

Suggested Readings

Chapter 1

As theorists create new psychoanalytic concepts, they often develop their own terms to describe them. For the reader who is not familiar with psychoanalytic concepts, this can be confusing and overwhelming. In these suggestions for further reading, I have tried to include materials that are relatively easy to understand without a broad background in psychoanalysis.

Gay, P. (1988). *Freud: A life for our time*. New York: Anchor Books. This is a well-documented biography of Freud. His family, the development of psychoanalysis, his work with patients, and his interactions with his colleagues and followers are described.

Freud, S. (1917). *A general introduction to psychoanalysis*. New York: Washington Square Press. These lectures, which make up volumes 15 and 16 of *The Complete Psychological Works of Sigmund Freud*, were given at the University of Vienna. Because he was addressing an audience that was not familiar with psychoanalysis, Freud presents a clear and readable presentation of the importance of unconscious factors in understanding slips of the tongue, errors, and dreams. Furthermore, he discusses the role of drives and sexuality in neurotic disorders.

Gabbard, G. O. (2004). *Long-term psychodynamic psychotherapy: A basic text*. Washington, DC: American Psychiatric Association. This is a brief, clearly written description of how long-term psychoanalysis is conducted. Excerpts from cases illustrate the methods used in long-term psychodynamic therapy.

McWilliams, N. (2004). *Psychoanalytic therapy*. New York: Guilford. Written for students studying to become psychoanalytic therapists, this is a very practical text that will instruct students about issues they may encounter in practicing therapy.

Horner, A. J. (1991). *Psychoanalytic object relations therapy*. Northvale, NJ: Aronson. In a clear manner, Horner describes stages of object relations development and object relations therapy. Important therapeutic issues such as transference, countertransference, neutrality, and resistance are explained. Several case examples show the application of object relations therapy.

Thorne, E., & Shaye, S. H. (1991). *Psychoanalysis today: A casebook*. Springfield, IL: Charles C. Thomas. A variety of case studies featuring patients with a wide range of disorders illustrate the application of psychoanalysis. Included in the 19 cases are dialogues between patient and therapist.

Teyber, E. (2006). *Interpersonal process in psychotherapy: An integrative model* (5th ed.). Belmont, CA: Wadsworth. This textbook is used to help students learn relational therapeutic skills. Many examples of types of relational responses are given. The book focuses on counselor responses to clients rather than on object relations or relational psychoanalysis.

Chapter 2

Jung, C. G. (1956). *Two essays on analytical psychology*. New York: Meridian Books. These essays present core Jungian ideas on the personal and collective unconscious. Included also is information on Jung's view of Freud and Adler and three key archetypes (persona and anima and animus), as well as Jung's approach to psychotherapy.

Jung, C. G. (1963). *Memories, dreams, reflections*. New York: Pantheon Books. Written near the end of his life, these autobiographical recollections describe the development of his ideas and his struggles with his unconscious processes. He also discusses his relationship with Freud and his approaches to psychotherapy.

De Laszlo, V. (1990). *The basic writings of C. G. Jung*. Princeton, NJ: Princeton University. Originally

- published by Random House in 1959, this collection of selected works from Jung includes writings on the psyche, the unconscious, typology, therapy, and human development.
- Harris, A. S. (1996). *Living with paradox: An introduction to Jungian psychology*. Pacific Grove, CA: Brooks/Cole. This short book describes the major features of Jungian personality theory and treatment techniques. Current issues in Jungian psychology and its practice are discussed.
- Whitmont, E. C. (1991). *The symbolic quest*. New York: Putnam. In this overview, Jung's major ideas are presented, along with clinical material that illustrates them. This is a good introduction to Jungian thought.
- Chapter3**
- Ansbacher, H. L., & Ansbacher, R. (Eds.). (1956). *The individual psychology of Alfred Adler*. New York: Basic Books. The editors have compiled many of Adler's writings into this volume. The editorial comments provided by the editors are particularly helpful in understanding how Adler's theory developed.
- Ansbacher, H. L., & Ansbacher, R. (Eds.). (1970). *Superiority and social interest*. Evanston, IL: Northwestern University Press. This book is a compilation of Adler's later writings, mainly between 1931 and 1937. Included are Adler's views on psychotherapy, with ideas on conceptualization and treatment of a variety of psychopathological disorders.
- Ansbacher, H. L., & Ansbacher, R. (Eds.). (1982). *Co-operation between the sexes*. New York: Norton. This is a compilation of Adler's writings on women and men, love and marriage, and sexuality. It will be of interest to those who would like to learn more about Adler's view on gender issues.
- Carlson, J., Watts, R. E., & Maniacci, M. (2006). *Adlerian therapy: Theory and practice*. Washington, DC: American Psychological Association. This is a good description of Adlerian theory of personality and psychotherapy. Information on lifestyle assessment and approaches to therapy and counseling are provided.
- Mosak, H. H., & Maniacci, M. P. (2008). Adlerian psychotherapy. In R. J. Corsini & D. Wedding (Eds.), *Current psychotherapies* (8th ed., pp. 63–106). Belmont, CA: Cengage Brooks/Cole. This chapter by Harold Mosak and Michael Maniacci, leading Adlerian scholars, describes historical, theoretical, and applied aspects of Adlerian psychotherapy.
- Sweeney, T. J. (2009). *Adlerian counseling and psychotherapy: A practitioner's approach* (5th ed.). New York: Routledge. This is a well-written introduction to Adlerian counseling and psychotherapy featuring sections on Adlerian personality theory, wellness, assessment, encouragement, and therapeutic techniques. Also included are sections on counseling children, career counseling, family therapy, marriage therapy, and group work.
- Chapter4**
- Yalom, I. D. (1980). *Existential psychotherapy*. New York: Basic Books. This excellent book, the source for some of the material in this chapter, deals in depth with existential themes that are covered only briefly here. Yalom uses many clinical examples to illustrate existential themes.
- Yalom, I. D. (1989). *Love's executioner*. New York: Basic Books. In this selection of 10 case studies, Yalom demonstrates his existential approach to psychotherapy. The cases are engaging and fully developed.
- Yalom, I. D. (1999). *Momma and the meaning of life: Tales of psychotherapy*. New York: Basic Books. Six cases taken from Yalom's therapeutic work. Well written and interesting reading.
- Bugental, J. F. T. (1987). *The art of the psychotherapist*. New York: Basic Books. Norton. Bugental describes his own in-depth approach to psychotherapy. The book is clear and well organized.
- Deurzen, E. Van. (2009). *Psychotherapy and the quest for happiness*. London: Sage. This book deals with many of life's difficult issues. As the title suggests, the book examines what life's goals should be and whether happiness is a valid goal. The book is one that students who wish to learn more about using existential theory will find helpful.

- Deurzen, E. Van. (2001). *Existential counselling and psychotherapy in practice* (2nd ed.). Thousand Oaks, CA: Sage. This is an excellent overview of existential psychotherapy by one of the most current active and representative existential therapists.
- Deurzen, E. Van, & Kenward, R. (2005). *Dictionary of existential counseling*. London: Sage. This book gives brief definitions of philosophical and therapeutic terms. Included are brief explanations of contributions of existential philosophers and therapists.
- Frankl, V. (1992). *Man's search for meaning*. Boston: Washington Square Press. This very popular book, in its 26th edition, is an autobiographical account of Frankl's own search for meaning during his experience in World War II Nazi concentration camps. Additionally, he describes his development of logotherapy and its basic approaches.

Chapter5

- Kirschenbaum, H. (2009). *The life and work of Carl Rogers*. Alexandria, VA: American Counseling Association. This is both a historical and a therapeutic overview of Carl Rogers. It describes early influences on his life as well as the many contributions he made to the field of psychotherapy.
- Rogers, C. R. (1951). *Client-centered therapy*. Boston: Houghton Mifflin. Rogers's view of the process of therapy and the conditions under which change takes place is described, along with applications to groups, teaching, and individual therapy.
- Rogers, C. R. (1961). *On becoming a person*. Boston: Houghton Mifflin. In one of his best-known books, Rogers provides autobiographical comments as well as his view of psychotherapy. He also addresses broader questions such as the place of research and the applications of client-centered principles for education, family life, and interpersonal relations.
- Rogers, C. R. (1980). *A way of being*. Boston: Houghton Mifflin. Published when Rogers was 78, this book describes changes in events and thoughts over Rogers's life. Of particular interest are his views on the therapist's role in social and political issues.

Chapter6

- Polster, E., & Polster, M. (1973). *Gestalt therapy integrated: Contours of theory and practice*. New York: Brunner/Mazel. This excellent book covers present awareness, figure and ground, contact-boundary, and gestalt experiments. The case illustrations are very well written.
- Passons, W. R. (1975). *Gestalt approaches in counseling*. New York: Holt, Rinehart & Winston. Gestalt experiments and exercises for both individual and group counseling are described systematically and illustrated with examples.
- Clarkson, P. (2004). *Gestalt counselling in action* (3rd ed.). London: Sage. This brief book gives an overview of gestalt counseling with several case examples. There is a focus on the healthy contact cycle and its application to counseling.
- Elliott, R., Watson, J. C., Goldman, R. N., & Greenberg, L. S. (2004). *Learning emotion-focused therapy: The process-experiential approach to change*. Washington, DC: American Psychological Association. Although emotion-focused therapy and the process-experiential approach are described rather than gestalt therapy, the methods are very similar to gestalt therapy. This empirically supported treatment is described in detail. Readers will learn many ways to use the two-chair method.
- Perls, F. (1969). *Gestalt therapy verbatim*. Moab, UT: Real People Press. The beginning of the book includes lectures by Perls and answers to questions from the audience. The second part includes verbatim transcripts of Perls doing dream work, seminars, and weekend workshops.

Chapter7

- Spiegler, M. D., & Guevremont, D. C. (2010). *Contemporary behavior therapy* (5th ed.). Belmont, CA: Wadsworth. This highly readable text gives examples and exercises to explain important behavioral principles and treatment strategies. Included are chapters on cognitive-behavioral therapy and applications to medicine and community psychology, as well as approaches for working with a wide variety of clients.
- Barlow, D. H. (Ed.). (2007). *Clinical handbook of psychological disorders: A step-by-step treatment manual* (4th ed.). New York: Guilford. Each

of the 16 chapters describes research and practical approaches to dealing with different disorders and includes a case example.

Chapter8

- Ellis, A. (1973). *Humanistic psychotherapy: The rational-emotive approach*. New York: McGraw-Hill. Written for the public and the profession, this book shows both the humanistic and the active approach typical of REBT. It shows how the A-B-C model can be applied to therapy.
- Ellis, A., & Harper, R. A. (1997). *A new guide to rational living* (3rd ed.). North Hollywood: Wilshire Books. Written for the public, this self-help book helps individuals recognize their irrational beliefs and overcome emotional disturbances. Suggestions for changing beliefs and homework to bring about change are given.
- Dryden, W. (2009). *How to think and intervene like an REBT therapist*. New York: Routledge. This book, geared toward novice therapists, demonstrates how experienced therapists use REBT interventions with clients. There are many examples of therapist/patient dialogues, as well as illustrations of typical beginner errors.
- Ellis, A. (1996). *Better, deeper, enduring brief therapy: The rational emotive behavior therapy approach*. New York: Brunner/Mazel. This book gives a good perspective on how to apply REBT to a variety of client problems. These include anger, low frustration tolerance, and irrational beliefs. Since REBT is a brief approach, many of the concepts can be applied to REBT in general, but Ellis does address specific issues dealing with brief therapy.
- Dryden, W., & Ellis, A. (2003). *Albert Ellis live!* London: Sage. Other than an introductory chapter describing REBT, this book consists of five demonstration sessions that Ellis had with audience members. Each chapter is followed by a dialogue and includes Dryden's comments on Ellis's responses.
- David, D., Lynn, S. J., & Ellis, A. (Eds.). (2010). *Rational and irrational beliefs: Research, theory, and clinical practice*. New York: Oxford University Press. This book is written for psychotherapy practitioners, students, and academic psychologists. It focuses on the key theoretical construct of REBT, irrational and rational

beliefs, and the relationship of irrational beliefs to psychopathology and rational beliefs to emotional health. The book describes the A-B-C-D-E model and contains a comprehensive review of both research and theory.

Chapter9

- Beck, J. S. (1995). *Cognitive therapy: Basics and beyond*. New York: Guilford. Written by Aaron Beck's daughter, Judith, this is an excellent overview of cognitive therapy. Diagrams and case examples add to the clarity of this book.
- Beck, J. S. (2005). *Cognitive therapy for challenging problems: What to do when the basics don't work*. New York: Guilford. This book follows up on the previous book (Beck, 1995). Judith Beck gives many suggestions and uses examples to help therapists deal with problems that occur in cognitive therapy.
- Wills, F. (2009). *Beck's cognitive therapy: Distinctive features*. New York: Routledge/Taylor & Francis Group. Divided into two parts, the first part describes Beck's theory of cognitive therapy. The second part describes ways to apply cognitive therapy to client problems.
- Freeman, A., & Dattilio, F. M. (1992). *Comprehensive casebook of cognitive therapy*. New York: Plenum. A brief explanation of treatment strategy along with a case history are given for about 30 different psychological disorders and/or patient populations. The case examples are particularly helpful in understanding a cognitive therapy conceptualization of psychological dysfunction.

Chapter10

- Glasser, W. (1998). *Choice theory: A new psychology of personal freedom*. New York: HarperCollins. Glasser replaces control theory with choice theory. He focuses on applications to marriage, family, school, and work.
- Glasser, W. (1965). *Reality therapy: A new approach to psychiatry*. New York: Harper & Row. Although many of the concepts in this book have been modified, the basic principles of reality therapy still pertain. Glasser's writings include many case examples, making his work easy to read and understand.

Glasser, W. (2000). *Counseling with choice theory*. New York: HarperCollins. Each chapter is a case study or a continuation of a case study that illustrates Glasser's use of choice theory with a variety of relationship problems. The style is interesting and easy to follow.

Wubbolding, R. (2000). *Reality therapy for the 21st century*. Philadelphia: Brunner-Routledge. Wubbolding describes the basics of choice theory and how to use reality therapy with individuals, groups, and families. He describes the history of reality therapy, use with individuals from a variety of cultures, and research supporting the effectiveness of reality therapy.

Wubbolding, R. E. (1988). *Using reality therapy*. New York: Harper & Row. Focusing on the application of reality therapy, Wubbolding explains techniques such as the use of paradox, questioning, and ways to implement reality therapy. Applications to marriage and family counseling are also included.

Chapter 11

Brown, L. S. (2010). *Feminist therapy*. Washington, DC: American Psychological Association. Many issues that bring feminist therapy and theory together are discussed. The explanation of feminist therapy is clear and concise. The frequent use of case material helps illustrate the applications of feminist therapy.

Jordan, J. V. (2010). *Relational-cultural therapy*. Washington, DC: American Psychological Association. Jordan describes the relational cultural approach of the Stone Center in Wellesley, Massachusetts, that she and her colleagues have developed over a number of years. Using excellent case studies, she explains how feminist therapy can be used to make the relationship between client and therapist a helpful one that can empower the client and bring about positive change.

Enns, C. Z. (2004). *Feminist theories and feminist psychotherapies: Origins, themes, and variations* (2nd ed.). New York: Haworth. The history of feminist therapy and its principles and variations are summarized. Many types of feminist therapy are also described. Many of the chapters are devoted to feminist therapy and cultural issues and concerns.

Worell, J., & Remer, P. (2003). *Feminist perspectives in therapy: Empowering diverse women*. Hoboken, NJ: Wiley. Topics such as assessment and therapeutic approaches are explained in some detail. Culture, gender-role, and power issues are described along with therapeutic approaches to them. Also, approaches to depression, sexual assault, abuse, and working with lesbian and ethnic minority women are described.

Rabin, C. L. (Ed.). (2005). *Understanding gender and culture in the helping process: Practitioners' narratives from global perspectives*. Belmont, CA: Thomson Wadsworth. Using narrative therapy to help people from many different cultures, the chapters illustrate a very diverse set of issues that people face where the cultural and gender concerns represent complex social values. The case examples that are in most chapters are enlightening.

Chapter 12

Bitter, J. (2009). *Theory and practice of family therapy and counseling*. Belmont, CA: Brooks/Cole Cengage. An extensive textbook on family therapy, this book has three chapters on the basic techniques of family therapy and 11 chapters on theories and techniques of family therapy. There are two chapters on the integration of theories of family therapy. The case examples are excellent and frequent.

Goldenberg, I., & Goldenberg, H. (2008). *Family therapy: An overview* (7th ed.). Belmont, CA: Brooks/Cole. Significant theories of family therapy are discussed fully. The background and use of a variety of theoretical approaches are explained in this readable text.

Nichols, M. P. (2008). *Family therapy: Concepts and methods* (8th ed.). Boston: Allyn & Bacon. A more extensive text than that of Goldenberg and Goldenberg, this book goes into detail on many systems of family therapy and their development. Discussion of the history as well as the current trends affecting family therapy is extensive.

Minuchin, S. (1974). *Families and family therapy*. Cambridge, MA: Harvard University Press. This excellent description of Minuchin's the-

ory of structural family therapy is well illustrated with transcripts of therapy sessions. Many techniques are explained, along with their application to different families.

- Madanes, C. (1981). *Strategic family therapy*. San Francisco: Jossey-Bass. Describing her approach and that of her former husband, Jay Haley, to strategic family therapy, Madanes explains basic dimensions and elements of their work. Particularly helpful in understanding strategic family therapy is the presentation of 15 case studies that illustrate innovative interventions, including direct and paradoxical suggestions, as well as the use of metaphor.
- McGoldrick, M., & Hardy, K. V. (2008). *Re-visioning family therapy: Race, culture, and gender in clinical practice* (2nd ed.). New York: Guilford. An extremely comprehensive book, this text has 38 chapters describing ethnic and gender issues as they relate to families. Most chapters contain helpful case studies.

Chapter 14

- Norcross, J. C., & Goldfried, M. R. (Eds.). (2005). *Handbook of psychotherapy integration* (2nd ed.). New York: Oxford University Press. A very thorough treatment of integrative psychotherapy, this handbook contains chapters written by the developers of more than 15 different approaches to therapeutic integration. Other chapters describe types of integrative approaches, training, outcome research, and future directions in the development of integrative psychotherapy.
- Wachtel, P. L. (1997). *Psychoanalysis, behavior therapy and the relational world*. Washington, DC: American Psychological Association. The integration of psychoanalysis and behavior analysis is explained, along with an overview of anxiety, learning, and psychoanalysis. The first chapters are a reprint of Wachtel (1977). The last seven chapters update the theory as it relates to modifications in psychoanalysis, cognitive-behavior theory, and constructivism.
- Prochaska, J. O., & Norcross, J. C. (2010). *Systems of psychotherapy: A transtheoretical analysis* (7th ed.). Belmont, CA: Brooks/Cole-Cengage. Chapter 16 provides a good overview of the transtheoretical model as developed by Prochaska, Norcross, and their colleagues.
- Lazarus, A. A. (1997). *Brief but comprehensive psychotherapy: The multimodal way*. Baltimore: Johns Hopkins University Press. Lazarus describes multimodal therapy, its techniques and its application. Case material is included, along with explanations about the use of multimodal therapy as it relates to efficient treatment.

References

Chapter 1

Note: References to Sigmund Freud are from the *Complete Works of Sigmund Freud* published by Hogarth Press, London.

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