

Psychiatry and Psychology Resources

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Keeping psychiatrists up-to-date on the latest research for over 60 years, providing a forum for professionals to share their findings, theories and concepts.

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Psychology Today

Publishes content written by clinicians, experts and researchers from across the fields of behavior and psychology.

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Publishes recent developments and empirically based hypotheses regarding the etiology, pathophysiology and treatment of schizophrenia and related disorders.

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[A Compendium of Neuropsychological Tests: Fundamentals of neuropsychological assessment and test reviews for clinical practice](#), 4th ed. / Sherman, et al., 2022. WL 141 S76 2022

[ACT Made Simple: An easy-to-read primer on acceptance and commitment therapy](#), 2nd ed. / Harris, 2019. WM 425.5 H31 2019

[Addiction Psychiatry: Challenges and recent advances](#) / Psychiatric Clinics of North America, 2022. W3 C6P7 v45 no3 2022

[Anxiety Disorders: An information guide](#) / Centre for Addiction and Mental Health (CAMH), 2023. WM 172 R42 2023

[Bipolar Disorder: An information guide](#) / Centre for Addiction and Mental Health (CAMH), 2013. WM 207 P37 2013

[Clinical Handbook of Psychological Disorders: A step-by-step treatment manual](#), 6th ed. / Barlow, 2021. WM 420 C58 2021

[Clinical Manual of Child and Adolescent Psychopharmacology](#), 4th ed. / APA, 2024. WS 350 C32 2024

[Clinician's Guide to Bipolar Disorder](#) / Miklowitz, 2015. WM 171.7 M54 2015

[Cognitive-Behavioral Strategies in Crisis Intervention](#), 4th ed. / Dattilio, et al., 2023. WM 401 C64 2023

[Clinician's Thesaurus: The guide to conducting interviews and writing psychological reports](#) / Zuckerman, 2019. WM 34 Z94 2019

[Diagnostic and Statistical Manual of Mental Disorders: DSM-5-TR](#) / American Psychiatric Association, 2022. WM 15 2022

[Early Psychosis: An information guide](#), revised edition / Centre for Addiction and Mental Health (CAMH), 2022. WM 200 B76 2022

[EMDR Group Therapy: Emerging principles and protocols to treat trauma and beyond](#) / Regina Morrow Robinson, 2024. WM 425.5 E98 2024

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[Ethics in Psychiatry](#) / Psychiatric Clinics of North America, 2021. W3 C6P7 v44 no4 2021

[Essentials of Clinical Geriatrics](#), 8th edition / Kane, et al., 2018. WT 100 E78 2018

[Evidence-Based Treatment for Anxiety Disorders and Depression: A cognitive behavioral therapy compendium](#) / Tood & Branch, editors, 2022. WM 425.5 E95 2022

[Evidence Based Treatments for Trauma-Related Psychological Disorders: A practical guide for clinicians](#) / Schnyder & Cloitre, editors, 2022. WM 172.5 E93 2022

[Geriatric Psychiatry](#) / Psychiatric Clinics of North America, 2018. W3 .C6P7 v. 41 no 1 2018

[Handbook of Dual Diagnosis: Assessment and treatment in persons with intellectual disorders](#) / Matson, 2020. WS 107 H47 2020

[Handbook of Personality Disorders: Theory, research, and treatment](#), 2nd ed. / Livesley & Larstone editors, 2018. WM 190 H2365 2018

[I Hate You – Don't Leave Me: Understanding the Borderline Personality Disorder](#), 3rd ed. / Kreismann, 2021. WM 190 K74 2021

[I Want to Change My Life: How to overcome anxiety, depression & addiction](#) / Melemis, 2010. BF 637 S4M46 2010

[Kaplan & Sadock's Concise Textbook of Clinical Psychiatry](#), 4th ed. / Sadock, Sadock & Ruiz, 2017. WM 140 K37 2017

[Kaplan & Sadock's Synopsis of Psychiatry](#) / editors, Boland, et al., 2022. WM 140 K36 2022

[Managing Challenging Behaviour Following Acquired Brain Injury: Assessment, intervention and measuring outcomes](#) / Alderman, 2024. WL 354 M61 2024

[Memory Loss, Alzheimer's Disease, and Dementia: A practical guide for clinicians](#), 3rd ed. / Budson & Solomon, 2022. WT 155 B92 2022

[Motivational Interviewing in Healthcare: Helping patients change behavior](#) / Rollnick, Miller & Butler, 2022. WM 143 R75 2022

[Motivational Interviewing in the Treatment of Psychological Problems](#) / Arkowitz, Miller & Rollnick, editors, 2015. WM 143 M91 2015

[Pocket Guide to Emergent and Serious Adverse Events in Psychopharmacology](#) / APA, 2023. QV 39 P23 2023

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[Principles and Practice of Psychiatric Rehabilitation: Promoting recovery and self-determination](#) / Corrigan, et al., 2024. WM 30 P74 2024

[Process-Based CBT: The science and core clinical competencies of cognitive behavioral therapy](#) / editors, Hayes & Hofmann, 2018. WM 425.5 P75 2018

[Psychiatry in Canada: 50 years \(1951 to 2001\)](#) / Canadian Psychiatric Association, 2001. WM 11 S56

[Recovering From a First Episode Psychosis: An integrated approach to early intervention](#) / Jackson, 2019. WM 200 J33 2019

[Schizophrenia: A practical primer](#), 2nd ed. / Keshavan, et al., 2024. WM 203 S38 2024

[Social Skills Training for Schizophrenia: A step-by-step guide](#), 3rd ed. / Kim T. Mueser, et al., 2024. WM 203 S59 2024

[Stahl's Essential Psychopharmacology: Neuroscientific basis and practical applications](#), 5th edition (E-Book) / Stahl, 2021.

[Substance Use in Older Adults](#) / American Psychiatric Association, 2024. WM 270 S89 2024

[The Anxious Perfectionist: How to manage perfectionism-driven anxiety using acceptance & commitment therapy](#) / Ong et al., 2022. WM 425.5 O65 2022

[The Maudsley Prescribing Guidelines in Psychiatry](#), 14th Edition / Taylor, Barnes, & Young, 2021. QV 77 T56 2021

[The Mindful Way Through Anxiety: Break free from chronic worry and reclaim your life](#), Orsillo & Roemer, 2011. WM 425.5 O76 2011

[The Mindful Way Through Depression: Freeing yourself from chronic unhappiness](#), 2nd ed. / Williams, et al., 2025. WM 170 M66 2025

[The Psychosis Workbook: Understand what you're going through, take an active role in your recovery, and prevent relapse](#) / Dewhirst, 2024. WM 200 D94 2024

[Transforming Cognitive Rehabilitation: Effective instructional methods](#) / Sohlberg, et al, 2023. WM 425.5 S65 2023

[Treating Psychosis: A clinician's guide to integrating acceptance and commitment therapy, compassion-focused therapy, and mindfulness approaches within the cognitive behavioral therapy tradition](#) / Wright, 2014. WM 200 W947 2014

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[Unburdened Eating: Healing your relationships with food and your body using Internal Family Systems \(IFS\) Approach](#) / Catanzaro, 2024. WM 175 C38 2024

[When the Body Says No: The cost of hidden stress](#), Vintage Canada edition / Mate, 2021.
WM 172 M37 2021

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