

Understanding Generalized Anxiety Disorder: Webinar Handout

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Part 4: Resources

The following is not an exhaustive list, but are just some resources to get you started:

For Child Client:

- What to Do When You Worry Too Much: A kids Guide to Overcoming Anxiety

By: Dawn Huebner and Bonnie Matthews

For Adolescent Client:

- The [AnxietyCanada.com](https://www.anxietycanada.com) website contains information for youth to manage anxiety using self-help strategies. They also developed the free [MindShift™ app](#).
- BounceBack® is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Visit <https://bouncebackontario.ca>

For Parent/Guardian:

- Helping Your Anxious Child (2nd Edition): A Step-By-Step Guide for Parents

By: Ronald Rapee

For Clinicians:

- Anxiety Disorders: Care in All Settings (January 2020) at: www.hqontario.ca
- Brief Coping Cat: Therapist Manual (By: Philip Kendall)
- Modular Approach to Therapy for Children with Anxiety (By: Bruce Chorpita)
- There are many other helpful clinician books available for purchase through:
<https://www.cavershambooksellers.com/>