

RESOURCES PAGE

Marina Counseling Center
Mindfulness and Psychotherapy June 2010

Week 1 Mindfulness and Psychotherapy

Books *Mindfulness and Psychotherapy*. Eds. Christopher Germer, Ronald Siegel, Paul
Fulton, Guilford Press, 2005.
Radical Acceptance: Embracing Your Life with the Heart of a Buddha. Tara
Brach, Bantam Books, 2003.

Websites: www.mindfulnessandpsychotherapy.org
www.meditationandpsychotherapy.org
www.spiritrock.org
www.psychotherapynetworker.org

Neuroscience of Mindfulness and Psychotherapy

Books *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being*.
Daniel J. Siegel, W.W. Norton, 2007
Mindsight: The New Science of Personal Transformation. Daniel J. Siegel,
Bantam, 2010
The Mindful Therapist: A Clinician's Guide to Mindsight and Neural Integration.
Daniel J. Siegel, W.W. Norton, 2010
The Neuroscience of Psychotherapy: Building and Rebuilding the Human Brain.
Louis Cozolino, W.W.Norton, 2002
*Train Your Mind, Change Your Brain: How a New Science Reveals our
Extraordinary Potential to Transform Ourselves*. Sharon Begley, Ballantine
Books, 2007.
Buddha's Brain: The Practical Neuroscience of Happiness, Love and Wisdom.
Rick Hanson, New Harbinger Publications, 2009.

Websites www.wisebrain.org
www.mindandlife.org

Mindfulness in Cognitive Therapies

Books *Wherever You Go, There You Are*. Jon Kabat-Zinn, Hyperion Books, 1995.
Skills Training Manual for Treating Borderline Personality Disorder, Marsha
Linehan, Guilford Press, 1993.
*The Mindful Path to Self-Compassion: Freeing Yourself from Destructive
Thoughts and Emotions*. Christopher Germer, Guilford Press, 2009
Mindfulness-Cognitive Therapy for Depression. Zinder Segal et al, Guilford
Press, 2002
*Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment
Therapy*. Steven Hayes, New Harbinger, 2005.
*Acceptance and Commitment Therapy: an Experiential Approach to Behavioral
Change*. Steven Hayes, et al., Guilford Press, 1999.

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Mindfulness and Acceptance: Expanding the Cognitive Behavioral Tradition. Steven Hayes, Victoria Follette, Marsha Linehan, Guilford Press, 2004.

Websites: MBSR www.umassmed.edu/cfm.org
DBT www.behavioraltech.com
MBCBT www.mindfulness.ucsd.edu/mbct5day.htm
ACT www.acceptanceandmindfulness.com

Week 2 Mindfulness in Psychodynamic Psychotherapies

Books *The Present Moment in Psychotherapy and Everyday Life.* Daniel Stern,, W.W. Norton, 2004
Attachment and Psychotherapy. David Wallin, Guilford Press, 2007
The Transforming Power of Affect:; A Model for Accelerated Change. Diana Fosha, Basic Books, 2000.
Internal Family Systems Therapy. Richard Schwartz. Guilford Press, 1995

Websites www.aedpinstitute.com
www.internalfamilysystems.org

Mindfulness in Somatic Therapies

Trauma and the Body: A Sensorimotor Approach to Psychotherapy. Pat Odgen et al. W.W. Norton, 2006
Transforming Trauma: EMDR: The Revolutionary New Therapy for freeing the Mind, Clearing the Body and Opening the Heart. Laurel Parnell, W.W. Norton, 1998
A Therapist's Guide to EMDR: Tools and Techniques for Successful Treatment. Laurel Parnell, W.W. Norton, 2006.
Waking the Tiger: Healing Trauma. Peter Levine, North Atlantic Books, 2007. (Somatic Experiencing)
Body, Breath and Consciousness: A Somatics Anthology. Peter Levine, North Atlantic Books, 2004.
Body-Centered Psychotherapy: The Hakomi Method: The Integrative Use of Mindfulness, Non-Violence, and the Body. Ron Kurtz, Life Rhythm, 1997.
Body-Mind Psychotherapy: Principles, Techniques and Practical Applications. Susan Aposhyan, W.W. Norton, 2004.

Websites www.sensorimotorpsychotherapy.org
www.emdria.org
www.traumahealing.com (somatic experiencing)
www.hakomiinstitute.com