

Embracing Change: Promoting Recovery

2007 RECOMMENDED READINGS

Are you interested in learning more about topics covered in other workshops at the Summer Institute? The following is a list of recommended readings submitted by workshop faculty to assist you in learning more about the many interesting topics presented at the 36th Summer Institute. Some of these titles may be available at the Borders Bookstore exhibit for your convenience. Enjoy!

#942 ALL SENSORY THERAPEUTIC ROOM

Books

- Hutchinson, R., & Kewin, J. (Eds.) (1994). *Sensations and disability: Sensory environments for leisure, snoezelen, education, and therapy*. Great Britain: ROMPA.

#921 CBT FOR PERSONALITY DISORDERS

- Millon, T. (2000). *Personality disorders in modern life*. (ISBN# 0-471-32355-1)

#925 CBT WITH CHILDREN

- Jongsma, A. (2003). *Adolescent psychotherapy homework planner II*. (ISBN# 0-471-27493-3)

CBT GENERAL

- Heimberg, R. *Making cognitive behavior therapy work: A guide for new practitioners*. (ISBN# 1593851421).....\$32.00

#679 ETHICS IN COUNSELING

- Jones, S. *Ethics for psychologists: A commentary on the APA ethics code*. (ISBN# 1557982597).....\$24.95

DOMESTIC VIOLENCE

- Berry, D. *The domestic violence source book 3rd edition*. (ISBN# 0-7373-0419-7)

#924 MINDFULNESS BASED STRESS REDUCTION

- Brach, T. (2003). *Radical acceptance: Embracing your life with the heart of a Buddha*. New York: Bantam.
- Germer, C., Siegel, R., & Fulton, P. (2005). *Mindfulness and psychotherapy*. New York: Guilford Press.
- Goldstein, J., & Kornfield, J. (2001). *Seeking the heart of wisdom: The path of insight meditation*. Boston: Shambhala Classics.
- Goleman, D. (2003). *Destructive emotions: How can we overcome them?* New York: Bantam.
- Hayes, S., Follette, V., & Linehan, M. (2004). *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition*. New York: Guilford Press.
- Kabat-Zinn, J. (1994). *Wherever you go, there you are: Mindfulness meditation in everyday life*. New York: Hyperion.
- Kabat-Zinn, J. (1990). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness*. New York: Delta Trade Paperbacks.
- Kabat-Zinn, J. (2005). *Coming to our senses: Healing ourselves and the world through mindfulness*. New York: Hyperion.
- Miller, W. (1999). *Integrating spirituality into treatment: Resources for practitioners*. Washington, DC: American Psychological Association.
- Nhat Hahn, T. (1976). *The miracle of mindfulness: An introduction to the practice of meditation*. Boston: Beacon Press.
- Oliver, M. (1992). *New and selected poems: Volume one*. Boston: Beacon.
- Santorelli, S. (1999). *Heal thy self: Lessons on mindfulness in medicine*. Bell Tower: New York.
- Segal, Z., Williams, J., & Teasdale, J. (2002). *Mindfulness-Based cognitive therapy for depression: A new approach to preventing relapse*. New York: Guilford Press.

- Suzuki, S. (1970). *Zen mind, beginner's mind: Informal talks on Zen meditation and practice*. New York: Weatherhill.
- Teasdale, W. (2001). *The mystic heart: Discovering a universal spirituality in the world's religions*. Novato, CA: New World Library.

#888 MOTIVATIONAL INTERVIEWING

- Miller, W. *Motivational interviewing: Preparing people for change*. (ISBN# 1572305630).....\$42.00

#949 SUICIDAL AND AGGRESSIVE BEHAVIORS

- American Psychiatric Association (2003). *Practice guideline for the assessment and treatment of patients with suicidal behaviors*.
- Ellis, T., & Newman, C. (1996). *Choosing to live: How to defeat suicide through cognitive therapy*. (ISBN# 1-57224-056-3)
- Hoff, L. (2001). *People in crisis: Clinical and public health perspectives*, 5th Edition. (ISBN# 0-7879-5421-7)
- Marcus, P. (2004). Suicide. In K. Fortinash & P. Holoday (Eds.). *Psychiatric mental health nursing*, 3rd Edition. St Louis, MO: Mosby/ Elsevier.
- Roberts, A. (2000). *Crisis intervention handbook: Assessment, treatment, and research*. (ISBN# 0-19-513365-X)
- Shneidman, E. (2001). *Comprehending suicide: Landmarks in 20th - century suicidology*. (ISBN# 1-55798-743-2)

GENERAL:

- Dorman, D. *Dante's cure: A journey out of madness*. (ISBN# 1-5905-1101-8)
- Slater, L. *Opening skinner's box*. (ISBN# 0-393-326551)
- Zailckas, K. *Smashed*. (ISBN# 0-670-03376-6)