

Anxiety, Stress, and Trauma Presentations Links and Resources

Emotion:

- YaleCourses (Youtube): [Experts in Emotion 1.2 -- Lisa Feldman Barrett on What is an Emotion](#)
- TED: [You aren't at the mercy of your emotions -- your brain creates them | Lisa Feldman Barrett](#)

Anxiety:

- <https://www.apa.org/topics/anxiety/>
- <https://www.anxietycanada.com/>
- Self-management workbooks: <https://www.cci.health.wa.gov.au/Resources/Overview>
- <https://recoveryalberta.ca/Page14049.aspx>
- Anxiety primary care pathway: https://www.specialistlink.ca/assets/pdf/CZ_Anxiety_pathway.pdf

Stress:

- <https://www.therapistaid.com/worksheets/yerkes-dodson-law>

Trauma:

- <https://www.apa.org/topics/trauma>
- Evidence-based treatments: <https://www.mentalhealth.va.gov/ptsd/treatment.asp>
- <https://calgarycasa.com/education-training/resources/>
- Getting Unstuck from PTSD by Patricia Resick, Shannon Wiltsey Stirman, and Stephanie T. LoSavio

Disorders and Diagnosis:

- [Diagnostic and Statistical Manual of Mental Disorders \(DSM\) | Psychiatry Online](#)
- [Psychiatry.org - DSM-5-TR Online Assessment Measures](#)
- Specialist Link: [eReferral-SpecialistLINK specialties.pdf](#)

Referrals:

- [Psychology Today Canada: Health, Help, Happiness + Find a Therapist](#)
- Psychologists' Association of Alberta: findhelp.paa-ab.ca
- Communityconnectyyc.ca