaning	40

MINDFULNESS AND ACCEPTANCE-BASED APPROACHES

Definition of Mindfulness

- Deliberately paying attention to experiences as they are, in the present and without evaluation

Acceptance-Based Treatments

- Dialectical behavior therapy
- Mindfulness-based stress reduction
- Mindfulness-based cognitive therapy
- Acceptance and commitment therapy

Acceptance-Based Behavior Therapy

- Informed by ACT, MBCT, DBT, CBT
- **Goal 1**: Cultivate an expanded awareness and a compassionate and decentered stance toward internal experiences
- **Goal 2**: Increase acceptance of (willingness to have) internal experiences
- **Goal 3**: Encourage mindful engagement in personally meaningful behaviors

Roemer, Orsillo, & Hayes-Skelton, 2012

Acceptance-Based Behavior Therapy Randomized Controlled Trial in GAD

- 81 Participants with generalized anxiety disorder (GAD) randomly assigned to 16 sessions of ABBT (n = 40) or Applied Relaxation (n = 41)

Roemer, Orsillo, & Hayes-Skelton, 2012

Acceptance and Mindfulness-Based Treatment for GAD

Components of Treatment
- Psychoeducation
- Experiential exercises
- Between-session assignments (homework)
- Use of metaphors

Roemer et al., 2008

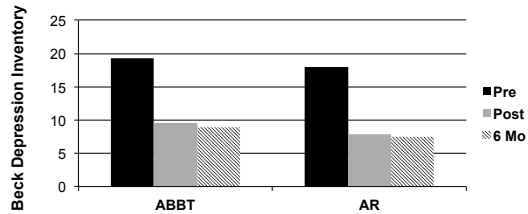### Effects of ABBT and AR on Hamilton Anxiety Rating Scale
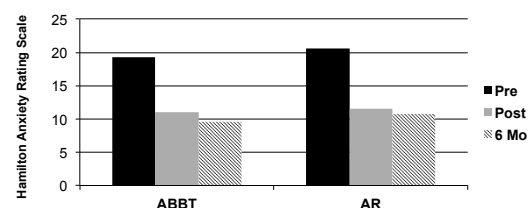
ABBT = Acceptance-based behavior therapy
AR = Applied relaxation

Hamilton Anxiety Rating Scale, p < .001

Roemer et al., 2012

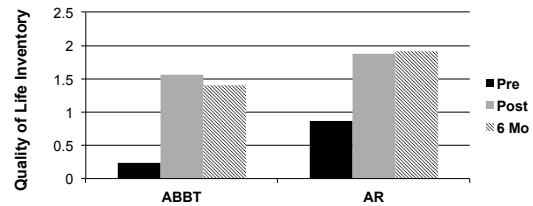## Effects of ABBT and AR on Beck Depression Inventory

Beck Depression Inventory chart with bars for Pre, Post, 6 Mo for ABBT and AR.

ABBT = Acceptance-based behavior therapy
AR = Applied relaxation

Beck Depression Inventory, *p* < .001

Roemer et al., 2012
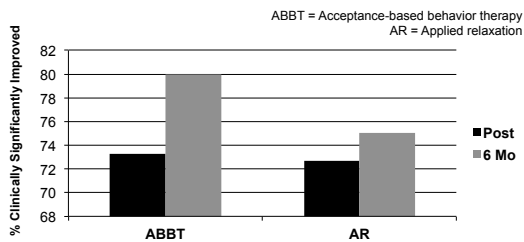
Effects of ABBT and AR on Quality of Life Inventory

Quality of Life Inventory chart with bars for Pre, Post, 6 Mo for ABBT and AR.

ABBT = Acceptance-based behavior therapy
AR = Applied relaxation

Quality of Life Inventory, *p* < .001

Roemer et al., 2012

Percentage of Participants Achieving Clinically Significant Improvement

ABBT = Acceptance-based behavior therapy
AR = Applied relaxation

Chart showing % Clinically Significantly Improved for Post and 6 Mo for ABBT and AR.

Clinically significantly improved = within normative range
on 3 of 5 anxiety measures (Newman et al., 2011)

% Clinically Significantly Improved, *p* < .001

Roemer et al., 2012

EMERGING RESEARCH ON TREATING PERFECTIONISM

Does Treatment Work? - Study 1

- *N* = 107
- Diagnosis = Social Anxiety Disorder
- Treatment = 12 sessions of group CBT for social phobia
- Ashbaugh, A., Antony, M.M., Liss, A., Summerfeldt, L.J., McCabe, R.E., & Swinson, R.P. (2007). Changes in perfectionism following cognitive-behavioral therapy of social phobia. *Depression and Anxiety, 24,* 169-177.

Does Treatment Work? - Study 1

Measure	Pre	Post	*p*
SPS	39.08	25.51	< .0001
SIAS	51.95	38.05	< .0001
DASS-Depression	17.07	13.27	< .0001
DASS-Anxiety	13.51	10.17	< .0001
DASS-Stress	19.72	15.88	< .0001

From: Ashbaugh, A., Antony, M.M., Liss, A., Summerfeldt, L.J., McCabe, R.E., & Swinson, R.P. (2007). Changes in perfectionism following cognitive-behavioral therapy of social phobia. *Depression and Anxiety, 24,* 169-177.

Does Treatment Work? - Study 1

Measure	Pre	Post	*p*
Concern over Mistakes	29.13	26.40	< .0001
Doubts about Actions	13.65	12.70	< .05
Personal Standards	22.41	22.03	n.s.
Parental Expectations	13.71	13.71	n.s.
Parental Criticism	11.43	11.16	n.s.
Organization	21.94	20.01	< .01
FMPS Total	90.32	85.90	< .01

From: Ashbaugh, A., Antony, M.M., Liss, A., Summerfeldt, L.J., McCabe, R.E., & Swinson, R.P. (2007). Changes in perfectionism following cognitive-behavioral therapy of social phobia. *Depression and Anxiety, 24,* 169-177.

Does Treatment Work? - Study 2

- *N* = 20
- Participants – high scorers on the *Clinical Perfectionism Examination* and the *Clinical Perfectionism Questionnaire* (Fairburn, Cooper, and Shafran).
- CBT treatment vs. a wait-list control condition
- Treatment = 10 sessions of individual CBT over 8 wks.
- Riley, C., Lee, M., Cooper, Z., Fairburn, C.G., & Shafran, R. (2007). A randomised controlled trial of cognitive-behaviour therapy for clinical perfectionism: A preliminary study. *Behaviour Research and Therapy, 45,* 2221-2231.

Does Treatment Work? - Study 2
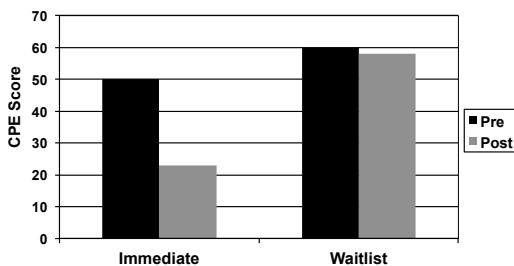
Riley, C., Lee, M., Cooper, Z., Fairburn, C.G., & Shafran, R. (2007). A randomised controlled trial of cognitive-behaviour therapy for clinical perfectionism: A preliminary study. *Behaviour Research and Therapy, 45,* 2221-2231. CPE = *Clinical Perfectionism Examination.*

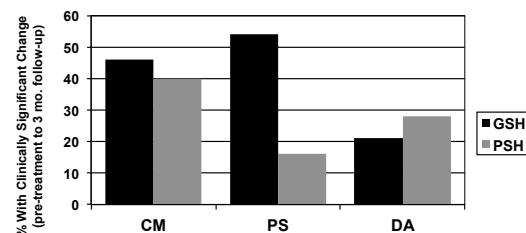
Does Treatment Work? - Study 3

- *N* = 49
- Participants – high scorers (84 or higher) on *Frost Multidimensional Perfectionism Scale*
- Guided self-help (eight 50-minute sessions) vs. pure self-help (no therapist)
- Treatment based on first edition of *When Perfect Isn't Good Enough* (Antony & Swinson, 1998).
- Pleva, J., & Wade, T.D. (2006). Guided self-help versus pure self-help for perfectionism: A randomised controlled trial. *Behaviour Research and Therapy, 45,* 849-861.

Does Treatment Work? - Study 3

Results

- Generally, participants in both groups showed improvement on measures of perfectionism, OCD symptoms, depression, and anxiety.
- Overall, improvement was greater in the GSH condition than the PSH condition
- Generally, gains were maintained at 3 month follow-up.

Does Treatment Work? - Study 3

Pleva, J., & Wade, T.D. (2006). Guided self-help versus pure self-help for perfectionism: A randomised controlled trial. *Behaviour Research and Therapy, 45,* 849-861.

GSH = Guided Self-Help; PSH = Pure Self-Help
CM = Concern about Mistakes; PS = Personal Standards; DA = Doubts about Actions

Does Treatment Work? - Study 4

- *N* = 52
- Participants – high scorers (25 or higher) on the Concern over Mistakes subscale of the *Frost Multidimensional Perfectionism Scale*
- CBT for Perfectionism (*n*=18) vs. Online Self-Help CBT for Perfectionism (*n*=16) vs. Waitlist (*n*=18)
- Treatment based on *Overcoming Perfectionism* (Shafran et al., 2010).

Egan et al. (2014). A randomized controlled trial of face to face versus pure online self-help cognitive-behavioural treatment for perfectionism. *Behaviour Research and Therapy, 63,* 107-113.

Does Treatment Work? - Study 4
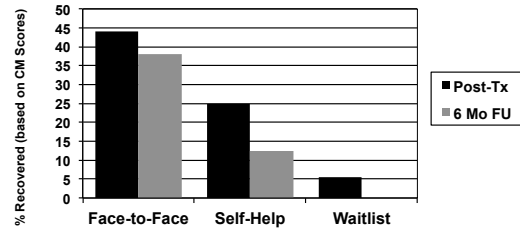
CM = Concern about Mistakes (from the *Frost Multidimensional Perfectionism Scale*)

Egan et al. (2014). A randomized controlled trial of face to face versus pure online self-help cognitive-behavioural treatment for perfectionism. *Behaviour Research and Therapy, 63,* 107-113.

Does Treatment Work? - Study 5

- *N* = 42
- Participants – high scorers (25 or higher) on the Concern over Mistakes subscale of the *Frost Multidimensional Perfectionism Scale*
- CBT for Perfectionism (*n*=21) vs. Waitlist (*n*=21)
- Treatment included eight 2-hour group sessions based on *Overcoming Perfectionism* (Shafran et al., 2010).

Handley et al. (2015). A randomized controlled trial of group cognitive-behavioural treatment for perfectionism. *Behaviour Research and Therapy, 68,* 37-47.

Does Treatment Work? - Study 5
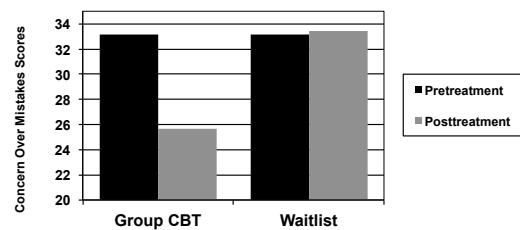
Results maintained at 6-month follow-up.

Handley et al. (2015). A randomized controlled trial of group cognitive-behavioural treatment for perfectionism. *Behaviour Research and Therapy, 68,* 37-47.

RECOMMENDED BOOKS AND DVDS

Perfectionism CBT Self- Help Books

- Antony, M.M., & Swinson, R.P. (2009). *When perfect isn't good enough: Strategies for coping with perfectionism, second edition.* Oakland, CA: New Harbinger Publications.
- Shafran, R., Egan, S., & Wade, T. (2010). Overcoming perfectionism: A self-help guide using cognitive behavioral techniques. London, UK: Constable & Robinson.

Perfectionism Books for Professionals

- Egan, S.J., Wade, T.D., Shafran, R., & Antony, M.M. (2014). *Cognitive-behavioral treatment of perfectionism.* New York, NY: Guilford Press.
- Flett, G.L., & Hewitt, P.L. (2002). *Perfectionism: Theory, research, and treatment.* Washington, DC: American Psychological Association.

Perfectionism Treatment DVD

- Antony, M.M. (2008). *Cognitive behavioral therapy for perfectionism over time* (DVD Video). Washington, DC: American Psychological Association.

Other Perfectionism Books

- Burns, E.F. (2008). Nobody's perfect: A story for children about perfectionism. Washington, DC: magination press.
- Lavender, N.J., & Cavaiola, A.A. (2012). Impossible to please: How to deal with perfectionist coworkers, controlling spouses, and other incredibly critical people. Oakland, CA: New Harbinger.
- Somov, P. (2010). Present perfect: A mindfulness approach to letting go of perfectionism and the need for control. Oakland, CA: New Harbinger Publications.

Perfectionism Thought Record

Event	Beliefs	Feelings Before	Disputation	Feelings After
What was the event, situation, thought, image or memory?	What went through my mind? What does it say about me as a person? Am I using unhelpful thinking styles? Rate 0 - 100%	What was I feeling? Rate 0 -100%	What would a friend say? Is there another way of viewing this thought?	How do I feel now?

Egan, Wade, Shafran, & Antony (2014)

18

Recent Books by the Presenter

1. Egan, S.J., Wade, T.D., Shafran, R., & Antony, M.M. (in press). *Cognitive-behavioral treatment of perfectionism*. New York, NY: Guilford Press. To be published September 2014.

2. Antony, M.M., & Roemer, L. (2011). *Behavior therapy*. Washington, DC: American Psychological Association. ISBN: 978-1-43380-984-2.

3. Owens, K.M.B., & Antony, M.M. (2011). *Overcoming health anxiety: Letting go of your fear of illness.* Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-838-0.

4. Antony, M.M., & Barlow, D.H. (Eds.) (2010). *Handbook of assessment and treatment planning for psychological disorders, 2nd ed*. New York, NY: Guilford Press. ISBN: 978-1-60623-868-4.

5. Antony, M.M., & Norton, P.J. (2009). *The anti-anxiety workbook: Proven strategies to overcome worry, phobias, panic, and obsessions*. New York, NY: Guilford Press. ISBN: 978-1-59385-993-0.

6. Antony, M.M., & Stein, M.B. (2009). *Oxford handbook of anxiety and related disorders*. New York, NY: Oxford University Press. ISBN: 978-0-19530-703-0.

7. Antony, M.M., & Swinson, R.P. (2009). *When perfect isn't good enough: Strategies for coping with perfectionism, 2nd edition.* Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-559-4.

8. Antony, M.M., & Rowa, K. (2008). *Social anxiety disorder: Psychological approaches to assessment and treatment*. Cambridge, MA: Hogrefe. ISBN: 978-0-88937-311-2.

9. Antony, M.M., & Swinson, R.P. (2008). *Shyness and social anxiety workbook: Proven, step-by-step techniques for overcoming your fear,* 2nd edition. Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-553-2.

10. Antony, M.M., Purdon, C., & Summerfeldt, L.J. (2007). *Psychological treatment of OCD: Fundamentals and beyond*. Washington, DC: American Psychological Association. ISBN: 978-1-59147-484-5.

11. Antony, M.M., & Rowa, K. (2007). *Overcoming fear of heights: How to conquer acrophobia and live a life without limits*. Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-456-6. Available as free download at http://www.martinantony.com/downloads.

12. Antony, M.M., Craske, M.G., & Barlow, D.H. (2006). *Mastering your Fears and Phobias (client workbook*), second edition. New York, NY: Oxford University Press. ISBN: 978-0-19518-918-6.

13. Antony, M.M., & Watling, M. (2006). *Overcoming medical phobias: How to conquer fear of blood, needles, doctors, and dentists*. Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-387-3. Available as free download at http://www.martinantony.com/downloads.

14. Bieling, P.J., McCabe, R.E., & Antony, M.M. (2006). *Cognitive behavioral therapy in groups*. New York, NY: Guilford Press. ISBN: 978-1-60623-404-4.

15. Craske, M.G., Antony, M.M., & Barlow, D.H. (2006). *Mastering your Fears and Phobias (therapist guide),* second edition. New York, NY: Oxford University Press. ISBN: 978-0-19518-917-9.

16. Antony, M.M., Ledley, D.R., & Heimberg, R.G. (2005). *Improving outcomes and preventing relapse in cognitive behavioral therapy.* New York, NY: Guilford Press. ISBN: 978-1-59385-197-2.

17. Antony, M.M., & McCabe, R.E. (2005). *Overcoming animal & insect phobias: How to conquer fear of dogs, snakes, rodents, bees, spiders & more*. Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-388-0. Available as free download at http://www.martinantony.com/downloads.

18. Antony, M.M., & McCabe, R.E. (2004). *10 simple solutions to panic: How to overcome panic attacks, calm physical symptoms, and reclaim your life*. Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-325-5.

19. Antony, M.M. (2004). *10 simple solutions to shyness: How to overcome shyness, social anxiety, and fear of public speaking*. Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-348-4. Available as free download at http://www.martinantony.com/downloads.

20. Bieling, P.J., & Antony, M.M. (2003). *Ending the depression cycle: A step-by-step guide for preventing relapse.* Oakland, CA: New Harbinger Publications. ISBN: 978-1-57224-333-0.

21. Antony, M.M., Orsillo, S.M., & Roemer, L. (Eds) (2001). *Practitioner's guide to empirically-based measures of anxiety*. New York, NY: Springer. ISBN: 978-0-30646-582-6.

Video Resources

Panic Disorder With and Without Agoraphobia

AnxietyBC (2010). *Effectively managing panic disorder* (DVD). Vancouver, BC: Author. May be ordered from anxietybc.com.

Clark, D.M. (1998). *Cognitive therapy for panic disorder* (DVD). Washington, DC: American Psychological Association.

Dobson, K.S. (2010). *Cognitive therapy over time* (DVD). Washington, DC: American Psychological Association.

Jongsma, A.E., & Bruce, T.J. (2010). *Evidence-based treatment planning for panic disorder* (DVD). Hoboken, NJ: John Wiley and Sons.

Olatunji, B.O. (2011). *Cognitive-behavioral therapy for clients with anxiety and panic* (DVD). Washington, DC: American Psychological Association.

Rapee, R.M. (1999). *Fight or flight? Overcoming panic and agoraphobia* (DVD). New York, NY: Guilford Press.

Social Phobia

Albano, A.M. (2006). *Shyness and social phobia* (DVD). Washington, DC: American Psychological Association.

Jongsma, A.E., & Bruce, T.J. (2010). *Evidence-based treatment planning for social anxiety disorder* (DVD). Hoboken, NJ: John Wiley and Sons.

Rapee, R.M. (1999). *I think they think…Overcoming social phobia* (DVD). New York, NY: Guilford Press.

Wenzel, A. (2013). *Cognitive behavioral therapy for social anxiety*. (DVD). Washington, DC: American Psychological Association.

Obsessive-Compulsive Disorder and Related Problems

Antony, M.M. (2009). *Behavioral therapy over time* (DVD on Compulsive Hoarding). Washington, DC: American Psychological Association.

Jongsma, A.E., & Bruce, T.J. (2010). *Evidence-based treatment planning for obsessive-compulsive disorder* (DVD). Hoboken, NJ: John Wiley and Sons.

Turner, S.M. (1998). *Behavior therapy for OCD* (DVD). Washington, DC: American Psychological Association.

Wilson, R. (2012). *Cognitive therapy for obsessions*. (DVD). Mill Valley, CA: Psychotherapy.net.

Wilson, R.R. (2005). *Obsessive-compulsive disorder* (DVD). Washington, DC: American Psychological Association.

Perfectionism

Antony, M.M. (2008). *Cognitive behavioral therapy for perfectionism over time* (DVD). Washington, DC: American Psychological Association.

Anxiety Disorders, Phobias and Cognitive Behavior Therapy (Miscellaneous)

Dobson, K.S. (2011). *Cognitive-behavioral therapy strategies* (DVD). Washington, DC: American Psychological Association.

Padesky, C. *Guided discovery using Socratic dialog (DVD)*. May be ordered from www.padesky.com.

Padesky, C. *Testing automatic thoughts with thought records (DVD)*. May be ordered from www.padesky.com.

Tompkins, M.A. (2013). *Cognitive-behavioral therapy for specific phobias*. (DVD). Washington, DC: American Psychological Association (exposure therapy for a client with a cat phobia).

Wilson, R. (2012). *Exposure therapy for phobias*. (DVD). Mill Valley, CA: Psychotherapy.net (exposure therapy for a client with claustrophobia).

Anxiety Disorders in Children

AnxietyBC (2009). *Separation anxiety: A parent's guide to helping your child* (DVD). Vancouver, BC: Author. May be ordered from anxietybc.com.

AnxietyBC (2011). *Obsessive compulsive disorder: A parent's guide to helping your child* (DVD). Vancouver, BC: Author. May be ordered from anxietybc.com.

Relevant Associations

Anxiety and Depression Association of America (ADAA)

8730 Georgia Avenue, Suite 600, Silver Spring, MD   20910, USA
Tel: 240-485-1001; Fax: 240-487-1020; Web Page: www.adaa.org

Association for Behavioral and Cognitive Therapies (ABCT)

305 Seventh Avenue, 16th Floor, New York, NY 10001-6008, USA
Tel: 212-647-1890 or 800-685-2228; Fax: 212-647-1865; Web Page: www.abct.org

International Obsessive-Compulsive Disorder Foundation

112 Water Street, Suite 501, Boston, MA 02119 USA
Tel: 617-973-5801; Fax: 617-973-5803; Web Page: www.ocfoundation.org

Anxiety Disorders Association of Canada (ADAC)

P.O. Box 117, Station Cote St. Luc, Montreal, QC H4V 2Y3
Tel: 514-484-0504 or 888-223-2252; Fax: 514-484-7892; Web Page: www.anxietycanada.ca

Canadian Association of Cognitive and Behavioural Therapies (CACBT)

Department of Psychology, University of Calgary, 2500 University Drive NW, Calgary, AB, T2N 1N4
Web Page: www.cacbt.ca

Recommended Readings

Anxiety, Stress, CBT, and Related Topics

Professional Readings

Abramowitz, J.S., & Braddock, A.E. (2011). *Hypochondriasis and health anxiety*. Göttengen, Germany: Hogrefe.

Abramowitz, J.S., Deacon, B.J., & Whiteside, S.P.H. (2011). *Exposure therapy for anxiety: Principles and practice*. New York, NY: Guilford Press.

Antony, M.M., & Barlow, D.H. (Eds.) (2010). *Handbook of assessment and treatment planning for psychological disorders, 2nd ed*. New York, NY: Guilford Press.

Antony, M.M., & Stein, M.B. (2009). *Oxford handbook of anxiety and related disorders*. New York, NY: Guilford Press.

Antony, M.M., Ledley, D.R., & Heimberg, R.G. (Eds.) (2005). *Improving outcomes and preventing relapse in cognitive behavioral therapy.* New York, NY: Guilford Press.

Antony, M.M., Orsillo, S.M., & Roemer, L. (Eds.) (2001). *Practitioner's guide to empirically-based measures of anxiety*. New York, NY: Springer.

Barlow, D.H. (Ed.) (2008). *Clinical handbook of psychological disorders, 4th edition.* New York, NY: Guilford Press.

Bennett-Levy, J., Butler, G., Fennell, M., & Hackman, A. (Eds.) (2011). *Oxford guide to behavioural experiments in cognitive therapy*. Oxford, UK: Oxford University Press.

Bernstein, D.A., Borkovec, T.D., & Hazlett-Stevens, H. (2000). *New directions in progressive relaxation training: A guidebook for helping professionals*. Westport, CT: Praeger.

Butler, G., Fennell, M., & Hackman, A. (2008). *Cognitive-behavioral therapy for anxiety disorders; Mastering clinical challenges*. New York, NY: Guilford Press.

Bieling, P.J., McCabe, R.E., & Antony, M.M. (2006). *Cognitive behavioral therapy in groups*. New York, NY: Guilford Press.

Clark, D.A., & Beck, A.T. (2010). *Cognitive therapy of anxiety disorders: Science and practice*. New York, NY: Guilford Press.

Franklin, M.E., & Tolin, D.F. (2007). *Treating trichotillomania: Cognitive-behavioral therapy for hair pulling and related problems*. New York, NY: Springer.

Furer, P., Walker, J.R., & Stein, M.B. (2007). *Treating health anxiety and fear of death: A practitioner's guide*. New York, NY: Springer.

Hackman, A., Bennett-Levy, J., & Holmes, E.A. (2011). *Oxford guide to imagery in cognitive therapy*. Oxford, UK: Oxford University Press.

Kuyken, W., Padesky, C.A., & Dudley, R. (2009). *Collaborative case conceptualization: Working effectively with clients in cognitive-behavioral therapy*. New York, NY: Guilford Press.

Newman, C.F. (2013). *Core competencies in cognitive behavioral therapy: Becoming a highly effective and competent cognitive behavioral therapist*. New York, NY: Routledge.

Stott, R., Mansell, W., Salkovskis, P., Lavender, A., Cartwright-Hatton, S. (2010). *Oxford guide to metaphors in CBT: Building cognitive bridges*. Oxford, UK: Oxford University Press.

Taylor, S., & Asmundson, G.J.G. (2004). *Treating health anxiety: A cognitive-behavioral approach*. New York, NY: Guilford Press.

Westra, H.A. (2012). *Motivational interviewing in the treatment of anxiety.* New York, NY: Guilford Press.

Wilhelm, S., Phillips, K.A., & Stekettee, G. (2013). *Cognitive-behavioral therapy for body dysmorphic disorder: A treatment manual*. New York, NY: Guilford Press.

Wright, J.H., Basco, M.R., & Thase, M.E. (2006). *Learning cognitive-behavior therapy: An illustrated guide.* Washington, DC: American Psychiatric Press.

Self-Help Readings

Abramowitz, J.S. (2012). *The stress less workbook: Simple strategies to relieve pressure, manage commitments, and minimize conflicts*. New York, NY: Guilford Press.

Antony, M.M., & Norton, P.J. (2009). *The anti-anxiety workbook: Proven strategies to overcome worry, phobias, and obsessions*. New York, NY: Guilford Press.

Antony, M.M., & Swinson, R.P. (2009) *When perfect isn't good enough: Strategies for coping with perfectionism, 2nd edition.* Oakland, CA: New Harbinger Publications.

Asmundson, G.J.G., & Taylor, S.. (2005). *It's not all in your head: How worrying could be making you sick – and what to do about it.* New York, NY: Guilford Press.

Burns, D.D. (1999). *The feeling good handbook, Revised Edition*. New York, NY: Plume.

Forsyth, J.P., & Eifert, G.H. (2007). *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 Publications.

Greenberger, D., & Padesky, C.A. (1995). *Mind over mood: Change how you feel by changing the way you think*. New York, NY: Guilford Press.

Kabat-Zinn, J. (1990). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness*. New York, NY: Dell Publishing.

Keuthen, N.J., Stein, D.J., & Christenson, G.A. (2001). *Help for hair pullers: Understanding and coping with trichotillomania*. Oakland, CA: New Harbinger Publications.

McKay, M., Davis, M, & Fanning, P. (2009). *Messages: The communications skills book, third edition*. Oakland, CA: New Harbinger Publications.

Orsillo, S.M., & Roemer, L. (2011). *A mindful way through anxiety: Break free from chronic worry and reclaim your life*. New York, NY: Guilford Press.

Owens, K.M.B., & Antony, M.M. (2011). *Overcoming health anxiety: Letting go of your fear of illness.* Oakland, CA: New Harbinger Publications.

Wilhelm, S. (2006). *Feeling good about the way you look: A program for overcoming body image problems*. New York, NY: Guilford Press.

Panic Disorder With and Without Agoraphobia

<u>Professional Readings</u>

Craske, M.G., & Barlow, D.H. (2007). *Mastery of your anxiety and panic, 4th ed. therapist guide)*. New York, NY: Oxford.

Taylor, S. (2000). *Understanding and treating panic disorder: Cognitive and behavioral approaches*. New York, NY: John Wiley and Sons.

<u>Self-Help Readings</u>

Antony, M.M., & McCabe, R.E. (2004). *10 simple solutions to panic: How to overcome panic attacks, calm physical symptoms, and reclaim your life*. Oakland, CA: New Harbinger Publications.

Barlow, D.H., & Craske, M.G. (2007). *Mastery of your anxiety and panic, 4th ed. workbook)*. New York, NY: Oxford University Press.

Wilson, R. (2009). Don't panic: Taking control of anxiety attacks, 3rd ed. New York, NY: HarperCollins

Social Phobia

<u>Professional Readings</u>

Antony, M.M., & Rowa, K. (2008). *Social anxiety disorder: Psychological approaches to assessment and treatment*. Cambridge, MA: Hogrefe.

Heimberg, R.G., & Becker, R.E. (2002). *Cognitive-behavioral group therapy for social phobia*. New York, NY: Guilford Press.

National Collaborating Centre for Mental Health (2013). *Social anxiety disorder: The NICE guideline on recognition, assessment, and treatment*. London, UK: British Psychological Society and Royal College of Psychiatrists.

Hope, D.A., Heimberg, R.G., & Turk, C.L. (2010). *Managing social anxiety: A cognitive behavioral therapy approach (therapist guide), 2nd ed*. New York, NY: Oxford University Press.

<u>Self-Help Readings</u>

Antony, M.M. (2004). *10 simple solutions to shyness: How to overcome shyness, social anxiety, and fear of public speaking*. Oakland, CA: New Harbinger Publications.

Antony, M.M., & Swinson, R.P. (2008). *The shyness and social anxiety workbook: Proven, step-by-step techniques for overcoming your fear, second edition*. Oakland, CA: New Harbinger Publications.

Hope, D.A., Heimberg, R.G., & Turk, C.L. (2010). *Managing social anxiety: A cognitive behavioral therapy approach (workbook)*. New York, NY: Oxford University Press.

Monarth, H., & Kase, L. (2007). *The confident speaker: Beat your nerves and communicate at your best in any situation*. New York, NY: McGraw-Hill.

Obsessive-Compulsive Disorder and Hoarding

<u>Professional Readings</u>

Abramowitz, J.S. (2006): *Obsessive-compulsive disorder*. Göttingen, Germany: Hogrefe.

Abramowitz, J.S. (2006): *Understanding and treating obsessive-compulsive disorder: A cognitive behavioral approach*. Mahwah, NJ: Erlbaum.

Antony, M.M., Purdon, C., & Summerfeldt, L.J. (2007). *Psychological treatment of obsessive-compulsive disorder: Fundamentals and beyond*. Washington, DC: American Psychological Association.

Bratiotis, C., Schmalisch, C.S., & Steketee, G. (2011). *The hoarding handbook: A guide for human service professionals*. New York, NY: Oxford University Press.

Clark, D.A. (2004). *Cognitive-behavioral therapy for OCD*. New York, NY: Guilford Press.

Foa, E.B., Yadin, E., & Lichner, T.K. (2012). *Exposure and response (ritual) prevention for obsessive-compulsive disorder, therapist guide (2nd ed.)*. New York: Oxford University Press.

Steketee, G., & Frost, R.O. (2014). *Treatment for hoarding disorder (therapist guide), 2nd ed*. New York, NY: Oxford University Press.

Wilhelm, S., & Steketee, G.S. (2006). *Cognitive therapy for obsessive-compulsive disorder: A guide for professionals*. Oakland, CA: New Harbinger Publications.

<u>Self-Help Readings</u>

Abramowitz, J.S. (2009). *Getting over OCD: A 10-step workbook for taking back your life*. New York, NY: Guilford Press.

Baer, L. (2012). *Getting control: Overcoming your obsessions and compulsions, 3rd ed*. New York, NY: Plume.

Challacombe, F., Oldfield, V.B., & Salkovskis, P. (2011). Break free from OCD: Overcoming obsessive compulsive disorder with CBT. London, UK: Vermilion.

Grayson, J. (2004). *Freedom from obsessive-compulsive disorder: A personalized recovery program for living with uncertainty*. New York, NY: Berkley Publishing Group.

Hyman, B.M., & Pedrick, C. (2010). *The OCD workbook: Your guide to breaking free from obsessive-compulsive disorder (3rd edition)*. Oakland, CA: New Harbinger Publications.

Purdon, C., & Clark, D.A. (2005). *Overcoming obsessive thoughts: How to gain control of your OCD*. Oakland, CA: New Harbinger Publications.

Steketee, G., & Frost, R.O. (2014). *Treatment for hoarding disorder (workbook), 2nd ed*. New York, NY: Oxford University Press.

Yadin, E., Foa, E.B., & Lichner, T.K. (2012). *Treating your OCD with exposure and response (ritual) prevention for obsessive-compulsive disorder, workbook (2nd ed.)*. New York: Oxford University Press.

Generalized Anxiety Disorder

<u>Professional Readings</u>

Bernstein, D.A., Borkovec, T.D., & Hazlett-Stevens, H. (2000). *New directions in progressive relaxation training: A guidebook for helping professionals*. Westport, CT: Praeger.

Dugas, M.J., & Robichaud, M. (2007). *Cognitive-behavioral treatment for generalized anxiety disorder*. New York, NY: Routledge.

Hazlett-Stevens, H. (2008). *Psychological approaches to generalized anxiety disorder: A clinician's guide to assessment and treatment*. New York, NY: Springer.

Heimberg, R.G., Turk, C.L., & Mennin, D.S. (Eds.) (2004). Generalized anxiety disorder: Advances in research and practice. New York, NY: Guilford Press..

Marker, C.D., & Aylward, A.G. (2012). *Generalized anxiety disorder*. Göttingen, Germany: Hogrefe.

Rygh, J.L., & Sanderson, W.C. (2004). Treating generalized anxiety disorder: Evidence-based strategies, tool, and techniques. New York, NY: Guilford Press.

Self-Help Readings

Gyoerkoe, K.L., & Wiegartz, P.S. (2006). *10 simple solutions to worry: How to calm your mind, relax your body, & reclaim your life*. Oakland, CA: New Harbinger Publications.

Meares, K., & Freeston, M. (2008). *Overcoming worry: A self-help guide using cognitive behavioral techniques*. New York, NY: Basic Books.

Specific Phobia

Professional Readings

Davis, T.E. Ollendick, T.H., & Öst, L.-G. (Eds.) (2012), *Intensive one-session treatment of specific phobias*. New York, NY: Springer.

Craske, M.G., Antony, M.M., & Barlow, D.H. (2006). *Mastering your Fears and Phobias (therapist guide),* 2nd edition. New York, NY: Oxford University Press.

Öst, L.-G., & Skaret, E. (2013). *Cogntive behavior therapy for dental phobia and anxiety*. Hoboken, NJ: Wiley-Blackwell.

Self-Help Readings

Antony, M.M., Craske, M.G., & Barlow, D.H. (2006). *Mastering your Fears and Phobias (client workbook*), second edition. New York, NY: Oxford University Press.

Antony, M.M., & McCabe, R.E. (2005). *Overcoming animal and insect phobias: How to conquer fear of dogs, snakes, rodents, bees, spiders, and more.* Oakland, CA: New Harbinger Publications. Available for free download at http://www.martinantony.com/downloads.

Antony, M.M., & Rowa, K. (2007). *Overcoming fear of heights: How to conquer acrophobia and live a life without limits*. Oakland, CA: New Harbinger Publications. http://www.newharbinger.com/bookstore/productdetails.cfm?PC=1693

Antony, M.M., & Watling, M. (2006). *Overcoming medical phobias: How to conquer fear of blood, needles, doctors, and dentists*. Oakland, CA: New Harbinger Publications. Available for free download at http://www.martinantony.com/downloads.

Posttraumatic Stress Disorder

Professional Readings

Foa, E.B., & Rothbaum, B.O. (1998). *Treating the trauma of rape: Cognitive behavioral therapy for PTSD*. New York, NY: Guilford Press.

Foa, E.B., Hembree, E.A., & Rothbaum, B.O. (2007). *Prolonged exposure therapy for PTSD: emotional processing of traumatic experiences (therapist guide)*. New York, NY: Oxford University Press.

Foa, E.B., Keane, T.M., Friedman, M.J., & Cohen, J.A. (2009). *Effective treatments for PTSD: Practice guidelines from the International Society for Traumatic Stress Studies, 2nd ed*. New York, NY: Guilford Press.

Hickling, E.J., & Blanchard, E.B. (2006). *Overcoming the trauma of your motor vehicle accident: A cognitive-behavioral treatment program (therapist guide)*. New York, NY: Oxford University Press.

Monson, C.M., & Fredman, S.J. (2012). *Cognitive-behavioral conjoint therapy for PTSD: Harnessing the healing power of relationships*. New York, NY: Guilford Press.

Taylor, S. (2006). *Clinician's guide to treating PTSD: A cognitive-behavioral approach*. New York, NY: Guilford Press.

Zayfert, C., & Becker, C.B. (2007). *Cognitive-behavioral therapy for PTSD: A case formulation approach*. New York, NY: Guilford Press.

Self-Help Readings

Follette, V.M., & Pistorello, J. (2007). *Finding life beyond trauma: Using acceptance and commitment therapy to heal from post-traumatic stress and trauma-related problems*. Oakland, CA: New Harbinger Publications.

Hickling, E.J., & Blanchard, E.B. (2006). *Overcoming the trauma of your motor vehicle accident: A cognitive-behavioral treatment program (workbook)*. New York, NY: Oxford University Press.

Rothbaum, B.O., Foa, E.B., & Hembree, E.A. (2007). *Reclaiming your life from a traumatic experience (Workbook)*. New York, NY: Oxford University Press.

Williams, M.B., & Poijula, S. (2013). *The PTSD workbook: Simple, effective techniques for overcoming traumatic stress symptoms (2nd ed)*. Oakland, CA: New Harbinger Publications.

Depression

Self-Help Readings

Addis, M.E., & Martell, C.R. (2004). *Overcoming depression one step at a time. The new behavioral activation approach to getting your life back*. Oakland, CA: New Harbinger Publications

Bieling, P.J., & Antony, M.M. (2003). *Ending the depression cycle: A step-by-step guide for preventing relapse*. Oakland, CA: New Harbinger Publications.

Williams, M., Teasdale, J., & Segal, Z. (2007). *The mindful way through depression. New York, NY*: Guilford Press.

Wright, J.H., & McCray, L.W. (2012). *Breaking free from depression: Pathways to wellness*. New York, NY: Guilford Press.

Child Anxiety Disorders

Professional Readings

Chorpita, B.F. (2007). *Modular cognitive-behavioral therapy for childhood anxiety disorders*. New York, NY: Guilford Press.

Grills-Taquechel, A.E., & Ollendick, T.H. (2012). *Phobic and anxiety disorders in children and adolescents*. Göttingen, Germany: Hogrefe.

Kearney, C.A. (2005). *Social anxiety and social phobia in youth: Characteristics, assessment, and psychological treatment*. New York, NY: Springer.

March, J.S., & Mulle, K. (1998). *OCD in children and adolescents*. New York, NY: Guilford Press.

Rapee, R.M., Wignall, A., Hudson, J.L., & Schniering, C.A. (2000*). Treating anxious children and adolescents: An evidence-based approach*. Oakland, CA: New Harbinger Publications.

Self-Help Readings / Readings for Parents

Eisen, A.R., & Engler, L.B. (2006). *Helping your child with separation anxiety: A step-by-step guide for parents*. Oakland, CA: New Harbinger Publications.

Kearney, C.A. (2011). *Silence is not golden: Strategies for helping the shy child*. New York, NY: Oxford University Press.

March, J.S., & Benton, C.M. (2007). *Talking back to OCD: The program that helps kids and teens say "no way" – and parents say "way to go."* New York, NY: Guilford Press.

McHolm, A.E., Cunningham, C.E., & Vanier, M.K. (2005). *Helping your child with selective mutism: Practical steps to overcome a fear of speaking*. Oakland, CA: New Harbinger Publications.

Rapee, R.M., Spence, S.H., Cobham, V., & Wignall, A. (2008). *Helping your anxious child: A step-by-step guide for parents* (2nd ed.). Oakland, CA: New Harbinger Publications.

Tompkins, M.A., & Martinez, K. (2010). *My anxious mind: A teen's guide to managing anxiety and panic*. Washington, DC: Magination Press.

Wagner, A.P. (2000). *Up and down the worry hill: A children's book about obsessive-compulsive disorder and its treatment*. Rochester, NY: Lighthouse Press.

Mindfulness Meditation CDs

Kabat-Zinn, J. (2002). *Guided mindfulness meditation, Series 1*. Lexington, MA: Stress Reduction CDs and Tapes. May be ordered through www.mindfulnesscds.com.

Kabat-Zinn, J. (2002). *Guided mindfulness meditation, Series 2*. Lexington, MA: Stress Reduction CDs and Tapes. May be ordered through www.mindfulnesscds.com.

Kabat-Zinn, J. (2005). *Guided mindfulness meditation, Series 3*. Lexington, MA: Stress Reduction CDs and Tapes. May be ordered through www.mindfulnesscds.com.