

**CCS5005: Advanced Practice & Counselling Issues**  
**Special Topics Reading List**

**1. Conflict and Anger**

- Beck, A.T. (1999). *Prisoners of Hate: The Cognitive Basis of Anger, Hostility and Violence*. Harper Collins.
- Davies, D. (2009). *Overcoming Anger & Irritability*. Robinson.
- DiGiuseppe, R. & Tafrate, R.C. (2007). *Understanding Anger Disorders*. Oxford University Press.
- Parker Hall, S. (2009). *Anger, Rage and Relationship - an Empathic Approach to Anger Management*. Howe: Routledge.
- Mann, D. & Cunningham, V. (Eds.). (2009). *The Past in the Present: Therapy Enactments and the Return of Trauma*. Routledge.
- Maroda, K. (2010). *Psychodynamic techniques*. Guilford Press.
- Maroda, K. (2004). *The Power of Countertransference*. (2nd Ed). Hillsdale: The Analytic Press.
- Parker Hall, S. (2009). *Anger, Rage and Relationship - an Empathic Approach to Anger Management*. Routledge.
- Pascual-Leone, A., Gilles, P., Singh, T. Scheff, T. & Retzinger, S. (2002). *Emotions and Violence: Shame and Rage in Destructive Conflicts*. Universe.

**2. Transference & Countertransference in Psychotherapy**

- Casement, P. (1985). *On Learning from the Patient*. Tavistock Publications.
- Casement, P. (1990). *Further Learning from the Patient*. Routledge.
- Grant, J. & Crawley, J. (2002). *Transference & Projection*. Open University Press.
- Likierman, M. (2001). *Melanie Klein: Her Work in Context*. Continuum.
- Maroda, K. (2010). *Psychodynamic techniques*. Guilford Press.
- Maroda, K. (1998). *Seduction, Surrender & Transformation*. The Analytic Press.
- Maroda, K. (1994). *The Power of Countertransference*. Jason Aronson Inc.
- Mitchell, S. (1988). *Relational concepts in Psychoanalysis*. Harvard University Press.
- Racker, H. (1968). *Transference & Countertransference*. Exeter, Devon: A. Wheaton & Co.
- Shmukler, D. (2017). *Supervision in Psychoanalysis & Psychotherapy: A Case Study & Clinical Guide*. Routledge.
- Szasz, T. (1963). The concept of transference. *Internat. J. Psycho-Anal.*, 44: 432-443.

### **3. Existential Issues in Psychotherapy**

Cooper, M. (2016). *Existential Therapies*. (2nd Ed.). Sage.

du Plock, Simon. (1997). *Case Studies in Existential Psychotherapy and Counselling* (Wiley Series in Psychotherapy and Counselling). Blackwell.

van Deurzen, E. (2012). *Existential Counselling & Psychotherapy in Practice*. Sage.

van Deurzen, E. (1998). *Paradox & Passion in Psychotherapy: An Existential Approach to Therapy and Counselling* (Existential Perspectives on Psychotherapy & Counselling). John Wiley & Sons.

Yalom, I.D. (1980). *Existential Psychotherapy*. Basic Books.

### **4. Bereavement & Loss**

Bonanno, G. (2009). *The other side of sadness: what the new science of bereavement tells us about life and loss*. Basic Books.

Bowlby, J. (1980). *Attachment & Loss - Volume 3*. Basic Books.

Gross, R. (2015). *Understanding Grief: An Introduction*. Routledge.

Klass, D. (1996). *Continuing Bonds: New Understandings of Grief*. Taylor & Francis.

Kubler-Ross, E. (2009). *On Death & Dying*. Routledge.

Kubler-Ross, E. & Kessler, D. (2000). *Life Lessons: How our Mortality can teach us about Life and Living*. Simon & Shuster.

Lewis, C.S. (1963). *A Grief Observed*. Seabury Press.

Lendrum, S. & Syme, G. (1992). (2nd Ed.) *Gift of Tears: A Practical Approach to Loss and Bereavement in Counselling and Psychotherapy*. Brunner-Routledge.

Lukas, C. & Seiden, H.M. (1990). (2nd Ed.) *Silent Grief: Living in the Wake of Suicide*. Jessica Kingsley Pub.

Machin, L. (2009). *Working with Loss and Grief – A New Model for Practitioners*. Sage Publications.

Murray Parkes, C. (1966). *Bereavement: Studies of Grief in Adult Life*. Routledge.

Neimeyer, R. (2000). *Meaning Reconstruction and the Experience of Loss*. Washington DC: APA.

Neimeyer, R. (Ed.). (2016). *Techniques of Grief Therapy: Assessment & Intervention*. Routledge.

Stroebe, M.S., Stroebe, W., Hansson, R.O. (1993). *Handbook of Bereavement*. Cambridge: Press Syndicate:

Wertheimer, A. (2008). *A Special Scar: The Experiences of People Bereaved by Suicide*. (2nd. Edition). Routledge.

Worden, W. (2001). *Grief Counselling and Grief Therapy*. (3rd Ed). Routledge.

Yalom, I. D. (2008). *Staring at the Sun*. Piatkus.

## **5. Power in Psychotherapy**

Bohart, A. and Tallman, K. (1999). *How Clients make therapy work: The Process of Active Self-Healing*. American Psychological Association.

De Varis, J. (1994). The Dynamics of Power in Psychotherapy. *Psychotherapy: Theory, Research, Practice, Training*, 31(4), 588-593.

Fernando, S. (2010). *Mental Health, Race and Culture*. (3rd edition). Palgrave Macmillan.

Fors, M. (2018). *A Grammar of Power in Psychotherapy: Exploring the Dynamics of Privilege*. American Psychological Association.

Goldberg, A. (2007). *Moral Stealth: How 'correct behavior' insinuates itself into Psychotherapeutic Practice*. University of Chicago Press.

Lago, D and Thompson, J. (2006). *Race, Culture and Counselling: the Ongoing Challenge* (2nd ed.). Open University Press.

Proctor, G. (2002). *The Dynamics of Power in Counselling and Psychotherapy: Ethics, politics and practice*. PCCS Books.

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

Sands, A. (2000). *Falling for therapy: Psychotherapy from a client's point of view*. Palgrave Macmillan.

Spinelli, E. (2006). *Demystifying Therapy*. PCCS Books.

Totton, N. (2009). Power in the Therapy Room. *Therapy Today*, Vol.20, Issue 7.

Wosket, V. (1999). *The Therapeutic Use of Self: Counselling Practice, Research & Supervision*. Routledge.

## **6. Projective Identification**

Gomez, L. (1997). *An Introduction to Object Relations*. University Press.

Grant, J. & Crawley, J. (2002). *Transference & Projection*. Open University Press.

Greatrex, T. M. D. (2002). Projective identification: How does it work? *Neuro-Psychoanalysis*, 4(2): 187-197.

Grotstein, J. (1985) *Splitting and Projective Identification*. Jason Aronson.

- Segal, H. (1974). Introduction to the Work of Melanie Klein. , Basic Books
- Klein, M. (1946). Notes on some schizoid mechanisms. International Journal of Psycho-Analysis., 27: 99-110.
- Lewis, R. M.D. (2001) Projective identification revisited: Listening with the limbic system. [www.bodymindcentral.com](http://www.bodymindcentral.com)
- Likierman, M. (2001). Melanie Klein: Her Work in Context. Continuum.
- Mann, D. & Cunningham, V. (Eds.). (2009). The Past in the Present: Therapy Enactments and the Return of Trauma. Routledge.
- Maroda, K. (1998). Seduction, Surrender & Transformation. The Analytic Press.
- Ogden, T.H. (1979). On projective identification. International Journal of Psycho-Analysis, 60: 3573.
- Ogden, T. (1992). Projective Identification & Psychoanalytic Technique. Taylor & Francis.
- Sandler, J. (Ed.). (1987). Projection, Identification, Projective Identification. Karnac.
- Scharff, J. (1992). Projective and Introjective Identification and the Use of the Therapist's Self. Jason Aronson
- Spillius, E., & O'Shaughnessy, E. (Eds.). (2012). New library of psychoanalysis. Projective identification: The fate of a concept. Routledge/Taylor & Francis Group.

## **7. Erotic Transference**

- Mann, D. (Ed). (1999). Erotic Transference and Countertransference (Clinical Practice in Psychotherapy). Routledge.
- Mann, D. (1997). Psychotherapy: An Erotic Relationship - Transference and Countertransference Passions. Routledge.
- Maroda, K. (1998). Seduction, Surrender & Transformation. The Analytic Press.
- Maroda, K. (1994). The Power of Countertransference. Jason Aronson Inc.
- Racker, H. (1968). Transference & Countertransference. A. Wheaton & Co.
- Schaverien, J. (2006). Gender, Countertransference and the Erotic Transference: Perspectives from Analytical Psychology and Psychoanalysis. Routledge.
- Wrye, H.K. & Welles, J.K. (2013). The Narration of Desire: Erotic Transferences and Countertransferences. Routledge.

## **8. Shame Within Relational Processes**

- Bradshaw, J. (1988). Healing the Shame that Binds You. Health Communications Inc.

- De Young, P. (2015). *Understanding and Treating Chronic Shame: A Relational/Neurobiological Approach*. Routledge.
- Erskine, R.G. (1994). Shame and Self Righteousness: Transactional Analysis Perspectives and Clinical Interventions. *Transactional Analysis Journal*, April, 24(2).
- Evans, K. (1994). Healing Shame: A Gestalt Perspective. *Transactional Analysis Journal*, April, 24(2).
- Hahn, W. K. (2000). Shame: Countertransference Identifications in Individual Psychotherapy. *Psychotherapy*, 37, 10-21.
- Kaufman, G. (1993). *The Psychology of Shame*. Routledge.
- Lewis, M. (1992). *Shame: The Exposed Self*. Free Press.
- Levine, S. (1992). *Poiesis: The Language of Psychology and the Speech of the Soul*. Jessica Kingsley.
- Mollon, P. (2002). *Shame and Jealousy: The Hidden Turmoils*. Routledge.
- Moore, T. (1992). *Care of the Soul: How to add Depth and Meaning to your everyday Life*. Piatkus Books.
- Morrison, A. (1989). *Shame: The Underside of Narcissism*. Hillsdale, NJ: Lawrence Erlbaum.
- Morrison, A. P., & Stolorow, R. D. (1997). Shame, Narcissism, and intersubjectivity. In M. R. Lansky & A. P. Morrison (Eds.), *The widening scope of shame* (pp. 63-87). Mahwah, NJ, US: Analytic Press.
- Nathanson, D. L. (1992). *Shame and Pride: Affect, sex, and the birth of the self*. W.W. Norton.
- Nathanson, D.L. (ed.), (1987). *The Many Faces of Shame*. Guilford Press.
- Sanderson, C. (2015). *Counselling Skills for Working with Shame*. Jessica Kingsley Publishers.

## **9. Suicide & Related Issues**

- Bonanno, G. (2009). *The other side of sadness: what the new science of bereavement tells us about life and loss*. Basic Books.
- Bowlby, J. (1980). *Attachment & Loss - Volume 3*. Basic Books.
- Gross, R. (2015). *Understanding Grief: An Introduction*. Routledge.
- Klass, D. (1996). *Continuing Bonds: New Understandings of Grief*. Taylor & Francis.
- Kubler-Ross, E. (2009). *On Death & Dying*. Routledge.
- Kubler-Ross, E. & Kessler, D. (2000). *Life Lessons: How our Mortality can teach us about Life and Living*. Simon & Shuster.
- Lewis, C.S. (1963). *A Grief Observed*. Seabury Press.

- Lendrum, S. & Syme, G. (1992). (2nd Ed.) Gift of Tears: A Practical Approach to Loss and Bereavement in Counselling and Psychotherapy. Brunner-Routledge.
- Lukas, C. & Seiden, H.M. (1990). (2nd Edi). Silent Grief: Living in the Wake of Suicide. Jessica Kingsley Pub.
- Machin, L. (2009). Working with Loss and Grief – A New Model for Practitioners. Sage Publications.
- Murray Parkes, C. (1966). Bereavement: Studies of Grief in Adult Life. Routledge.
- Neimeyer. R. (2000). Meaning Reconstruction and the Experience of Loss. APA.
- Neimeyer. R. (Ed.). (2016). Techniques of Grief Therapy: Assessment & Intervention. Routledge.
- Stroebe, M.S., Stroebe, W., Hansson, R.O. (1993). Handbook of Bereavement. Cambridge Press Syndicate
- Wertheimer, A. (2008). A Special Scar: The Experiences of People Bereaved by Suicide. (2nd. Edition). Routledge.
- Worden, W. (2001). Grief Counselling and Grief Therapy. (3rd Ed). Routledge.
- Yalom, I. D. (2008). Staring at the Sun. Piatkus.

## **10. The Use of Self in Psychotherapy - cf. no. 2, 5, 6, 8 & 14.**

### **11. Trauma**

- Baer, R.K. (2008). A Life in Pieces. Random House.
- Courtois, C. & Ford, J. (2009). Treating Complex Traumatic Stress Disorders. The Guildford Press.
- Dana, D.A. & Porges, S.W. (2018). The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation. WW. Norton & Co.
- Fisher, J. (2017). Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation. Routledge.
- Fisher, J. & Ogden, P. (2015). Sensorimotor Psychotherapy: Interventions for Trauma and Attachment. W.W. Norton.
- Fisher, J. & Ogden, P. (2011). Retraining the Brain: Harnessing our Neuralplasticity. Psychotherapy Networker. March 2011.
- Herman, J.L. (1992). Trauma and Recovery. Basic Books.
- Kalsched, D. (2014). The Inner World of Trauma. Routledge.
- Levine, P.A. (2005). Healing Trauma. Sounds True Inc.

- Levine, P.A. (1997). *Walking the Tiger: Healing Trauma*. Berkeley CA: North Atlantic Books.
- Levine, P.A. (2015). *Trauma and Memory*. Berkeley CA: North Atlantic Books.
- Montgomery, A. (2013). *Neurobiology Essentials for Clinicians*. W.W. Norton.
- Rothschild, B. (2000). *The Body Remembers: The Psychophysiology of Trauma & Trauma Treatment*. W.W. Norton.
- Rothschild, B. (2003). *The Body Remembers: Casebook*. W.W. Norton.
- Rothschild, B. (2010). *Eight Keys to Safe Trauma Recovery*. W.W. Norton.
- Schiraldi, G.R. (2009). *The Post-Traumatic Stress Disorder Sourcebook (2nd Ed)*. McGraw Hill: .
- Spiers, T. (ed.) (2001). *Trauma: A practitioner's guide to counselling*. East Sussex: Brunner-Routledge.
- Terr, L. (1994). *Unchained Memories*. Basic Books.
- van der Hart, O., Nijenhuis, R.S. & Steele, K (2006) *The Haunted Self*. W.W. Norton.
- van der Kolk, B.A., McFarlane, A.C. & Weisaeth, L (1996) *Traumatic Stress*. Guilford Press.
- van der Kolk, B.A. (1987). *Psychological Trauma*. American Psychiatric Publishing: Washington DC.
- van der Kolk, B.A. (2015). *The Body Keeps the Score: Mind, Brain and Body in the Transformation of Trauma*. Penguin.

## **12. Spiritual Threads in Psychotherapy**

- Beaumont, H. (2012). *Toward A Spiritual Psychotherapy*. US: North Atlantic Books.
- Carli, A.E.M. (2020). *Spirituality in Psychotherapy : How do Psychotherapists Understand, Navigate, Experience and Integrate Spirituality in their Professional Encounters with Clients?* Leiden: Sidestone Press.
- Land, H. (2014). *Spirituality, Religion, and Faith in Psychotherapy : Evidence-Based Expressive Methods for Mind, Brain, and Body*. Oxford University Press.
- Pargament, K.I. (2011). *Spiritually Integrated Psychotherapy : Understanding and Addressing the Sacred*. Guildford Publications.
- Pearson, W. & Marlo, H. (2020). *The Spiritual Psyche in Psychotherapy : Mysticism, Inter-subjectivity, and Psychoanalysis*. Taylor & Francis.
- Sandage, S.J., Rupert, D., Stavros, G., Devor, N.G. (2020). *Relational Spirituality in Psychotherapy Healing Suffering and Promoting Growth*. US: American Psychological Association.

### **13. Sexual Identity**

- Chu, J. (2003). *Trauma and Sexuality: The Effects of Childhood Sexual, Physical, and Emotional Abuse on Sexual Identity and Behavior*. Routledge.
- das Nair, R. (Ed). & Butler, C. (Ed). (2012). *Intersectionality, Sexuality and Psychological Therapies: Working with Lesbian, Gay and Bisexual Diversity*. John Wiley & Sons.
- Murray, C.E. (2016). *Sexuality Counseling: Theory, Research, and Practice (Counseling and Professional Identity)*. Sage.
- Yarhouse, M. A. (2001). Sexual identity development: The influence of valuative frameworks on identity synthesis. *Psychotherapy: Theory, Research, Practice, Training*, 38(3), 331–341.

### **14. Shadow Aspects of Psychotherapy**

- Bion, W.R. (1962). *Learning from Experience*. Heinemann.
- Bollas, C. (1987). *The Shadow of the Object: Psychoanalysis of the Unthought Known*. Free Association Press.
- Casement, P. (1985). *On Learning from the Patient*. Tavistock Publications.
- Casement, P. (1990). *Further Learning from the Patient*. Routledge.
- Casement, P. (2002). *Learning from our Mistakes: Beyond Dogma in Psychoanalysis and Pschotherapy*. Hove, Brunner-Routledge.
- De Young, P. (2015). *Understanding and Treating Chronic Shame: A Relational/ Neurobiological Approach*. Routledge.
- Johnson, R.A. (2011). *Owning Your Own Shadow*. Harper Collins.
- Jung, C.G. (2013). *The Undiscovered Self*. Taylor & Francis.
- Maroda, K. (1998). *Seduction, Surrender & Transformation*. The Analytic Press.
- Shmukler, D. (2017). *Supervision in Psychoanalysis & Psychotherapy: A Case Study & Clinical Guide*. Routledge.
- Von Franz, M. (1995). *Shadow and Evil in Fairy Tales*. (2nd Ed). Colorado: Shambhala Publications Inc.
- Symington, N. (1986). *The Analytic Experience: Lectures from the Tavistock*. Free Association Books.
- Wosket, V. (1999). *The Therapeutic Use of Self*. Routledge.

### **15. Ethical/Legal Issues in Psychotherapy**

- Chandler, K. (2011). In Practice – the avoidance of endings. *Therapy Today*, Vol.22 Issue 7.

- Kramer, S.A. (1990). *Positive Endings in Psychotherapy: Bringing Meaningful Closure to Therapeutic Relationships*. U.S.: Jossey-Bass Inc.
- Yalom, I.D. (2002). *The Gift of Therapy: Reflections on Being a Therapist*. Piatkus.
- British Association for Counselling & Psychotherapy (2010) *Ethical Framework for Good Practice in Counselling and Psychotherapy* (Revised edition). BACP.
- Bond, T. (2009). *Standards and Ethics for Counselling in Action* Sage Publications.
- Carroll, M. and Shaw, E. (2012). *Ethical Maturity in the Helping Professions*. Australia: PsychOz Publications.
- Casement, P. (2002). *Learning from our Mistakes*. Brunner-Routledge.
- Corey, G., Corey, M.S. and Callanan, P. (1988) *Issues and Ethics in the Helping Professions* (3rd edition). Pacific Grove, CA: Wadsworth Publishing.
- Gabriel, L. and Casemore, R. (2009). *Relational Ethics in Practice: Narratives from Counselling and Psychotherapy*. Routledge.
- Gutheil, T.G. & Brodsky, A. (2008). *Preventing Boundary Violations in Clinical Practice*. The Guildford Press.
- IACP Code of Ethics and Practice for Counsellors & Psychotherapists (2018). IACP.
- Jenkins, P. (2002). *Legal Issues in Counselling & Psychotherapy*. Sage Publications.
- Kearns, A. (2011). *The Mirror Crack'd: When good enough therapy goes wrong and other cautionary tales*. Karnac.
- Laken, M. (1988). *Ethical Issues in the Psychotherapies*. Open University Press.
- Pederson, M.R. (1992). *At Personal Risk: Boundary Violations in the Professional-Client Relationship*. NY: W.W. Norton.
- Tribe, R. & Morrissey, J. (2015). *Handbook of Professional and Ethical Practice for Psychologists, Counsellors & Psychotherapists*. (2nd Edition). Routledge.