Bibliography

Non-Pharmacologic Treatment of Anxiety disorders - What Is Out There and Is It Helpful?


Professional Organizations:

Association for Behavioral and Cognitive Therapies  www.aabt.org
Academy of Cognitive Therapy  www.academyofct.org
American Institute for DBT:  www.cognitivetherapynyc.com/ldbt.aspx
American Psychiatric Association  www.psych.org
American Psychological Association  www.apa.org
Centers for Disease Control:  www.cdc.gov/nccdphp
Center for Mindfulness in Medicine, Health Care and Society  www.umassmed.edu/cfm
Dialectical Behavioral Therapy:  www.behavioraltech.org
Websites related to management:

http://www.healthyplace.com/alternative-mental-health/anxiety-alternatives
http://www.fpnotebook.com/psych/Anxiety/AnxtyNnPhrmclycMngmnt.htm
National Institute of Health  www.nih.gov
National Institute of Mental Health  www.nimh.nih.gov/studies
Portland DBT:  http://portlanddbt.com/
                 oregon.providence.org/our-services/d/dialectical-behavior-therapy
Tapping Resources  www.TappingIntoUltimateSuccess.com

Lay-Professional Organizations

The Anxiety Disorders Association of America  www.adaa.org
National Alliance on Mental Illness  www.nami.org
Obsessive Compulsive Foundation  www.ocfoundation.org