

ANXIETY RESOURCES AND WEB SITES

<http://faq.emetophobia.net/> (web site for emetophobia with valuable information)
www.adaa.org (informative website of Anxiety Disorders Association of America)
www.ahha.org (American Holistic Health Association)
www.anxieties.com (self-help anxiety site associated with Reid Wilson, Ph.D.)
www.ASEBA.org (Achenbach System of Empirically Based Assessment)
www.bullies2buddies.com (Israel Kalman web site on bullying)
www.chaange.com (website for CHANGE and LifeSkills programs)
www.creativetherapystore.com (therapy supplies and games)
www.drfoxman.com (Paul Foxman's website including speaking schedule and books)
www.freedomfromfear.org (informative non-profit anxiety organization)
www.friendsinfo.net (School-based anxiety prevention program called "Friends")
www.eegspectrum.org (neurofeedback information)
www.gaiam.com (yoga for children)
www.healsocialphobia.com (social phobia website)
www.heartmath.com (neurofeedback tools based on heart rate variability)
www.hsperson.com (Elaine Aron's site for "highly sensitive persons and children")
www.isnr.org (International Society for Neurofeedback and Research)
www.meditationandpsychotherapy.org (Institute for Meditation and Psychotherapy)
www.naturopathic.org (American Association of Naturopathic Physicians)
www.nimh.nih.gov (National Institute of Mental Health has anxiety articles)
www.nutrition.gov (USDA website for food guide and nutrition information)
www.ocfoundation.org (Obsessive-Compulsive Foundation website)
www.responsiveclassroom.org (Info and research on Responsive Classroom practices)
www.rxlist.com (prescription drug reference with information on risks and benefits)
www.safeyouth.org (National Youth Violence Prevention Resource Center)
www.selectivemutism.org (Info on anxiety connection and treatment of selective mutism)
www.soundstrue.com (audiovisual materials)
www.themindfulparent.org (mindfulness applied to parenting)
www.umassmed.edu/cfm/mbsr (mindfulness-based stress reduction)
www.wilddivine.com (3 multimedia computer games using neurofeedback technology)