

ARCVic's Library

Information and Conditions of Use

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The following procedures and conditions apply when borrowing:

- A member may only borrow up to **five** items at any one time
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- Items are to be borrowed for a period of **four weeks**
- Items need to be returned during the ARCVic's office hours and handed to a member of staff in order for their return to be recorded. Please do not put items back on library shelves yourself.
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If you have suggestions of useful publications relating to anxiety disorders that are not held in our library, please speak to a member of the ARCVic staff.

Note - Be sure to check other categories in the library for titles that may be related to your search, e.g. *Anxiety Disorders – General, Other Psychological Disorders & Problems, and Theory & Treatment.*

Library Categories

- Obsessive Compulsive Disorder (OCD)
- Panic & Agoraphobia
- Phobias
- Shyness & Social Anxiety
- Post Traumatic Stress Syndrome (PTSD)
- Trichotillomania
- Anxiety Disorders - General
- For Children
- For Parents
- Depression
- Body Dysmorphic Disorder & Eating Disorders
- Hoarding
- Other Psychological Problems & Disorders
- Relationships
- Sleep
- Self Esteem & Assertiveness
- Meditation & Mindfulness
- Bibliotherapy – Poetry / Novels
- Theory & Treatment
- Medication

Title	Author	Date	Format
Obsessive Compulsive Disorder (OCD)			
1st Australian Conference on Obsessive-Compulsive Disorder	Jefferys, D (OCD Foundation Inc)	1993	
A Thousand Frightening Fantasies: Understanding and Healing Scrupulosity and Obsessive Compulsive Disorder	Van Ornum, W.	1997	
Advancing Awareness of Obsessive Compulsive Disorders	OCD-UK		
Biobehavioural Treatment of Obsessive Compulsive Spectrum Disorders	Yaryura-Tobias, J.A. & Neziroglu, F.	1997	
Break Free From OCD: Overcoming OCD With CBT	Challacombe, F. & Oldfield, V.B. & Salkovskis, P.	2011	
Coping With OCD: Practical Strategies For Living With Obsessive Compulsive Disorder	Hyman, B.M. & Dufrene, T.	2008	
Freedom From Obsessive Compulsive Disorder: A Personalized Recovery Program for Living With Uncertainty	Grayson, J.	2003	
Funny You Don't Look Crazy: Life With Obsessive Compulsive Disorder	Foster, C.H.	1993	
Getting Control: Overcoming Your Obsessions and Compulsions	Baer, L.	1992	
Getting over OCD: A 10 Step Workbook for Taking Back Your Life	Abramowitz, J.S.	2009	
Learning to live with OCD	Van Noppen, L.	1997	
Nine, Ten Do It Again: A Guide to Obsessive Compulsive Disorder 2nd Ed	I'Anson, K.	1997	
Obsessive Compulsive Disorder	Montgomery, S. & Zohar, J.	1999	
Obsessive Compulsive Disorder	Real Time Health		DVD
Obsessive Compulsive Disorder: A Cognitive and Neuropsychological Perspective	Tallis, F.	1995	
Obsessive Compulsive Disorder: A Guide	Greist, J.H.	1997	
Obsessive Compulsive Disorder: A survival Guide for Family and Friends	Roy, C.	1993	
Obsessive Compulsive Disorder: New Help For The Family	Gravitz, H.L.	1998	
Obsessive Compulsive Disorder: Psychological and Pharmacological Treatment	Mavissakalian, M. & Turner, S.M. & Michelson, L.	1985	
Obsessive Compulsive Disorder: The Essential Guide	Jast, J.	2011	
Obsessive Compulsive Disorder: The Facts	De Silva, P. & Rachman, S.	1992	
Obsessive Compulsive Disorder: The Latest Assessment and Treatment Strategies	Steketee, G. & Pigott, T.	1999	
Obsessive Compulsive Disorder: What Is It - How to Deal With It	Toates, F.	1990	
Obsessive Compulsive Disorders: A Complete Guide to Getting Well and Staying Well	Penzel, F.	2000	
Obsessive Compulsive Disorders: Treating and Understanding Crippling Habits	Levenkron, S.	1991	
OCD and Depression	Tiller, J.	1998	DVD
OCD Life Story: Doreen Cox	Cox, D		DVD
Over and Over Again: Understanding Obsessive Compulsive Disorder	Neziroglu, F. & Yaryura-Tobias, J.A.	1991	
Over and Over Again: Understanding Obsessive Compulsive Disorder	Neziroglu, F. & Yaryura-Tobias,	1991	

	J.A.		
Over and Over and Over Again	I'Anson, K.	1996	
Overcoming Compulsive Checking	Munford, P.R.	2004	
Step on A Crack: OCD Personal Stories	Lorre, A.	1997	DVD
Stop Obsessing: How to Overcome Your Obsessions and Compulsions	Foa, E.B. & Wilson, R.	1991	
Stop Obsessing: How to Overcome Your Obsessions and Compulsions	Foa, E.B. & Wilson, R.	2001	
Suffers Stories	Arcvic		DVD
Talking Back to OCD	March, J.S. & Benton, C.M.	2007	
The Boy Who Couldn't Stop Washing: The Experience and Treatment of Obsessive Compulsive Disorder	Rapoport, J.	1991	
The Boy Who Couldn't Stop Washing: The Experience and Treatment of Obsessive Compulsive Disorder	Rapoport, J.	1990	
The Brain That Changed Itself	Doidge, N	2007	CD
The Brain That Changes Itself	Doidge, N.	2007	
The Imp of The Mind: Exploring The Silent Epidemic of Obsessive Bad Thoughts	Baer, L.	2001	
The Imp of The Mind: Exploring The Silent Epidemic of Obsessive Bad Thoughts	Baer, L.	2001	
The OCD Workbook: Your Guide to Breaking Free From Obsessive Compulsive Disorder. 2nd Ed	Hyman, B.M. & Pedrick, C.	1999	
The OCD Workbook: Your Guide to Breaking Free From Obsessive Compulsive Disorder. 2nd Ed	Hyman, B.M. & Pedrick, C.	2005	
The Touching Tree: OCD	Obsessive Compulsive Foundation		DVD
Thinking About Your Thinking	Kyrios, M.	1997	DVD
Treatment of Obsessive Compulsive Disorder	Steketee, G.S.	1993	
Treatment of Pure O	Phillipson, S.		DVD
Understanding Obsessions and Compulsions: A Self-Help Manual	Tallis, F.	1992	
Understanding Perfectionism	Frost, R.	2003	DVD
Val's OCD	A Nice Guy Video Productions		DVD
What You Really Want To Know About OCD	Pfizer		DVD
What's Going On In My Mind: An Update on OCD	Kyrios, M.	1999	DVD
When Once Is Not Enough: Help For Obsessive Compulsives	Steketee, G. & White, K.	1990	
Why me? Obsessive Compulsive Disorder: information for young people	University of London		CD
Panic & Agoraphobia			
An Australian Consensus Statement For Panic Disorder in Medical Practice	Burrows, G.	1998	
An End to Panic: Breakthrough Techniques for Overcoming Panic Disorder	Zuercher-White, E.	1998	
An End to Panic: Breakthrough Techniques for Overcoming Panic Disorder	Zuercher-White, E.	1995	
Anxiety, Panic Attacks and Agoraphobia: Information For Support People, Family and Friends	Strong, K.V.	1998	
Don't Panic: Anxiety, Phobias and Tension	Page, A.	2002	
Don't Panic: Taking Control of Anxiety Attacks	Wilson, R.R.	1996	

Don't Panic: You Can Overcome Anxiety Without Drugs	McLaren, S	2004	
Fight or flight? - Overcoming panic and agoraphobia	Monkey See Productions	1998	DVD
From Fear to Freedom: A Guide to Recovery From Agoraphobia/Panic Attacks/High Anxiety	Box Hill Agoraphobia Support Group	1994	
In Stillness Conquer Fear: Overcoming Panic Attack	McKinnon, P.	1994	
Living With It: A Survivors Guide to Panic Attacks	Aisbett, B.	1993	
Living With It: A Survivors Guide to Panic Attacks	Aisbett, B.	2000	
No Panic: A Practical Guide to Managing Panic and Phobia	Gournay, K.	2005	
Overcoming Panic: A Complete Nine-Week Home Based Treatment Program For Panic Disorder	Franklin, J	1996	
Overcoming Panic: A Self-Help Guide Using Cognitive Behavioural Techniques	Silove, D. & Manicavasagar, V.	1988	
Panic Disorder And Agoraphobia: Australian Treatment Guide For Consumers And Carers	Royal Australian and New Zealand College of Psychiatrists	2005	
Panic Disorder and Agoraphobia: Australian Treatment Guide For Consumers And Carers	Royal Australian and New Zealand College of Psychiatrists	2005	
Panic Disorder The Facts	Rachman, S. & De Silva, P.	1996	
Panic: What you Really Need to Know About Anxiety, Phobias and Panic Attacks	SmithKline Beecham	1996	DVD
Pick Me Up NOW When panic starts	Clough, S		
Power Over Panic	Fox, B.	2010	
Ten Simple Solutions to Panic	Antony, M.M & McCabe, R.E.	2004	
The Agoraphobia Workbook: A Comprehensive Program to End Your Fear of Symptom Attacks	Pollard, C.A. & Zuercher-White, E.	2003	
The Panic Attack Recovery Book	Swede, S. & Jaffe, S.S.	2000	
Understanding Panic Disorder (Don't Panic)	Pfizer (Aus)	1996	DVD
Phobias			
<i>(see also Panic & Agoraphobia and Anxiety Disorders – General)</i>			
Phobias	Mitchell, R.	1982	
Shyness & Social Anxiety			
Be Confident: Come Out of Your Shell at Work and Play	Gunn, A.	2011	
Break Out of Your Shell: Conquering Shyness	Orr, F.	1997	
Dying of Embarrassment: Help For Social Anxiety and Phobia	Markway, B.G. & Carmin, C.N. & Pollard, C.A. & Flynn, T.	1993	
Finding Your Voice: Ten Steps to Successful Public Speaking	Atkins, M.	2005	
I Think They Think: Overcoming Social Phobia	Monkey See	1998	DVD

	Productions		
Overcoming Shyness: Shyness and Social Phobia A Step by Step Guide 2nd Ed	Rapee, R.M.	2001	
Overcoming Shyness: Shyness and Social Phobia A Step by Step Guide	Rapee, R.M.	1998	
Overcoming Social Anxiety and Shyness: A Self Help Guide Using Cognitive Behavioural Techniques	Butler, G.	1999	
Pocket Reference to Social Phobia	Montgomery, S.A.	1995	
Seven Steps to Overcome Your Fear of Public Speaking	Dhu, P.	2009	
Social Anxiety Disorder: Theory and Management	I'Anson, K.	1996	
Social Anxiety: What You Should Know	Lundbeck Australia	2006	
Social Phobia: Clinical Application of Evidence-Based Psychotherapy	Rapee, R.M. & Sanderson, W.C.	1998	
Social Phobia: Diagnosis, Assessment, and Treatment	Heimberg, R.G. & Leibowitz, M.R. & Hope, D.A. & Schneier, F.R.	1995	
The Shyness & Social Anxiety Workbook: Proven techniques for overcoming your fears	Antony, M.M & Swinson, R.P	2000	
Understanding Social Phobia: Don't Look at Me	Pfizer		DVD
Post Traumatic Stress Disorder (PTSD)			
Grief, Trauma and Sexual Abuse – The Story of Two Women (MA 15+) Speaking from Experience	NALAG (Aus)		DVD
Growing Beyond Survival: A Self-Help Toolkit For Managing Traumatic Stress	Vermilyea, E.G.	2000	
Healing Trauma (PTSD Seminar)	Forbes, D. & Mc Hugh, T.	2001	DVD
It Happened to Me: Survivors of Child Sexual Abuse Speak Out	Health and Community Services	1992	
Letting it Go: Attaining Awareness Out of Adversity	Aisbett, B.	1996	
Stress, Trauma and Anxiety Arcvic Seminar	Arcvic	2003	DVD
The PTSD Workbook	Williams, M.B. & Poijula, S.	2002	
What Doesn't Kill Us: The New Psychology of Post Traumatic Growth	Joseph, S.	2011	
What You Really Need to Know About Stress (Pfizer)	Buckman, R.E.		DVD
Trichotillomania			
The Dragon Who Pulled Her Scales	Davidson, M.D.	2012	
The Hair Pulling Habit and You	Golomb & Vavrichek	2000	
Help for Hair Pullers: Understanding and Coping With Trichotillomania	Keuthen, N.J. & Stein, D.J. & Christenson, G.A.	2001	
The Hair-Pulling Habit: The Complete Guide to Trichotillomania	Penzel, F.	2003	
Comprehensive Information Guide to Living With Trichotillomania and Skin Picking	TLC	2009	
Trichotillomania: An ACT-enhanced Behavior Therapy Approach	Woods, D.	2008	
Anxiety Disorders - General			
A Guide to What Works for Anxiety Disorders	Reavley, N. & Allen, N. & Jorm,	2010	

	A. & Morgan, A. & Purcell, R.		
Anxiety and Depression in Adolescence	Pfizer (Aus)		DVD
Anxiety Disorders	Real Time Health	2009	DVD
Anxiety, Depression and Phobias and How to Cope With Them	Cronin, D.	1980	
Anxiety, Phobias, and Panic	Peurifoy, R.Z.	1985	
Breaking Free from Anxiety and Depression (Part 1&2)	Arcvic	2002	DVD
Calm Ground	Williams, M.	2013	
Calming Your Anxious Mind	Brantley, J.	2003	
Cognitive Therapy of Anxiety Disorders: A Practice Manual and Conceptual Guide	Wells, A.	1997	
Complete Self-Help For Your Nerves	Weekes, C.	1997	
Embracing the Fear: Learning to Manage Anxiety and Panic Attacks	Bemis, J. & Barrada, A.	1994	
Exercise for Mood and Anxiety	Otto, M.W. & Smits, J.A.J.	2011	
Get in Touch With Stress	Townsend, J.	1988	
Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy	Hayes, S.C	2005	
Help and Hope for Anxiety Disorders (Part 1&2)	Arcvic	2001	DVD
How To Conquer Your Worry		1988	
In Stillness Conquer Fear: Overcoming Anxiety, Panic and Agoraphobia	McKinnon, P.	1999	
Know Thyself: The Stress Release Programme (3 CD's)	Hassed, C.	2009	CD
Know Thyself: The Stress Release Programme	Hassed, C.	2008	
Living it Up: The Advanced Survivors Guide to Anxiety Free Living	Aisbett, B.	1994	
Living With Anxiety	Montgomery, B. & Morris, L.		
Living With Fear: Understanding and Coping With Anxiety	Marks, I.M.	1978	
Mastering Stress A Lifestyle Approach	Barlow, D.H. & Rapee, R.M.	1997	
No Blame No Shame: Recovery From Anxiety Disorders	Bolza, J.	1998	DVD
Overcoming Anxiety, Panic, And Depression	Gardner, J. & Bell, A.H.	2000	
Overcoming Anxiety: For Dummies	Mogan, C. & Elliot, C.H. 7 Smith, L.L.	2014	
Overcoming Generalized Anxiety Disorder	White, J.	1999	
Peace From Nervous Suffering	Weekes, C.	1981	
Prevention, Early Intervention and Management of Anxiety Disorders (Part 1&2)	Arcvic	2000	DVD
Retrain Your Anxious Brain	Tsilimparis, J. & Schwartz, D.D.	2014	
Self Help for Your Nerves	Weekes, C.	1981	
Stop Running Scared: Fear Control Training The New Way to Conquer Fears, Phobias and Anxieties	Fensterheim, H. & Baer, J.	1977	
The Anxiety and Phobia Workbook	Bourne, E.J.	1994	
The Anxiety and Phobia Workbook 2nd Ed	Bourne, E.J.	1998	
The Mindfulness and Acceptance Workbook for Anxiety	Forsyth, J.P. & Eifert, G.H.	2007	

The Procrastination Workbook	Knaus, W.	2002	
The Silent Sufferers	Read, M.	1996	
The Sky is Falling: Understanding and Coping With Phobias, Panic, and Obsessive-Compulsive Disorder	Dumont, R.	1997	
Treatment Plans and Interventions for Depression and Anxiety Disorders	Leahy, R.L. & Holland, S.J.	2000	
Triumph Over Fear	Ross, J.	1994	
Understanding Anxiety Disorders and Developments and Treatment	Anxiety Recovery Centre Victoria	2009	DVD
Understanding General Anxiety Disorder	Pfizer		DVD
Voices of The River	Camela, P. & Strahan, F.	1996	
When Perfect Isn't Good Enough: Strategies for Coping With Perfectionism	Antony, M. M. & Swinson, R.P.	2009	
Worry: Hope and Help for a Common Condition	Hallowell, E.M.	1997	
Your Guide to Understanding and Managing Stress	Evans, B. & Coman, G. & Burrows, D.	1998	

For Children

A Guide for Young People With Obsessive Compulsive Disorder	I'Anson, K. & Carne, R.	2005	
A Handful of Quiet: Happiness in Four Pebbles	Hanh, T.N.	2012	
Buddha at Bedtime	Nagaraja, D.	2008	
Coping: A Guide to Stress Management	Sanders, C. & Turner, C.	1983	
Focusing and Calming Games for Children	Plummer, D.M.	2012	
Frog's Breathtaking Speech	Chissick, M. & Peacock, S.	2012	
Getting Up From Feeling Down: Young People and Depression	Tresidder, J. & Liell, V.	1997	
Helping Children Build Self-Esteem	Plummer, D.M.	2007	
I've Got Me and I'm Glad	Farnette, C. & Forte, I. & Loss, B.	1989	
Joe's Diary: A SANE Guide for Young People	SANE (Australia)	2001	
Mr Worry: A Story About OCD	Niner, H.L.	2004	
OCD A Guide for Young People	OCD UK		
OCD Obsessive Compulsive Disorder: An Information Guide for Young People	OCD UK		
Peaceful Piggy Meditation	MacLean, K.L.	2004	
Polly's Magic Games: A Child's View of Obsessive Compulsive Disorder	Foster, C.H.	1994	
Still Quiet Place: Mindfulness for Young Children	Saltzman, A.	2004	CD
Take the Time: Mindfulness for Kids	Roegiers, M.	2010	
The Anxiety Workbook for Teens	Schab, L.M.	2008	
The Friends Program Youth Workbook	Barrett, P. & Lowry-Webster, H. & Holmes, J.	1997	
The Mind Up Curriculum: Grades PreK-2	Scholastic	2011	
The Mind Up Curriculum: Grades 3-5	Scholastic	2011	

The Panic Book	Phillips, N.	1996	
The SANE Guide for Brothers and Sisters: A Guide for Siblings of People Living With a Mental Illness	SANE (Australia)	1998	
The School Wobblies	Wever, C.	1994	
The Wrong Stone	Deal, R.	2002	
What to do When You Worry Too Much: A Kids Guide to Overcoming Anxiety	Huebner, D.	2006	
What to do When You Worry Too Much: A Kids Guide to Overcoming Anxiety	Huebner, D.	2006	
When My Worries Get Too Big	Buron, K.D.	2006	
Wibbly Wobblies That Live Inside My Tummy	O'Callaghan, K.	2013	
You're Not Alone: A Sane Guide to Mental Health Illness for Children	SANE (Australia)	2003	
For Parents			
Anxiety Disorders in Children and Adolescents	March, J.S.	1995	
Anxiety Disorders: The Caregivers - Information for Support People, Family and Friends (3rd Ed.)	Strong, K.V.	2003	
Attention Deficit Disorder	Nash, H.	1994	
Every Parent: A Positive Approach to Children's Behaviour	Sanders, M.R.	1992	
Family Focus - Talking Together About Parental Depression and Anxiety	COPMI & Beyondblue	2012	DVD
Family Matters: Healing in the Heart of the Family	Gottlieb, D. & Clafin, E.	1991	
Fear-Free Children	Hall, J.	2001	
From Thoughts to Obsessions: Obsessive Compulsive Disorder in Children and Adolescents	Thomsen, P.H.	1997	
Help I'm a Mum	Judd, J.	1991	
Helping Your Anxious Child	Lewis, D.	2002	
Helping Your Anxious Child	Rapee, Spence, Cobham, Wignall	2000	
Helping Your Child With OCD: A Workbook for Parents of Children With Obsessive Compulsive Disorder	Fitzgibbons, L. & Pedrick, C.	2003	
Helping Your Depressed Teenager	Oster, G.D. & Montgomery, S.S.	1995	
Just Wait Till You Have Children of Your Own	Bombeck, E. & Keane, B.	1979	
Keys to Parenting Your Anxious Child	Manassis, K.	1996	
Obsessive Compulsive Disorder: Help for Children and Adolescents	Waltz, M.	2000	
Obsessive Compulsive Disorder: Parents Guide: OCD?	OCD UK		
SIC: A Resource for Secondary Teachers (And Others Who Work With Young People)	Contole, J.	2002	
Taking Care of Yourself and Your Family: A Resource Book for Good Mental Health (11th Ed)	Ashfield, J.	2011	
Ten Mindful Minutes	Hawn, G. & Holden, W.	2011	
The Anxiety Cure for Kids: A Guide for Parents	DuPonts Spencer, E. & DuPont, R.L. & DuPont, C.M.	2003	
The Essential Guide to OCD: Help for Families and Friends	Poskitt, H.	2013	
The Mindful Child	Greenland, S.K.	2010	

The SANE Guide for Carers	SANE	2001	
The Worried Child: Recognizing Anxiety in Children and Helping Them Heal	Foxman, P.	2004	
The You Can Do It: Little Book for Parents	Bernard, P.C. & Bernard, M.E.	1993	
Through The Rough Times: Parenting With Wit and Wisdom in Times of Chaos and Loss	Coloroso, B.	2000	
Treating Anxious Children and Adolescents: An Evidence Based Approach	Rapee, R.M. & Wignall, A. & Hudson, J.L. & Schniering, C.A.	2000	
You and Your Child: For Parents of Children Who Have Been Sexually Abused	Health and Community Services	1993	
Your Anxious Child: How Parents and Teachers can Relieve Anxiety in Children	Dacey, J.S. & Fiore, L.B.	2002	

Depression

Beating the Blues: A Self-Help Approach to Overcoming Depression	Tanner, S. & Ball, J.	2001	
Bipolar Disorder: Australian Treatment Guide for Consumers and Carers	Mitchell, P. & Malhi, G. & Redwood, B. & Ball, J.	2005	
Breaking The Patterns of Depression	Yapko, M.	1997	
Carers Stories of Hope and Recovery Vol 2	Beyond Blue	2009	DVD
Coping with depression: Australian treatment guide for consumers and carers	Stevens, S. & Smith, D. & Ellis, P.	2005	
Dealing With Depression: A Patient Video	SmithKline Beecham		DVD
Depression and Men	Pfizer		DVD
Depression: Lifting the Cloud	Read, C.	1993	
Depression: Questions you have answers you need	Salmans, S	1995	
Don't Beat About The Bush	Beyond Blue	2007	DVD
Feeling Better: A Guide to Mood Management (Second Ed)	Kidman, A.	2006	
Feeling Good The New Mood Therapy	Burns, D.D.	1980	
Get Well Stay Well: Recovering From Depression - Real Life Experiences	Wyeth	2006	DVD
Half Empty Half Full: How to Take Control and Live Life as an Optimist	Vaughan, S.C.	2001	
Help For Depression: What Works and What Doesn't	Jorm, A.F. & Christensen, H. & Griffiths, K.M. & Karten, A.E.	2001	
I Had A Black Dog	Johnstone, M.	2006	
Life on a Roller-coaster: Living Well With Depression and Manic Depression	Kelly, M.	2000	
Light on the Horizon: Two Short Stories about Coping with Depression	Wyeth Pharmaceuticals (Aus)		DVD
Living With Depression	Real Time Health		DVD
Major Depressive Disorder: The Latest Assessment and Treatment Strategies	Tolman, A.O.	1995	
Me Depressed? Don't Make Me Laugh: A Guide to Overcoming Depression	Monkey See	1996	DVD

	Productions		
Peaceful Mind: Using Mindfulness and Cognitive Behavioural Psychology to Overcome Depression	McQuaid, J.R. & Carmona, P.E.	2004	
Stories of Hope and Recovery	Beyond Blue	2008	DVD
Stress, Depression (Greek language)	Rosebud Productions (Aus)	2000	DVD
Surfing the Blues	Rzecki, C.	1996	
Taming the Black Dog: A Guide to Overcoming Depression	Aisbett, B.	2000	
The Depression Workbook: A Guide for Living With Depression and Manic Depression (Second Ed)	Copeland, M.E.	2001	
The Mindful Way Through Depression: Freeing Yourself From Chronic Unhappiness	Williams, M. & Teasdale, J. & Segal, Z. & Kabat-Zinn, J.	2007	
The SANE Guide to Depression	SANE (Australia)	2000	
The SANE Guide to Staying Alive	SANE (Australia)	2003	
Understanding Depression	Prendergast, M.	2006	
Understanding Post Natal Depression	Pfizer (Aus)		DVD
When Feeling Bad is Good	McGrath, E.	1992	
Whispers: Stress, Depression and Anxiety in the Transport Industry	TWU	2007	DVD
Body Dysmorphic Disorder (BDD) & Eating Disorders			
A Moment Gone	Westwood, S.	2009	
Anorexia Nervosa: A Guide for Sufferers and Their Families	Palmer, R.L.	1982	
Anorexia Nervosa: Australian Treatment Guide for Consumers and Carers	Loveridge, P.	2005	
Beyond the Looking Glass: Daily Devotions for Overcoming Anorexia and Bulimia	Keller, W.	1992	
Body Dysmorphic Disorder	ABC (USA)		DVD
Disorders of Body Image	Castle, D.J. & Philips, K.A.	2002	
Information on Eating Disorders for families, partners & friends	Gilbert, E	2000	
Information on Eating Disorders for Health Practitioners	Howell, P.L.	1999	
Living With Your Looks	Honigman, R & Castle, D.J.	2007	
Mirror, Mirror Off the Wall: A Personal Experience of Intertwined Obsessive Compulsive Spectrum Disorders: Body Dysmorphic Disorder and Trichotillomania	Wolf, J.	2003	
The Broken Mirror: Understanding and Treating	Phillips, K.	1996	
The Relationship Between Anxiety and Concerns with Body Image	Bhar, S. & Read, P. & Castle, D.	2010	DVD
Hoarding			
Buried in Treasures: Help for Compulsive Acquiring, Saving and Hoarding	Tolin, Frost, Steketee	2007	
Compulsive Hording and Acquiring : Workbook	Steketee, G & Frost, R	2007	
Dirty Secret	Sholl, J.	2011	
Enough Already	Walsh, P.	2009	
Hoarders: #20 Michelle & Kim	Screaming Flea Productions Inc	2010	DVD
Hoarders: #26 Adella & Teri	Screaming Flea	2010	DVD

	Productions Inc		
Hoarders: #41 Glen & Lisa	Screaming Flea Productions Inc	2011	DVD
Hoarders: #46 Ron & Carol	Screaming Flea Productions Inc	2011	DVD
Hoarders: Season 2 Update Special	Screaming Flea Productions Inc	2011	DVD
Hoarding, Hoarders and OCD: Obsessive Compulsive Disorder Explained	Leatherdale, L.	2013	
It's all too Much: Live a Richer Life With Less Stuff	Walsh, P.	2007	
Lessons in Letting Go: Confessions of a Hoarder	Grant, C.	2010	
Shed Your Stuff, Change Your Life: A Four Step Guide to Getting Unstuck	Morgenstern, J.	2008	
Sorted: The Ultimate Guide to Organising Your Life - Once and For All	Oliver, L.	2007	
Stuff: Compulsive Hoarding and the Meaning of Things	Frost, R, & Steketee, G.	2010	

Other Psychological Disorders & Problems

About Psychosis: Essential Facts for Clients and Carers	Peninsula Health Psychiatric Services	2007	DVD
I Have Tourette's But Tourette's Doesn't Have Me	Tourette Syndrome Association	2005	DVD
Not Just Ticked Off: Stories & Strategies for Managing Tourette Syndrome	Wilson, J		
Project Dermatillomania: The Stories Behind Our Scars	Barton, L.	2014	
Psychosis: What Is It?	Schizophrenia Fellowship of Victoria	1994	
Response Ability: Students Resources for Teacher Education (Mental Health and Suicide Prevention)	Hunter Institute of Mental Health	2001	Multimedia Disc
Schizophrenia: Australian Treatment Guide for Consumers and Carers	Killackey, E. & McGorry, P. & Elkins, K.	2005	
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Self-Esteem 3rd Ed	McKay, M. & Fanning, P.	2000
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