



Certified APT-™ Core Training

Reading List

Abbass, A. (2015) *Reaching Through Resistance: Advanced Psychotherapy Techniques*. Seven Leaves Press.

Desmond, T. (2016) *Self-Compassion in Psychotherapy*. New York: W.W. Norton & Company.

Donovan, J, Osborn, K, & Rice, S. (2016) *Paraverbal Communication in Psychotherapy: Beyond the Words*. New York, New York: Rowman and Littlefield.

Gilbert, P. (2010) *Compassion Focused Therapy*. New York, New York: Routledge.

Jacobs Hendel, Hilary (2018). *It's Not Always Depression: Working the Change Triangle to Listen to the Body, Discover Core Emotions, and Connect to Your Authentic Self*. New York, New York: Random House Books.

McCullough, L. et al (2003) *Treating Affect Phobia*. New York, New York: The Guilford Press.

McCullough, L. (1997) *Changing Character*. New York, New York: Basic Books.

Perry, B. & Szalavitz, M. (2006) *The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist Notebook: What Traumatized Children Can Teach Us About Loss, Loving and Healing*. New York, New York: Basic Books.

Rousmanier, T. (2017) *Deliberate Practice for Psychotherapists. A Guide to Improving Clinical Effectiveness*. New York, New York: Routledge, NY.

Siegel, D, J & Solomon, M. (ED) (2013) *Healing Moments in Psychotherapy*. New York, New York: Norton & Company.

Thoma, N & McKay, D. (2014) Working with Emotion in Cognitive-Behavioral Therapy: Techniques for Clinical Practice. New York, New York: Guilford Press.