

## Sweet Track Spiritual Counselling, Book List, Level 4 & 5

There are so many good books available out there, and it's a difficult to choice of what books to put here and what not. However, all the books with a star and in bold are the recommended course books, the others are for your own research.

### Course Requirement:

\***Johanson and Kurtz . (1991). Grace Unfolding: Psychotherapy in the Spirit Of the Tao-the Ching. Bell Tower US**

### Recommended Overall

\***Cortright. (1997) Psychotherapy and Spirit. SUNY Press.**

\***Epstein M (1998) Going to Pieces without Falling Apart: A Buddhist Perspective on Wholeness. Broadway**

\***Garrett M, T. (1998) Walking on the Wind: Cherokee Teachings for Harmony and Balance. Bear & Company**

\***Gendlin. Focusing Orientated Psychotherapy. Guilford Press.**

\***Johnson, D, H. (1991) Body, Recovering Our Sensual Wisdom. North Atlantic**

\***Needleman, J. (2008). Why Can't We Be Good? Tarcher. US**

\***Stanislav Grof Christina Grof, Spiritual Emergency, Tarcher/Putman**

\***Yalom, I. (2001) The Gift of Therapy. Piaktus**

### Astrology

\***Greene, L. (1984). The Astology of Fate. Weiser**

\***Rudhyar, D. (1991). The Astrology of the Personality. Aurora Press**

### Mindfulness

\***Bien, T, (2006) Mindful Therapy: A Guide for Therapists and Helping Professionals , Wisdom Publications**

\***Eckhart, T. (1999) The Power of Now. Hodder & Stoughton: London**

\***Hahn, T. N. (1975) Miracle of Mindfulness. Rider: UK**

### Supervision

\***Hawkins P. and Shohet R. 1989/2000 Supervision in the Helping Professions Milton Keynes Open University Press**

### Research

\***Braud and Anderson. Transpersonal Research Methods for the Social Sciences. Sage.**

\***McLeod. Qualitative Research in Counselling and Psychotherapy. Sage**

### Eco-Psychology

\***Kumar, S. (2009) Earth Pilgrim , Green Books ISBN 978 1 900322 57 7**

### Psychosynthesis

\***Parfitt, W. (2006) Psychosynthesis, the elements & beyond, PS Avalon, UK**

\***Rowan, J. (1990) Subpersonalities: The People Inside Us London: Routledge.**

\***Whitmore, D, (1995) Counselling in Action, Sage UK**

### Gestalt Practice

\***Perls, F, (1989)The Gestalt Approach & Eyewitness to Therapy, S&B Books US**

### Person Centred Approach

\***Mearns, D. & Thorne, B. (1999) Person-Centred Counselling in Action. (2<sup>nd</sup> ed) Sage**

### Body Psychotherapy

\***Lowen, A. (1988) The Spirituality of the Body. Bioenergetics for Grace & Harmony. Alachua, FL: Bioenergetics Press**

\***Lowen, A. The Language of the Body, Bioenergetic Press**

\***Totton, N. (2003) Body Psychotherapy: An Introduction. Maidenhead: Open University Press**

### Transpersonal Psychology

\***Wilber, K. (1998)The Essential Ken Wilber: An Introductory Reader, Shambhala**

### Existential Approach

\***Yalom, I. (1989) Loves Executioner & other Tales of Psychotherapy. Penguin**

### Jungian Approach

\***Jung, C.G., Man and His Symbols, Picador**

### Psychodynamic Approach

\***Gomez, L. An Introduction to Object Relations. Free Association Press**

### Survivors of Child Abuse

\***Bradshaw, J. (1990) Home Coming: Reclaiming, & Championing Your inner Child. Piaktus**

### Stories & Art

\***Estes, C, A. (1992) Women who Run with the Wolves. Rider**

### Death

\***Fenwick, P & E, The Art of Dying, Continuum**

\***Parfitt, W. (2008) The Something & Nothing of Death, PS Avalon**

**\*Sogyam Rinpoche , The Tibetan Book of the Dead, Rider**

### **Kabbalah**

**\*Parfitt, W. (2001) The Complete Guide to the Kabbalah, Rider, UK**

### **Other Books for Research**

- Ainscough C & Toon K, (2000) Breaking Free: Help for Survivors of Child Sexual Abuse Sheldon Press
- Assagioli, R (2008) Transpersonal Development, Inner Way, UK
- BACP (2007) Ethical Framework for Good Practice in Counselling & Psychotherapy. Lutterworth: BACP
- Bailey, P. (1993) Practical Counselling Skills. Winslow
- Bandler, R. & Grinder, J. (1979) Frogs into Princes: Neuro Linguistic Programming. Eden Grove
- Bannister, D. & Fransella, F. (1986) Inquiring Man. 3rd Edition. London: Croom Helm.
- Bass, E. & Davis, L. (1988) The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse. Cedar
- Bauby, J. D. (1997) The Diving Bell & the Butterfly. Fourth Estate
- Bazier, D. Zen Therapy, Constable
- Beck, J. C. & Becker, C. (1991) Everyday Zen.
- Bender, M. et al (1998) The Therapeutic Purposes of Reminiscence
- Bender, S. (2001) Keeping a Journal You Love. Walking Stick Press
- Benson, J. (1987) Working more Creatively with Groups. Routledge: ISBN 0415075874
- Berman, M. & Brown, D. (2000) The Power of Metaphor. Crown House Publishing
- Berne, E. (1964) Games People Play. Ballantine
- Berne, E. What do you Say after You Say Hello? Andre Deutch
- Bion, W.R. (1990) Experiences in Groups. Routledge: ISBN 0415040205
- Bolton, G et al (2004) Writing Cures: An Introductory Handbook of Writing in Counselling & Psychotherapy. Brunner-Routledge
- Bolton, G. (2000) Reflective Practice: Writing & Professional Development. Sage
- Bor, R. & Palmer, S. (1999) The Trainee Handbook: A Guide for Counselling & Psychotherapy Trainees. Sage
- Bozarth, J. (1998) Person-Centred Therapy: A Revolutionary Paradigm. PCCS Books
- Bradshaw, J. (1999) Creating Love. Piaktus
- Brazier, D. (ed) (1993) Beyond Carl Rogers: Towards a Psychotherapy for the 21<sup>st</sup> Century. Constable
- Bruna Sea, I. & Heenan, M.C. (1998) Feminism & Psychotherapy. Sage ISBN 0761951911
- Bubbenzer, D. & West, J. (1993) Counselling Couples. Sage
- Burns, R.B. (1979) The Self Concept: Theory, Measurement, Development and Behaviour. London: Longman.
- Buzan, T. Use Your Head. BBC
- Carrol, M. (1996) Counselling Supervision; Theory, Skills & Practice. Cassell: ISBN 030432938X
- Carroll, M. (1996) Workplace Counselling. Sage
- Carroll, M. (1997) Handbook of Counselling in Organisations. Sage
- Clarkson, P. (1999) Gestalt Counselling in Action. Sage
- Conger John P. (1994) The Body in Recovery: Somatic Psychotherapy and the Self . Frog Books
- Corey, G. et al (2003) Group Techniques. Brooks/Cole: ISBN 0534612679
- Cortright. (2007) Integral Psychology. SUNY Press.
- Crowley, V. (2000) A Woman's Kabbalah, Thorsons UK
- Culley, S. (1990) Integrative Counselling Skills in Action. Sage
- Culley, S. (1991) Integrative Counselling in Action. Sage
- Curwen, B. et al (2000) Brief Cognitive-Behavioural Therapy. Sage
- D'Ardenne, P. & Mahtani, A. (1999) Transcultural Counselling in Action. Sage
- Davies, D. & Neal, C. (1996) Pink Therapy: A Guide for Counsellors & Therapists Working with Lesbian, Gay & Bisexual Clients. Open University Press
- Dickson, A. (1985) The Mirror Within: A New Look at Sexuality. Quartet
- Dream Power, Faraday, A., Berkeley, U.S., 1972
- Dryden, W. (1989) Key Issues for Counselling in Action. Sage: ISBN 0803980523
- Dryden, W. (1992) Hard-Earned Lessons from Counselling in Action. Sage: ISBN 0803986696
- Dryden, W. (1992) Integrative & Eclectic Therapy. Open University Press
- Dryden, W. (1995) Issues in Professional counsellor Training. Cassell: ISBN 0340329789
- Dryden, W. (1995) The Stresses of Counselling in Action. Sage: ISBN 0803989962
- Dryden, W. (ed.) (1996) Handbook of Individual Therapy. Sage
- Dryden, W. & Thorne, B. (1991) Training & Supervision for Counselling in Action. Sage: ISBN 0803983360
- Dryden, W. Are You Sitting Comfortably?
- Dzigar Kongtrul, Its Up To you, Shambhala
- Etherington, K (2004) Becoming a Reflective Practitioner: Using Ourselves in Research. JKP: ISBN 1843102595
- Feltham, C. (2004) Problems are us; or is it just me? Braiswick
- Feltham, C. (ed) (1999) Understanding the Counselling Relationship. Sage
- Field, J. (1986) An Experiment in Leisure. London: Virago.
- Frankl, V. (1984) Man's Search for Meaning. Washington Square Press
- Fransella, F. Personal Construct Counselling in Action. Sage
- Goldstein, J & Kornfield, J. (2001) Seeking the Heart of Wisdom: The path of insight meditation. Shambala Classics, Boston & London
- Hanh, T, N. Understanding our Mind. Parallax Press
- Harris, T. (1970) I'm Okay, You're Okay. Jonathan Cape
- Hickey, I. (1992) Astrology: A Cosmic Science. CRCS Publications
- Spiller, J. (1997) Astrology for the Soul. Bantam
- Rienhart, M. (2010) Chiron and the Healing Journey Starwalker Press
- Tomkins, S. (2009) The Contemporary Astrologer's Handbook LSA/Flare
- Hoff, B. (1982) The Tao of Pooh. Mandarin
- House, R. & Totton, N. (eds) (1997) Implausible Professions: Arguments for Pluralism & Autonomy in Psychotherapy & Counselling. PCCS
- Jacobs, M. (1996) In Search of Supervision. Open University Press: ISBN 0335192580

Jacobs, M. (1999) *Psychodynamic Counselling in Action*. Sage

Jacobson, *Integrative Couple Therapy*

Jung, C.G., (1933) *Modern Man in Search of a Soul*, Ark.

Jung, C.G., (1970) *The Collected Works*, Routledge,

Jung, C.G., *On the Nature of the Psyche*, Ark, London

Keane, F. *Letter to Daniel: Despatches from the Heart*. BBC

Kearney, A. (1996) *Counselling, Class & Politics*. PCCS

Keenan, B. (1994) *An Evil Cradling*. BBC

Keleman, S. (1989) *Emotional Anatomy*. Center Press, U.S.

Keleman, S. (1975) *Your Body Speaks Its Mind*. Simon & Schuster

Kindred, G. *The Alchemical Journey*, Hay House

Kirschenbaum, H. & Henderson, V. L. (eds) (1990) *The Carl Rogers Reader: Selections from his Work*. Constable

Kopp, S. *If You Meet the Buddha on the Road, Kill Him*. Bantam

Kornfield, J. (2008) *The Wise Heart: Buddhist psychology for the West*.

Kubler-Ross, E., (1970) *On Death and Dying*, Tavistock,

Kumar, S. (2007) *Spiritual Compass: The Three Qualities of Life*. Green Books.

Lacy, R. *The Complete Guide to Psychiatric Drugs*

Levine, P. (1997) *The Tiger: Healing Trauma - The Innate Capacity to Transform Overwhelming Experiences*. North Atlantic Book.

Levine, S. (2000) *Who Dies?: An Investigation of Conscious Living and Conscious Dying*. Gateway

Lister-Ford, C. (2002) *Skills in Transactional Analysis Counselling & Psychotherapy*. Sage

Lowen, A. *Narcissism*. Touchstone

Mahrer, A. (2004) *Why do Research in Psychotherapy? Introduction to a Revolution*. Whurr: ISBN 1861564414

Mander, G. (1999) *A Psychodynamic Approach to Brief Therapy*. Sage

Meredith, J. *Aphrodites Magic*. O Books

Metzner, R. (1999) *Green Psychology*. Park Street Press

Milner, M (1986) *A Life of One's Own*. Virago

Milner, M. (1971) *On Not Being Able to Paint*. London: Heinemann.

Moore, T. *Care of the Soul*.

Moreno, Z. et al (2000) *Psychodrama, a Surplus Reality & the Art of Healing*. Routledge

Munice, J. et al (1999) *Understanding the Family*. Sage

O'Connell, B. (1998) *Solution-Focussed Therapy*. Sage

Oken, A. (1980). *Alan Oken's Complete Astrologer*. Bantam Book

Page, S. (1999) *The Shadow & the Counsellor: Working with Darker Aspects of the Person, Role & Profession*. Routledge

Palmer, S & McMahon, G. (1997) *Client Assessment*. Sage

Palmer, S. (ed) (1999) *Multicultural Counselling: A Reader*. Sage

Parkinson, F. *Critical Incident Debriefing*

Pederson, P. B. *Culture-Centred Counselling*

Perls, F. (1992) *Gestalt Therapy Verbatim* The Gestalt Journal Press.

Perls, Hefferline, Goodman (1951) *Gestalt Therapy*, Penguin, US

Pilgrim, D. (1997) *Psychotherapy & Society*. Sage

Progoff, I. (1975) *At a Journal Workshop*. Dialogue House Library.

Rainer, T. (1985) *The New Diary: How to Use a Journal for Self Guidance and Expanded Creativity*. Angus and Robertson.

Rogers, C. (1980) *A Way of Being*. Mariner Books.

Rosenburg, L. (2001) *Living in the Light of Death: On the art of being truly alive*.

Rosenburg, L. (2004) *Breath by Breath: The liberating practice of insight meditation*. Shambhala, Boston & London

Roszak, T. (1992) *The Voice of the Earth: An Exploration of Ecopsychology*. Phanes

Rothschild, B. (2000) *The Body Remembers*. Norton Press

Rowan, J & Jacobs, M (2002) *The Therapist's Use of Self*. Open University Press

Rowan, j. (1993) *Transpersonal Psychotherapy in Counselling*, Routledge

Rowan, J. (2001) *Ordinary Ecstasy: The Dialectics of Humanistic Psychology*. Brunner-Routledge

Rudhyar, D. *The Practice of Astrology*. Shambhala.

Rutter, P. (1991) *Sex in the Forbidden Zone*. Mandala

Samuels, A. *Jung & the Post-Jungians*. Routledge

Schwartz-Salant, M. (1998) *The Mystery of Human Relationship: Alchemy & the Transformation of the Self*. Routledge

Schwartz, S. N. *The Mystery of Human Relationship*

Scott, M. & Stradling, S. (2000) *Counselling for Post-Traumatic Stress Disorder*. (2<sup>nd</sup> ed) Sage

Scott, M. et al (1995) *Developing Cognitive-Behavioural Counselling*. Sage

Sheehy, G. (1995) *New Passages: Mapping Your Life Across Time*. Ballantine

Skyner, R. & Cleese, J. (1983) *Families & How to Survive Them*. Mandarin

Spinelli, E. (1989) *The Interpreted World: An Introduction to Phenomenological Psychology*. Sage

Starhawk, *The Pagan Book of living & Dying*, Harper

Staunton, T. (ed.) (2002) *Body Psychotherapy*. Hove, E. Sussex: Brunner-Routledge

Tamaro, S. (1994) *Follow Your Heart*. Mandarin

*The Drama of Being A Child (about to be published completely rewritten)*, Miller, A., Virago,

*The Dream Game*, Faraday, A., Harper, 1976

Thistle, R. (1998) *Counselling & Psychotherapy in Private Practice*. Sage

Totton, N. (2000) *Psychotherapy & Politics*. Sage

Trower, Andrew, and Dryden (1988) *Cognitive-Behavioural Counselling in Action*. Sage

Wilber, K. (2001) *No Boundary, Eastern and Western Approaches to Personal Growth*. Shambhala

Yalom Irvin. *The Gift of Therapy*.

Yalom, I. (1999) *Momma & the Meaning of Life*. Piaktus