

Recommended Reading List

1. The Adolescent Self: Strategies for Self-management, Self-soothing, and Self-esteem in Adolescents
Author: David B. Wexler
2. Becoming Attached
Author: Robert Karen
3. Compassion and Self-Hate
Author: Theodore I. Rubin
4. Complexity of the Self: A Developmental Approach to Psychopathology and Therapy
Author: Vittorio F. Guidano
5. Dissociation and the Dissociative Disorders: DSM-V and Beyond
Edited by: Paul F. Dell and John A. O'Neil
6. Don't Call It Love: Recovery from Sexual Addiction
Author: Patrick Carnes
7. The Emotional Incest Syndrome: What to Do When a Parent's Love Rules Your Life
Author: Dr. Patricia Love and Jo Robinson
8. Healing the Incest Wound: Adult Survivors in Therapy
Author: Christine A. Courtois
9. Loss: Sadness and Depression
Author: John Bowlby
10. Refusing to be a Man: Essays on Sex and Justice
Author: John Stoltenberg
11. The Search for the Self: Selected Writings of Heinz Kohut (1950-1978) Volume I
Edited by: Paul H. Ornstein
12. The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse
Author: Wendy Maltz
13. Sexually Compulsive Behavior: Hypersexuality
Author: Psychiatric Clinics of North America
14. Shame: The Exposed Self
Author: Michael Lewis
15. Too Scared to Cry: How Trauma Affects Children... and Ultimately Us All
Author: Lenore Terr
16. Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life
Author: Susan Forward and Craig Buck
17. Traumatic Relationships and Serious Mental Disorders
Author: Jon G. Allen