

# REFERENCES and Further Reading

The following list of references, further reading and links to research papers (over page) was created to complement the *Anxiety Solutions* cards. These references support the practice base of the techniques used in the cards.

1. Achor S 2010, *The happiness advantage: the seven principles of positive psychology that fuel success and performance at work*, Crown Publishing Group, USA.
2. Amen D 2015, *Change your brain, change your life: the breakthrough program for conquering anxiety, depression, obsessiveness, lack of focus, anger, and memory problems*, Tuttleback Books, USA.
3. Byrne S 2017, *Anxiety solutions for kids* (card set), St Luke's Innovative Resources, Bendigo, Australia.
4. Byrne S 2016, *Daily psych bites: hundreds of quick installations for optimism and energy*, Selina Byrne Wellbeing Solutions, Melbourne, Australia.
5. Byrne S 2017, *Optimism boosters* 2nd edition (card set), St Luke's Innovative Resources, Bendigo, Australia.
6. Edwards C, Gandini L, & Forman G, (ed.s) 2011, *The hundred languages of children: the Reggio Emilia experience in transformation*, 3rd edn, Praeger (Greenwood Publishing Group), Westport, USA.
7. Fisher P & Wells 2009, *Metacognitive therapy: distinctive features*, Routledge, London, UK
8. Hayes S, Strosahl K & Wilson K 2016 *Acceptance and commitment therapy*, 2nd edition, Guilford Publications, USA.
9. Hodges J 1999, *Sportsmind: an athlete's guide to superperformance through mental and emotional training*, Sportsmind Institute for Human Performance Research (originally published as a thesis in 1993 by the University of Western Sydney, Hawkesbury, Australia)
10. Kabat-Zinn J 2012, *Mindfulness for beginners: reclaiming the present moment—and your life*, Sounds True, USA.
11. Kendall P (ed.) 2011, *Child and adolescent therapy, fourth edition: cognitive-behavioral procedures*, Guilford Press, New York, USA.
12. Mahler K 2016, *Interoception: the eighth sensory system practical solutions for improving self-regulation, self-awareness and social understanding of individuals with autism spectrum and related disorders*, AAPC Publishing, USA.
13. McNeilly R 2016, *Learning hypnosis: a common everyday approach after ericsson*, Tandava Press, NSW, Australia.
14. McNeilly R & Brown J 1994, *Healing with words*, Hill of Content Publishing, Melbourne, Australia.
15. Michael Hall L 2004, *Sourcebook of magic: a comprehensive guide to nlp change patterns*, 2nd Revised ed., Crown House Publishing, UK.
16. Hanlon B & Beadle S 1999, *A guide to possibility land: fifty-one methods for doing brief, respectful therapy*, W.W. Norton and Co, New York, USA.
17. Hanlon B & Weiner-Davis M 2003, *In search of solutions: a new direction in psychotherapy*, W.W. Norton and Co, New York, USA.
18. Rossi E 1993, *the psychobiology of mind-body healing: new concepts of therapeutic hypnosis* (Revised Edition) W.W. Norton and Co, New York, USA.
19. Sapolsky R 2004, *Why zebras don't get ulcers*, 3rd edition, Holt Paperbacks, New York, USA.
20. Seligman M 2011, *Flourish: a visionary new understanding of happiness and wellbeing*, Simon and Schuster,
21. Seligman M 2011, *Learned optimism: how to change your mind and your life*, Knopf Doubleday Publishing Group, New York, USA.
22. Schwartz J 1997, *Brain lock: free yourself from obsessive compulsive behavior*, HarperCollins, New York, USA.
23. Snyder C 1994, *The psychology of hope: you can get there from here*, Simon and Schuster, New York, USA.
24. Toyoda H, Li X-Y, Wu L-J, Zhao M-G, Descalzi G, Chen T, Koga K, & Zhuo M 2011, 'Interplay of amygdala and cingulate plasticity in emotional fear', *Neural Plasticity*, Vol 2011, Article ID 813749.

See next page for research papers.

# Links to Research papers

anxiety  
SOLUTIONS

Studies and articles relating to the practice methods used in the *Anxiety Solutions* cards.

A study that distinguishes 'interoceptive awareness' from 'interoceptive accuracy'.

<https://www.sciencedirect.com/science/article/pii/S0301051114002294#bib0275>

Study with athletes on how the brain is altered by meditative or mindfulness activities.

<https://www.psychologytoday.com/blog/the-athletes-way/201306/how-does-meditation-reduce-anxiety-neural-level>

Effectiveness of cognitive behavioural therapy (CBT) techniques on anxiety in children and adolescents.

[https://www.researchgate.net/profile/Anne\\_Albano/publication/8443795\\_Cognitive-Behavioral\\_Psychotherapy\\_for\\_Anxiety\\_and\\_Depressive\\_Disorders\\_in\\_Children\\_and\\_Adolescents\\_An\\_Evidence-Based\\_Medicine\\_Review/links/0fcfd513e14cf4fcc500000/Cognitive-Behavioral-Psychotherapy-for-Anxiety-and-Depressive-Disorders-in-Children-and-Adolescents-An-Evidence-Based-Medicine-Review.pdf](https://www.researchgate.net/profile/Anne_Albano/publication/8443795_Cognitive-Behavioral_Psychotherapy_for_Anxiety_and_Depressive_Disorders_in_Children_and_Adolescents_An_Evidence-Based_Medicine_Review/links/0fcfd513e14cf4fcc500000/Cognitive-Behavioral-Psychotherapy-for-Anxiety-and-Depressive-Disorders-in-Children-and-Adolescents-An-Evidence-Based-Medicine-Review.pdf)

The effect of fear on the brain by Toyoda et al (also cited in references above).

<http://dx.doi.org/10.1155/2011/813749>

Mental imagery research.

<http://www.sciencedirect.com/science/article/pii/S1878929313000091>

Focusses on the effectiveness of distraction techniques.

<http://www.sciencedirect.com/science/article/pii/S1976131713000662>

Focusses on the effectiveness of distraction techniques.

[https://www.researchgate.net/publication/277608300\\_The\\_effects\\_of\\_three\\_different\\_distraction\\_methods\\_on\\_pain\\_and\\_anxiety\\_in\\_children](https://www.researchgate.net/publication/277608300_The_effects_of_three_different_distraction_methods_on_pain_and_anxiety_in_children)

Italian study with undergraduates showing the positive effect of 'metacognition skills' on anxiety.

<http://onlinelibrary.wiley.com/doi/10.1002/cpp.520/abstract>

Mindfulness in Schools Project in association with the University of Exeter's Mood Disorders Centre: evidence for the impact of mindfulness on children and young people.

<https://mindfulnessinschools.org/wp-content/uploads/2013/02/MiSP-Research-Summary-2012.pdf>

Evidence (based on hormones and inflammatory markers) that mindfulness techniques may imbue resilience to 'stressful psychological challenges'.

<https://www.madinamerica.com/2017/02/research-shows-mindfulness-can-decrease-anxiety/>

Social anxiety disorder and regulating emotions with mindfulness-based therapy.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4203918/>

A literature search of studies on the effect of mindfulness-based therapy on anxiety and depression.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2848393/>

See previous page for references and further reading.