

Recommended Reading List – Therapy Focus

Brief NLP Therapy; Ian McDermott & Wendy Jago; Sage; ISBN 0-7619-5966-1

Mindsight; Daniel Siegel; Oneworld; ISBN 978-1-85188-793-0

My Voice Will Go With You; ed. Sidney Rosen; Norton; ISBN 978-0-393-30135-9

A Guide To Inclusive Therapy; Bill O'Hanlon; Norton; ISBN 0-393- 70410-6

The Role of Brief Therapy in Attachment Disorders; Lisa Wake; UKCP Karnac; ISBN 978-1-85575-697-7

Neurolinguistic Psychotherapy: A Post Modern Perspective; Lisa Wake; Routledge; ISBN 978-0-415-42541-4

Taproots: Underlying Principles of Milton Erickson's Therapy & Hypnosis; Bill O'Hanlon; Norton; ISBN 978-0-3937-0031-2

The Mindful Therapist; Daniel Siegel; Norton; ISBN 978-0-393-70645-1

Solution Oriented Therapy; Bill O'Hanlon & Tim Rowan; Norton; ISBN 0-393-70423-8

Healing Moments in Psychotherapy; Daniel Siegel & Marion Solomon; Norton; ISBN 978-0-393-70762-5

The Language of Change; Paul Watzlawick; Norton; ISBN 0-393-31020-5

Beliefs: Pathways to Health & Well-Being; Dilts/Hallbom/Smith; Metamorphous; ISBN 1- 55552-029-4

The Matrix Model; L.Michael Hall; Neuro-Semantics Pubs; ISBN 1-890-001-22-8

The User's Manual for the Brain; Bodenhamer & Hall; Crown House; ISBN 189983632-2

The Inner Game of Tennis; Timothy Gallwey; Pan; ISBN 978-0-330-29513-0

Wherever You Go, There You Are; Jon Kabat-Zinn; Patkus; ISBN 978-07499-2548-2

The Tao Of Abundance; Laurence G. Boldt; Penguin Arkana; ISBN 0-14-019606-4

Change; Watzlawick, Weakland & Fisch; Norton; ISBN 978-0-393-70706-9

Even from a Broken Web; O'Hanlon & Bertolino; Norton; ISBN 978-0-393-70394-8

The New People Making; Virginia Satir; Science & Behavior Books; ISBN 978-0-8314-0070-5

Compassion: Conceptualisations Research & Use in Psychotherapy; ed. Paul Gilbert; ISBN 978-1-58391-983-5

Values & Ethics in the Practice of Psychotherapy & Counselling; ed. Barnes & Murdin; OUP; ISBN 0-335-20475-9