



Brief Behavioral Skills: CBT for Anxiety Resources and Acknowledgements

Resources

- **MHIP Toolkit**

Welch & Stephens (2012) Modular Anxiety Treatment <https://vimeo.com/62839915>

- **Video Demonstrations**

- Developing a fear ladder and setting up exposure <https://youtu.be/En-iBgb0ndY>
- Diaphragmatic breathing
 - Breathing video 1 <https://youtu.be/kgTL5G1iblo>
 - Breathing video 2 <https://youtu.be/U2ewAGRjZ7g>
- Examining the evidence <https://youtu.be/a0YyC1iS8Rc>
- Devil's advocate <https://youtu.be/kPzuSFUnYVc>

References

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- Weisz JR, et al. (2011). Research Network on Youth Mental Health. Testing standard and modular designs for psychotherapy treating depression, anxiety, and conduct problems in youth: a randomized effectiveness trial. *Arch Gen Psychiatry*, 69, 274-82.
- Wilamowska ZA, et al. (2010). Conceptual background, development, and preliminary data from the unified protocol for transdiagnostic treatment of emotional disorders. *Depress Anxiety*, 27, 882-90.
- Farchione TJ, et al. (2012). Unified protocol for transdiagnostic treatment of emotional disorders: a randomized controlled trial. *Behav Ther*, 43, 666-78.

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