

Further reading

If you have found the self-help approach useful, you may like to consider some of these titles for your own further reading. The list has been compiled with help from colleagues, friends and patients.

General

Bruno Bettelheim, *The Uses of Enchantment* (1976, Knopf)

An analysis of fairy tales. We frequently identify with a figure from folklore or fairy tales, and this can help us in our understanding of ourselves and our patterns.

John Bradshaw, *Healing the Shame that Binds You* (1988, Health Communications)

Helps us to look at how shame can be the core problem to many of our difficulties and behind many presenting problems. Includes exercises for releasing shame.

John Fox, *Finding What You Didn't Lose* (1995, Tarcher Putnam)

A practical book aimed to help readers discover their inner poet and writer.

Eugene T. Gendlin, *Focusing* (1981, Bantam)

Focusing is a well-researched technique to help us get underneath the presenting issue to the 'felt sense' underneath.

Allan and Barbara Pease, *Why Men Don't Listen and Women Can't Read Maps* (2005, Orion)

A good and easy read about the struggle between masculine and feminine!

Dorothy Rowe, *Depression and the Way Out of Your Prison* (1986, Routledge)

A practical and sensible approach to self-help and depression.

William Styron, *Darkness Visible* (1992, Picador)

A small, precise book about the struggle of this well-known author (*Sophie's Choice*) to overcome deep depression and ideas of suicide. Very moving indeed and helpful to 'Amanda'.

Jon Kabat-Zinn, *Full Catastrophe Living* (1990, Delta)

Helps us to understand our stress response both physiologically and emotionally and its effect on our body and mind. It offers practices for awareness of stress and release from the effects of stress.

Bereavement and separation

Elisabeth Kübler-Ross, *To Live Until We Say Goodbye* (1990, Routledge)

A very moving book about the dying process of close friends and family.

C.S. Lewis, *A Grief Observed* (1961, Faber & Faber)

A moving personal account of loss after the death of Lewis' wife, Joy.

Judy Tatelbaum, *The Courage to Grieve* (1981, Heinemann)

A sensitive and creative book for those suffering from loss, taking readers through the processes of grief and mourning, with stories and suggestions for how to complete the mourning process.

J. William Warden, *Grief Counselling and Grief Therapy* (1993, Tavistock)

A helpful guide to the different stages of grief and mourning.

Alison Wertheimer, *A Special Scar* (1991, Routledge)

An extremely sensitive and well-researched book about the painful experiences of people bereaved by suicide.

Cognitive analytic therapy

Jason Hepple and Laura Sutton, *Cognitive Analytic Therapy and Later Life* (2004, Wiley)

A moving and detailed account of working with older people using the CAT model.

Philip H. Pollock, *Cognitive Analytic Therapy for Adult Survivors of Childhood Abuse* (2001, Wiley)

The CAT approach to problems in adult survivors of child abuse, particularly dissociative identity disorder and borderline personality.

Philip H. Pollock, Mark Stowell-Smith and M. Göpfert, *Cognitive Analytic Therapy for Offenders* (2006, Routledge)

Anthony Ryle, *Cognitive Analytic Therapy and Borderline Personality* (1997, Wiley)

The CAT approach to borderline personality diagnosis.

Anthony Ryle and Ian Kerr, *Introducing Cognitive Analytic Therapy* (2002, Wiley)

The classic textbook of this effective short-term focused therapy now used widely within health service settings.

Relationships

Aaron Beck, *Love is Never Enough* (1988, Harper & Row)

A practical, sensible approach for couples to understand the way their distorted thinking undermines communication problems.

Sue Gerhardt, *Why Love Matters: How Affection Shapes a Baby's Brain* (2004, Brunner Routledge)

An easy-to-read, comprehensive book about the chemistry of early attachment and how this influences relationships.

John Sandford, *The Invisible Partners* (1980, Paulist Press)

A Jungian approach to looking at the inner male and female components of men and women. Useful for readers wishing to explore their inner lives more thoroughly.

Maggie Scarf, *Intimate Partners: Patterns in Love and Marriage* (1988, Ballantine Books)

A well-researched book offering insight into how inherited emotional and family history affects our pattern of relating.

R. Skynner and John Cleese, *Families and How to Survive Them* (1993, Ebury Press)

A classic book. Psychology is made accessible, helping us to understand how our current patterns grow from our background.

Eating disorders

Julia Buckroyd, *Eating Your Heart Out* (1996, Vermillion)

This book links the misuse of food with emotional hunger and gives practical advice for change.

Peter J. Cooper, *Bulimia Nervosa and Binge Eating: A Guide to Recovery* (1993, Constable and Robinson)

A self-help manual offering techniques for recognising and preventing triggers to problems. Based on cognitive behavioural therapy.

Mira Dana and Marilyn Lawrence, *Women's Secret Disorder: A New Understanding of Bulimia* (1988, Grafton Books)

A compassionate and useful guide to giving up bulimia.

Susie Orbach, *Fat is a Feminist Issue* (1984, Hamlyn)

Still a classic look at how current social thinking affects women's image and capacity for control and power.

Geneen Roth, *Feeding the Hungry Heart* (1986, Grafton)

Helpful uses of visualisation to discover the real source of hunger within.

Trauma and sexual abuse

Ellen Bass and Laura Davis, *The Courage to Heal*, 3rd edn (1994, HarperCollins)

Popular book offering comprehensive and sensible help and encouragement.

Lorraine Bell, *Managing Intense Emotions and Overcoming Self-destructive Habits* (2006, Brunner Routledge)

A clear, thoughtful book outlining useful ways of managing shifting states of mind.

Philip Bromberg, *Awakening The Dreamer: Clinical Journeys* (2006, The Analytic Press)

An inspiring book for therapists interested in widening their understanding of the therapeutic relationship and for anyone interested in knowing more about connections between neuroscience and psychoanalysis. Beautifully written.

Sylvia Fraser, *My Father's House* (1989, Virago)

A compelling and moving account of the author's own experience and her creative use of her wounding.

Peter Levine, *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness* (2010, North Atlantic Books)

A very warm and approachable book for anyone who recognises they have experienced trauma, with practical ways of self-help.

Pat Ogden, Kekuni Minton and Claire Pain, *Trauma and the Body* (2006, Norton)

A comprehensive and scholarly approach to the devastating effects of trauma-induced alterations of mind, body and brain.

Linda Sanford, *Strong at the Broken Places* (1991, Virago)

A practising psychotherapist interviews survivors of abuse.

Jacqueline Spring, *Cry Hard and Swim* (1987, Random House)

The true story of a damaged childhood and healing therapy.

Claude Anshin Thomas, *At Hell's Gate*

A soldier's journey from war to peace (Shambhala, 2004).

Onno van der Hart, Ellert R.S. Nijenhuis and Kathy Steele, *The Haunted Self: Structural Dissociation and the Treatment of Chronic Traumatization* (2006, Norton)

A valuable book for professionals wishing to extend their understanding of structural dissociation and its complications.

Moira Walker, *Secret Survivors* (1990, Wiley)

Stories of survivors of abuse and the journeys they have made.

Phobia – Fear – Addiction

Susan Jeffers, *Feel the Fear and Do It Anyway* (1988, Ballantine)

An excellent self-help book about befriending phobia and fear.

Linda Leonard, *Witness to the Fire: Creativity and the Veil of Addiction* (1989, Shambhala)

A hopeful book about addiction with examples from artists and writers and the author's own experience with alcoholism.

Isaac Marks, *Living with Fear* (2001, McGraw-Hill)

Written by a well-known expert in working with this presentation, this book looks at anxiety and obsessive-compulsive difficulties.

Dreams

Ann Faraday, *Dream Power* (1973, Berkeley)

Popular book about recognising and using the power of dreams.

Carl Jung, *Man and His Symbols* (1964, Aldus Books)

A look at the use of images and symbols in our everyday life. Many illustrations.

John Sandford, *Dreams: God's Forgotten Language* (1989, HarperCollins)

A lovely contribution from a Jungian to ways of looking at dreams.

Mindfulness

Karen Armstrong, *Twelve Steps to a Compassionate Life* (2011, Bodley Head)

A helpful and insightful book, well researched and offering practical ways to live compassionately in everyday life.

David Burns, *Feeling Good* (1999, Avon Books) and *The Feeling Good Handbook* (1999, Plume)

Two extremely popular and positive books based on cognitive therapy and self-help.

Pema Chodron, *Start Where You Are* (1994, Shambhala) and *When Things Fall Apart* (1997, Shambhala)

Buddhist nun Pema Chodron shares her own deep wisdom and personal experience of Western life.

Christopher K. Germer, Ronald D. Siegel and Paul R. Fulton, *Mindfulness and Psychotherapy* (2005, Guilford)

A very well-researched book by American psychologists who have their own well-developed mindfulness practice, on the place and effect of mindfulness in psychotherapy. Very helpful for professionals.

Christopher Germer, *The Mindful Path to Self Compassion* (2009, Guilford)

A wonderful book, compassionate, beautifully written and invaluable to anyone wishing to help themselves move from restricted positions of thinking and feeling.

Jonty Heaversedge and Ed Halliwell, *The Mindfulness Manifesto* (2010, Hay House)

A great and helpful book written by a GP and mindfulness writer from their own experiences of practice.

Carl Jung, *Memories, Dreams, Reflections* (1989, Vintage)

Classic autobiography of the famous Swiss psychologist.

R. Kingerlee, *The Therapy Experience: How Human Kindness Heals* (2006, PCCS Books)

Written by a psychologist and CAT therapist, this offers an understanding of the therapy process.

J. Kornfield, *A Path with Heart: A Guide through the Perils and Promises of Spiritual Life* (1994, Shambhala)

An excellent introduction to living a spiritually based life. Gives meditations and visualisations for everyday life.

J. Kornfield, *After the Ecstasy, The Laundry* (2000, Rider)

A very grounded book about bringing mindfulness practice into everyday life and the pitfalls that can occur.

Thich Nhat Hanh (1975) *The Miracle of Mindfulness*. London: Vermillion (2002, Beacon Press).

The first of this Vietnamese Zen Buddhist teacher's many books about mindfulness in everyday life.

Thich Nhat Hanh, *Anger: Wisdom for Cooling the Flames* (2001, Riverhead)

Thich Nhat Hanh focuses on his understanding of anger and its expression and offers mindfulness practices for being with angry feelings.

S. Saltzberg, *Loving Kindness* (1995, Shambhala)

A warm, practical book with many practical exercises about working with loving kindness.

S. Saltzberg, *A Heart as Wide as the World* (1999, Shambhala)

This book offers a collection of Zen Buddhist stories that are encouraging and heart-warming.

Charles Tart, *Living the Mindful Life* (1994, Shambhala)

A practical book about practising meditation and mindfulness.