

SELF-HELP RESOURCES AND WORKBOOKS

Helpful Websites

- National Institute of Mental Health. www.nimh.nih.gov/health/publications
- Psychology Self-Help Resources on the Internet. www.psywww.com/resource/selfhelp.htm
- Sidran Institute: Traumatic Stress Education and Advocacy. www.sidran.org
- Male Survivors: Overcoming Sexual Victimization of Boys and Men. www.malesurvivor.org
- Recovery from Sexual Abuse: Blog Carnival. www.recoveryfromsexualabuse.blogspot.com
- Adult Survivors of Child Abuse. www.ascasupport.org
- David Baldwin's Trauma Information Pages. www.trauma-pages.com/support.php
- International Society for the Study of Trauma and Dissociation. www.isst-d.org/links-lists/links-selfhelp.htm
- Survivors Network of Those Abused by Priests. www.snapnetwork.org

Addiction

- Fanning, P., & O'Neill, J. T. (1996). *The addiction workbook: A step-by-step guide for quitting alcohol and drugs*. Oakland, CA: New Harbinger.
- Miller, D., & Guidry, L. (2001). *Addictions and trauma recovery*. New York: Norton.
- Najavits, L. (2002). *A women's addiction workbook: Your guide to in-depth healing*. Oakland, CA: New Harbinger.
- Ouimette, P., & Brown, P. J. (2003). *Trauma and substance abuse: Causes, consequences, and treatment of comorbid disorders*. Washington, DC: American Psychological Association.

Anger Management

- Bankart, P. C., & Wexler, D. B. (2006). *Freeing the angry mind: How men can use mindfulness and reason to save their lives and relationships*. Oakland, CA: New Harbinger.
- Cannon, M. (2011). *The gift of anger: Seven steps to uncover the meaning of anger and gain awareness, true strength, and peace*. Oakland, CA: New Harbinger.
- Childre, D., & Rozman, D. (2003). *Transforming anger: The HeartMath solution for letting go of rage, frustration, and irritation*. Oakland, CA: New Harbinger.
- Elfert, G. H., McKay, M., & Forsyth, J. P. (2006). *ACT on life not on anger: The new acceptance and commitment therapy guide to problem anger*. Oakland, CA: New Harbinger.
- Lohmann, R. C. (2009). *The anger workbook for teens*. Oakland, CA: New Harbinger.
- McKay, M., & Rogers, P. D. (2000). *The anger control workbook*. Oakland, CA: New Harbinger.
- McKay, M., & Rogers, P. D. (2003). *When anger hurts: Quieting the storm within*. Oakland, CA: New Harbinger.
- Potter-Efron, R., & Potter-Efron, P. S. (2006). *Letting go of anger: The eleven most common anger styles and what to do about them*. Oakland, CA: New Harbinger.

This is a supplementary resource to *Treatment of Complex Trauma: A Sequenced, Relationship-Based Approach* by Christine A. Courtois and Julian D. Ford. Copyright 2013 by The Guilford Press.

Anxiety

- Barlow, D., & Craske, M. G. (2006). *Mastery of your anxiety and panic: Client workbook* (4th ed.). New York: Oxford University Press.
- Bourne, E. J. (2003). *Coping with anxiety*. Oakland, CA: New Harbinger.
- Bourne, E. J. (2011). *The anxiety and phobia workbook*. Oakland, CA: New Harbinger.
- Brantley, J., & Millstine, W. (2008). *Daily meditations for calming your anxious mind*. Oakland, CA: New Harbinger.
- Carney, C. E., & Manber, R. (2009). *Quiet your mind and get to sleep*. Oakland, CA: New Harbinger.
- Chapman, A. L., Gratz, K. L., & Tull, M. T. (2011). *The dialectical behavior therapy skills workbook for anxiety: Breaking free from worry, panic, PTSD, and other anxiety symptoms*. Oakland, CA: New Harbinger.
- Forsyth, J. P., & Elfert, G. H. (2008). *The mindfulness and acceptance workbook for anxiety*. Oakland, CA: New Harbinger.
- Knaus, B. J. (2008). *The cognitive behavioral workbook for anxiety*. Oakland, CA: New Harbinger.
- LeJeune, C. (2007). *The worry trap*. Oakland, CA: New Harbinger.
- Markway, B., Pollard, C. A., Flynn, T., & Carmin, C. N. (1992). *Dying of embarrassment: Help for social anxiety and phobia*. Oakland, CA: New Harbinger.
- Pettit, J., Joiner, T. E., & Rehm, L. P. (2005). *The interpersonal solution to depression*. Oakland, CA: New Harbinger.
- Schneier, F., & Welkowitz, L. (1996). *The hidden faces of shyness*. New York: Avon Books.
- Strosahl, K. D., & Robinson, P. J. (2008). *The mindfulness and acceptance workbook for depression*. Oakland, CA: New Harbinger.
- Tompkins, M. A. (2012). *The anxiety and avoidance workbook*. Oakland, CA: New Harbinger.
- White, J. (1999). *Client manual for overcoming generalized anxiety disorder*. Oakland, CA: New Harbinger.
- Zuercher-White, E. (1998). *An end to panic*. Oakland, CA: New Harbinger.

Depression

- Bieling, P. J., & Antony, M. M. (2003). *Ending the depression cycle*. Oakland, CA: New Harbinger.
- DePaulo, R., & Albow, K. (1996). *How to cope with depression*. New York: Ballantine Books.
- Gordon, J. S. (2008). *Unstuck: Your guide to the seven-stage journey out of depression*. New York: Penguin Press.
- Hedeya, R. J. (2000). *The anti-depressant survival program: How to beat the side effects and enhance the benefits of your medication*. New York: Crown.
- Honos-Webb, L. (2006). *Listening to depression: How understanding your pain can heal your life*. Oakland, CA: New Harbinger.

Knaus, B. J., & Ellis, A. (2006). *The cognitive behavioral workbook for depression*. Oakland, CA: New Harbinger.

Lewinsohn, P. M., Munoz, R. F., Youngren, M. A., & Zeiss, A. M. (1992). *Control your depression*. New York: Simon & Schuster.

McManamy, J. (2006). *Living well with depression and bipolar disorder*. New York: HarperCollins.

Dissociation

ATW. (2005). *Got parts?: An insider's guide to managing life successfully with dissociative identity disorder*. Ann Arbor, MI: Loving Healing Press.

Alderman, T., & Marshall, K. (1998). *Amongst ourselves: A self-help guide to living with dissociative identity disorder*. Oakland, CA: New Harbinger.

Boon, S., Steele, C., & Van der Hart, O. (2011). *Coping with trauma-related dissociation: Skills training for patients and therapists*. New York: Norton.

Bryant, D., & Kessler, J. (1996). *Beyond integration: One multiple's journey*. New York: Norton.

Cohen, B., & Lynn, W. (1991). *Multiple personality from the inside out*. Lutherville, MD: Sidran Press.

Haddock, D. B. (2001). *The dissociative identity disorder sourcebook*. New York: McGraw-Hill.

Hocking, P. J. (1996). *37 to one: Living as an integrated multiple*. Brandon, VT: Safer Society Press.

Lynn, W. (1993). *Mending ourselves: Expressions of healing and self-integration*. Cincinnati, OH: Many Voices Press.

Steinberg, M., & Schnall, M. (2001). *The stranger in the mirror*. New York: Harper Perennial.

Relationships

Brown, L. S. (2012). *Your turn for care: Surviving the aging and death of adults who harmed you*. Available at www.drlaurabrown.com.

Browne, M. H., & Browne, M. M. (2007). *If the man you love was abused: A couple's guide to healing*. Avon, MA: Adams Media.

Davis, L. (1991). *Allies in healing: When the person you love was sexually abused as a child*. New York: Harper Perennial.

Davis, L. (2002). *I thought we'd never speak again: The road from estrangement to reconciliation*. New York: HarperCollins.

Graber, K. (1992). *Ghosts in the bedroom: Guide for partners of incest survivors*. Deerfield Beach, FL: Health Communications.

Kreger, R., & Shirley, J. P. (2002). *The stop walking on eggshells workbook*. Oakland, CA: New Harbinger.

Matsakis, A. (1998). *Trust after trauma: A guide to relationships for survivors and those who love them*. Oakland, CA: New Harbinger.

Matsakis, A. (2005). *In harm's way: Help for the wives of military men, police, EMTs, and firefighters*. Oakland, CA: New Harbinger.

- McKay, M. (2001). *When anger hurts your relationship*. Oakland, CA: New Harbinger.
- McKay, M., Paleg, K., Fanning, P., & Landis, D. (1996). *When anger hurts your kids*. Oakland, CA: New Harbinger.
- Napier, N. J. (1990). *Recreating your self: Help for adult children of dysfunctional families*. New York: Norton.
- Phillips, S., & Kane, D. (2009). *Healing together: A couple's guide to coping with trauma and post-traumatic stress*. Oakland, CA: New Harbinger.
- Siegel, D. J., & Hartzell, M. (2003). *Parenting from the inside out: How a deeper self-understanding can help you raise children who thrive*. New York: Tarcher/Penguin.
- Wall, C. L. (2005). *The courage to trust*. Oakland, CA: New Harbinger.
- Walser, R. D., & Westrup, D. (2009). *The mindful couple: How acceptance and mindfulness can lead you to the love you want*. Oakland, CA: New Harbinger.
- Zayfert, C., & DeViva, J. C. (2011). *When someone you love suffers from posttraumatic stress: What to expect and what you can do*. New York: Guilford Press.

Sexual Issues

- Carnes, P. J. (1983). *Out of the shadows: Understanding sexual addiction*. Minneapolis, MN: CompCare.
- Gil, E., Mather, C. L., Debye, K. E., & Wood, J. (2004). *How long does it hurt?: A guide to recovering from incest and sexual abuse for teenagers, their friends, and their families*. San Francisco: Jossey-Bass.
- Haines, S. (2001). *The survivors guide to sex: How to have an empowered sex life after child sexual abuse*. Berkeley, CA: Cleis Press.
- Haines, S. (2007). *Healing sex: A mind-body approach to healing sexual trauma*. Berkeley, CA: Cleis Press.
- Maltz, W. (2012). *The sexual healing journey: A guide for survivors of child sexual abuse* (3rd ed.). New York: HarperCollins.
- Maltz, W., & Maltz, L. (2008). *The porn trap: The essential guide to overcoming problems caused by pornography*. New York: HarperCollins.

Trauma/Posttraumatic Stress Disorder

- Ainscough, C., & Toon, K. (2000). *Breaking free: Help for survivors of child sexual abuse*. London: Sheldon Press.
- Allen, J. G. (2005). *Coping with trauma: A guide to self-understanding* (2nd ed.). Washington, DC: American Psychiatric Press.
- Bass, E., & Davis, L. (2009). *The courage to heal*. New York: HarperCollins.
- Block, S. H., & Block, C. B. (2010). *Mind-body workbook for PTSD: A 10-week program for healing after trauma*. Oakland, CA: New Harbinger.
- Carter, W. L. (2002). *It happened to me: A teen's guide to overcoming sexual abuse*. Oakland, CA: New Harbinger.

- Cohen, B., Barnes, M., & Raskin, S. (1995). *Managing traumatic stress through art: Drawings from the CENTER*. Lutherville, MD: Sidran Press.
- Copeland, M. E., & Harris, M. (2000). *Healing the trauma of abuse: A women's workbook*. Oakland, CA: New Harbinger.
- Cori, J. L. (2008). *Healing from trauma: A survivor's guide to understanding your symptoms and reclaiming your life*. Boston: Da Capo Press.
- Donaldson, M. A., & Green, S. C. (1987). *Incest, years after: Learning to cope successfully: An educational guide for self-assessment*. Fargo, ND: Village Family Service Center.
- Follette, V. M., Pistorello, J., & Hayes, S. C. (2007). *Finding life beyond trauma: Using acceptance and commitment therapy to heal from post-traumatic stress and trauma-related problems*. Oakland, CA: New Harbinger.
- Franklin, H. (2012). *Joining forces: Empowering male survivors to thrive*. New York: Hay House.
- Gartner, R. B. (2005a). *Beyond betrayal: Taking charge of your life after boyhood sexual abuse*. New York: Guilford Press.
- Helfer, R. E. (1991). *Childhood comes first: A crash course in childhood for adults* (3rd ed.). East Lansing, MI: Ray E. Helfer.
- Jacobs, B. (2005). *Writing for emotional balance*. Oakland, CA: New Harbinger.
- Levenkron, S. (1998). *Cutting: Overcoming self-mutilation*. New York: Norton.
- Levine, P. A. (2008). *Healing trauma: A pioneering program for restoring the wisdom of your body*. Boulder, CO: Sounds True.
- Matsakis, A. (1992). *I can't get over it: A handbook for trauma survivors*. Oakland, CA: New Harbinger.
- Matsakis, A. (1999). *Survivor guilt: A self-help guide*. Oakland, CA: New Harbinger.
- Matsakis, A. (2003). *The rape recovery handbook: Step-by-step help for survivors of sexual assault*. Oakland, CA: New Harbinger.
- McCaig, M., & Kubany, E. S. (2004). *Healing the trauma of domestic violence: A workbook for women*. Oakland, CA: New Harbinger.
- McGee, S., & Holmes, C. (2008). *Finding sunshine after the storm: A workbook for children healing from sexual abuse*. Oakland, CA: New Harbinger.
- Miller, D. (2003). *Your surviving spirit: A spiritual workbook for coping with trauma*. Oakland, CA: New Harbinger.
- Miller, D. (1994). *Women who hurt themselves: A book of hope and understanding*. New York: Basic Books.
- O'Hanlon, B. (2010). *Quick steps to resolving trauma*. New York: Norton.
- Oz, S., & Ogiers, A. (2006). *Overcoming childhood sexual trauma: A guide to breaking through the wall of fear for practitioners and survivors*. New York: Haworth Press.
- Pennebaker, J. (1990). *Opening up: The healing power of expressing emotions*. New York: Guilford Press.
- Pennebaker, J. (2004). *Writing to heal: A guided journal for recovering from trauma and emotional upheaval*. Oakland, CA: New Harbinger.
- Rosenbloom, D., & Williams, M. B. (with Watkins, B. E.). (2010). *Life after trauma: A workbook for healing* (2nd ed.). New York: Guilford Press.

- Rothschild, B. (2010). *8 keys to safe trauma recovery. Take-charge strategies to empower your healing*. New York: Norton.
- Vermilyea, E. G. (2009). *Growing beyond survival: A traumatic stress toolbox*. Lutherville, MD: Sidran Press.
- Williams, M. B., & Poijula, S. (2002). *The PTSD workbook: Simple, effective techniques for overcoming traumatic stress symptoms*. Oakland, CA: New Harbinger.

Dissociation and Complex Trauma for Therapists

- Allen, J. (2001). *Traumatic relationships and serious mental disorders*. Chichester, UK: Wiley.
- Allen, J. (2012). *Treating trauma with plain old therapy: Restoring mentalization in attachment relationships*. Washington, DC: American Psychiatric Publishing.
- Bertolino, B., & O'Hanlon, B. (2002). *Even from a broken web: Brief, respectful solution-oriented therapy for sexual abuse and trauma*. New York: Norton.
- Boon, S., Steele, K., & Van der Hart, O. (2011). *Coping with trauma-related dissociation: Skills training for patients and therapists*. New York/London: Norton.
- Brenner, I. (2001). *Dissociation of trauma: Theory, phenomenology, and technique*. Madison, WI: International Universities Press.
- Brenner, I. (2004). *Psychic trauma: Dynamics, symptoms, and treatment*. New York: Aronson.
- Briere, J. (1996). *Therapy for adults molested as children: Beyond survival* (2nd ed.). New York: Springer.
- Briere, J. (2002). A self-trauma model for treating adult survivors of severe child abuse. In J. Briere, L. Berliner, J. A. Bulkley, C. Jenny, & T. Reid (Eds.), *The APSAC handbook on child maltreatment* (2nd ed., pp. 51–71). Thousand Oaks, CA: Sage.
- Briere, J. (2004). *Psychological assessment of adult posttraumatic states: Phenomenology, diagnosis, and measurement* (2nd ed.). Washington, DC: American Psychological Association.
- Briere, J., & Scott, C. (2012). *Principles of trauma therapy: A guide to symptoms, evaluation, and treatment* (2nd ed.). Thousand Oaks, CA: Sage.
- Bromberg, P. M. (1998). *Standing in the spaces: Essays on clinical process, trauma, and dissociation*. Hillsdale, NJ: Analytic Press.
- Bromberg, P. M. (2006). *Awakening the dreamer: Clinical journeys*. Hillsdale, NJ: Analytic Press.
- Brown, D., Schefflin, A., & Hammond, C. (1998). *Memory, trauma treatment, and the law*. New York: Norton.
- Bryant-Davis, T. (2005). *Thriving in the wake of trauma: A multicultural guide*. Westport, CT: Praeger.
- Chefetz, R. A. (Ed.). (2005). A cognitive-psychoanalytic perspective on the treatment of complex dissociative disorders. *Psychiatric Annals*, 35(8), 657–665.
- Chefetz, R. A. (Ed.). (2006). Dissociative disorders: An expanding window into the psychobiology of the mind. *Psychiatric Clinics of North America*, 29(1), 1–342.
- Chu, J. A. (1998). *Rebuilding shattered lives: The responsible treatment of complex post-traumatic and dissociative disorders*. New York: Wiley.

- Cloitre, M., Cohen, L. R., & Koenen, K. (2006). *Treating survivors of childhood abuse: Psychotherapy for the interrupted life*. New York: Guilford Press.
- Cohen, B. M., & Cox, C. T. (1995). *Telling without talking: Art as a window into the world of multiple personality*. New York: Norton.
- Conterio, K., & Lader, W. (1998). *Bodily self-harm*. New York: Hyperion.
- Courtois, C. A. (1993). *Adult survivors of child sexual abuse: A workshop model*. Milwaukee, WI: Family Services International.
- Courtois, C. A. (1999). *Recollections of sexual abuse: Treatment principles and guidelines*. New York: Norton.
- Courtois, C. A. (2010). *Healing the incest wound: Adult survivors in therapy* (2nd ed.). New York: Norton.
- Courtois, C. A., & Ford, J. D. (Eds.). (2009). *Treating complex traumatic stress disorders: An evidence-based guide*. New York: Guilford Press.
- Dalenberg, C. (2000). *Countertransference and the treatment of trauma*. Washington, DC: American Psychological Association.
- Davies, J., & Frawley, M. G. (1994). *Treating the adult survivor of childhood sexual abuse: A psychoanalytic perspective*. New York: Basic Books.
- Dell, P. F., & O'Neil, J. M. (Eds.). (2009). *Dissociation and the dissociative disorders: DSM-V and beyond*. New York: Routledge/Taylor & Francis Group.
- Dinsmore, C. (1991). *From surviving to thriving: Incest, feminism, and recovery*. Albany: State University of New York Press.
- Dolan, Y. M. (1991). *Resolving sexual abuse: Solution-focused therapy and Ericksonian hypnosis for adult survivors*. New York: Norton.
- Figley, C. R. (Ed.). (1985). *Trauma and its wake: The study and treatment of post-traumatic stress disorder*. New York: Brunner/Mazel.
- Foa, E. B., Keane, T. M., Friedman, M. J., & Cohen, J. A. (Eds.). (2009). *Effective treatments for PTSD: Practice guidelines from the International Society for Traumatic Stress Studies* (2nd ed.). New York: Guilford Press.
- Follette, V. M., & Pistorello, J. (2007). *Finding life beyond trauma: Using acceptance and commitment therapy to heal from posttraumatic stress and trauma-related problems*. Oakland, CA: New Harbinger.
- Follette, V. M., & Ruzek, J. I. (Eds.). (2006). *Cognitive-behavioral treatments for trauma* (2nd ed.). New York: Guilford Press.
- Fonagy, P. (2001). *Attachment theory and psychoanalysis*. New York: Other Press.
- Fonagy, P., Gergely, G., Fonagy, E. L., & Target, M. (2002). *Affect regulation, mentalization, and the development of the self*. New York: Other Press.
- Fosha, D. (2000). *The transforming power of affect: A model for accelerated change*. New York: Basic Books.
- Fosha, D., Siegel, D. J., & Solomon, M. F. (2009). *The healing power of emotion: Affective neuroscience, development, and clinical practice*. New York: Norton.
- Freeman, M. (1993). *Rewriting the self: History, memory, narrative*. New York: Routedge.
- Gabbard, G., & Wilkinson, S. (1994). *Management of countertransference with borderline patients*. Washington, DC: American Psychiatric Press.

- Gartner, R. B. (1999). *Betrayed as boys: Psychodynamic treatment of sexually abused men*. New York: Guilford Press.
- Gil, E. (1988). *Treatment of adult survivors of childhood abuse*. Walnut Creek, CA: Launch Press.
- Gold, S. L. (2000). *Not trauma alone: Therapy for child abuse survivors in family and social context*. Philadelphia: Brunner-Routledge.
- Haddock, D. B. (2001). *The dissociative identity disorder sourcebook*. New York: Contemporary Books.
- Harris, M. (1998). *Trauma recovery and empowerment: A clinician's guide for working with women in groups*. New York: Free Press.
- Herman, J. L. (1997). *Trauma and recovery: The aftermath of violence from domestic to political terror* (2nd ed.). New York: Basic Books.
- Herman, J. L. (2000). *Father-daughter incest* (2nd ed.). Cambridge, MA: Harvard University Press.
- Horowitz, M. J. (2003). *Treatment of stress response syndromes*. Washington, DC: American Psychiatric Association.
- Howell, E. F. (2005). *The dissociative mind*. Hillsdale, NJ: Analytic Press.
- Howell, E. F. (2011). *Understanding and treating dissociative identity disorder: A relational approach*. New York: Routledge Taylor and Francis Group.
- Hudgins, K. (2002). *Experiential treatment for PTSD: The therapeutic spiral model*. New York: Springer.
- Hunter, M. (1990). *Abused boys: The neglected victims of sexual abuse: Healing for the man molested as a child*. Lexington, MA: Lexington Books.
- International Society for the Study of Dissociation. (2004). Guidelines for the evaluation and treatment of dissociative symptoms in children and adolescents. *Journal of Trauma and Dissociation*, 5(3), 119–150.
- International Society for the Study of Dissociation. (2005). Guidelines for treating dissociative identity disorder in adults. *Journal of Trauma and Dissociation*, 6(4), 69–149.
- International Society for the Study of Trauma and Dissociation (2012). www.isst-d.org/education/dissociation-info.htm.
- Jehu, D. (1988). *Beyond sexual abuse: Therapy with women who were childhood victims*. New York: Wiley.
- Johnson, S. L. (2009). *Therapist's guide to posttraumatic stress disorder intervention*. New York: Elsevier Academic Press.
- Johnson, S. M. (2002). *Emotionally focused couple therapy with trauma survivors: Strengthening attachment bonds*. New York: Guilford Press.
- Kendall-Tackett, K. A. (2003). *Treating the lifetime health effects of childhood victimization*. Kingston, NJ: Civic Research Institute.
- Kendall-Tackett, K. A. (2004). *Health consequences of abuse in the family: A clinical guide for evidence-based practice*. Washington, DC: American Psychological Association.
- Kendall-Tackett, K. A. (2005). *Handbook of women, stress, and trauma*. New York: Brunner Routledge.

- Kepner, J. I. (1995). *Healing tasks: Psychotherapy with adult survivors of childhood abuse*. San Francisco: Jossey-Bass.
- Klein, R. H., & Schermer, V. L. (Eds.). (2000). *Group psychotherapy for psychological trauma*. New York: Guilford Press.
- Kluft, R. P. (Ed.). (1985). *Childhood antecedents of multiple personality*. Washington, DC: American Psychiatric Press.
- Kluft, R. P. (1990). *Incest-related syndromes of adult psychopathology*. Washington, DC: American Psychiatric Press.
- Kluft, R. P. (1999). An overview of the psychotherapy of dissociative identity disorder. *American Journal of Psychotherapy*, 53, 289–319.
- Kluft, R. P., & Fine, C. G. (Eds.). (1993). *Clinical perspectives on multiple personality disorder*. Washington, DC: American Psychiatric Press.
- Kohlenberg, R. J., & Tsai, M. (1991). *Functional analytic psychotherapy*. New York: Plenum Press.
- Krakauer, S. Y. (2001). *Treating dissociative identity disorder: The power of the collective heart*. New York: Brunner Routledge/Taylor & Francis.
- Kroll, J. (1993). *PSTD/borderlines in therapy: Finding the balance*. New York: Norton.
- Leehan, J., & Webb, L. (1996). *Group treatment for adult survivors of abuse: A manual for practitioners*. Thousand Oaks, CA: Sage.
- Leehan, J., & Wilson, L. (1985). *Grown-up abused children*. Springfield, IL: Thomas.
- Levine, H. B. (Ed.). (1990). *Adult analysis and childhood sexual abuse*. Hillsdale, NJ: Analytic Press.
- Levine, P. A. (2010). *In an unspoken voice: How the body releases trauma and restores goodness*. North Atlantic Books.
- Levine, P. A., & Fredrick, A. (1997). *Waking the tiger: Healing trauma: The innate capacity to transform overwhelming experiences*. North Atlantic Books.
- Lew, M. (1988). *Victims no longer: Men recovering from incest and other sexual child abuse*. New York: Nevtraumont.
- Lewis, L., Kelly, K., & Allen, J. G. (2004). *Restoring hope and trust: An illustrated guide to mastering trauma*. Lutherville, MD: Sidran Press.
- Linehan, M. (1993). *Cognitive-behavioral treatment of borderline personality disorder*. New York: Guilford Press.
- Linehan, M. (1993). *Skills training manual for treating borderline personality disorder*. New York: Guilford Press.
- Loewenstein, R. J. (1991). An Office Mental Status Examination for Complex Chronic Dissociative Symptoms and Multiple Personality Disorder. *Psychiatric Clinics of North America*, 14(3), 567–604.
- Loewenstein, R. J. (Ed.). (1991). Multiple personality disorder [Special issue]. *Psychiatric Clinics of North America*, 14(3).
- Loewenstein, R. J. (1993). Posttraumatic and dissociative aspects of transference and countertransference in the treatment of multiple personality disorder. In R. P. Kluft & C. G. Fine (Eds.), *Clinical perspectives on multiple personality disorder* (pp. 51–86). Washington, DC: American Psychiatric Press.

- Loewenstein, R. J. (2005). Psychopharmacologic treatments for dissociative identity disorder. *Psychiatric Annals*, 35(8), 666–673.
- Madanes, C. (1990). *Sex, love, and violence: Strategies for transformation*. New York: Norton.
- McCann, I. L., & Pearlman, L. A. (1990). *Psychological trauma and the adult survivor: Theory, therapy, and transformation*. New York: Brunner/Mazel.
- McKay, M., Wood, J. C., & Brantley, J. (2007). *The dialectical behavior therapy skills workbook*. Oakland, CA: New Harbinger.
- Miller, D. (1994). *Women who hurt themselves: A book of hope and understanding*. New York: Basic Books.
- Miller, D., & Guidry, L. (2001). *Addictions and trauma recovery: Healing the body, mind, and spirit*. New York: Norton.
- Miller, J. D., & Stiver, I. P. (1997). *The healing connection: How women form relationships in therapy and in life*. Boston: Beacon Press.
- Mollon, P. (2002). *Remembering trauma: A psychotherapist's guide to memory and illusion* (2nd ed.). London: Whurr.
- Najavits, L. (2002). *Seeking safety: A treatment manual for PTSD and substance abuse*. New York: Guilford Press.
- Nijenhuis, E. R. S. (2004). *Somatoform dissociation: Phenomena, measurement, and theoretical issues*. New York: Norton.
- Nock, M. K. (Ed.). (2009). *Understanding nonsuicidal self-injury: Origins, assessment, and treatment*. Washington, DC: American Psychological Association.
- Obegi, J. H., & Berant, E. (2009). *Attachment theory and research in clinical work with adults*. New York: Guilford Press.
- Ochberg, F. M. (1988). *Post-traumatic therapy and victims of violence*. New York: Brunner/Mazel.
- Ogden, P., Minton, K., & Pain, C. (2006). *Trauma and the body: A sensorimotor approach to psychotherapy*. New York: Norton.
- Oz, S., & Ogiers, A. S.-J. (2006). *Overcoming childhood sexual trauma: A guide to breaking through the wall of fear for practitioners and survivors*. New York: Haworth Press.
- Paddison, P. (Ed.). (1993). *Treatment of adult survivors of incest*. Washington, DC: American Psychiatric Press.
- Paivio, S. C., & Pascual-Leone, A. (2010). *Emotion-focused therapy for complex trauma: An integrative approach*. Washington, DC: American Psychological Association.
- Perry, B. D. (2007). *The boy who was raised as a dog*. New York: Basic Books.
- Phillips, M., & Frederick, C. (1995). *Healing the divided self: Hypnotherapy for post-traumatic and dissociative conditions*. New York: Norton.
- Preble, J. M., & Groth, A. N. (2002). *Male victims of same-sex abuse: Addressing their sexual response*. Lutherville, MD: Sidran Press.
- Putnam, F. W. (1989). *Diagnosis and treatment of multiple personality disorder*. New York: Guilford Press.
- Putnam, F. W. (1997). *Dissociation in children and adolescents: A developmental perspective*. New York: Guilford Press.

- Ross, C. A. (1996). *Dissociative identity disorder: Diagnosis, clinical features, and treatment of multiple personality* (2nd ed.). New York: Wiley.
- Ross, C. A., & Halpern, N. (2009). *Trauma model therapy: Treatment techniques for trauma and dissociation*. Richardson, TX: Manitou Communications.
- Rothschild, B. (2000). *The body remembers: The psychophysiology of trauma and trauma treatment*. New York: Norton.
- Rothschild, B. (2003). *The body remembers: Casebook unifying methods and models in the treatment of trauma and PTSD*. New York: Norton.
- Ryle, A. (1997). *Cognitive analytic therapy and borderline personality disorder: The model and the method*. Chichester, UK: Wiley.
- Ryle, A., & Kerr, I. (2002). *Introducing cognitive analytic therapy: Principles and practice*. Chichester, UK: Wiley.
- Saakvitne, K. W., Gamble, S. G., Pearlman, L. A., & Lev, B. T. (2000). *Risking connection: A training curriculum for working with survivors of childhood abuse*. Lutherville, MD: Sidran Press.
- Sable, P. (2000). *Attachment and adult psychotherapy*. Northvale, NJ: Aronson.
- Safran, J. D., & Muran, J. C. (2000). *Negotiating the therapeutic alliance: A relational treatment guide*. New York: Guilford Press.
- Salter, A. C. (1995). *Transforming trauma: A guide to understanding and treating adult survivors of child sexual abuse*. Thousand Oaks, CA: Sage.
- Scaer, R. C. (2001). *The body bears the burden: Trauma, dissociation, and disease*. New York: Haworth Medical Press.
- Scaer, R. C. (2005). *The trauma spectrum: Hidden wounds and human resiliency*. New York: Norton.
- Schore, A. N. (2003a). *Affect dysregulation and disorders of the self*. New York: Norton.
- Schore, A. N. (2003b). *Affect regulation and the repair of the self*. New York: Norton.
- Schwartz, H. L. (1994). From dissociation to negotiation: A relational psychoanalytic perspective on multiple personality disorder. *Psychoanalytic Psychology*, 11(2), 189–231.
- Schwartz, H. L. (2000). *Dialogues with forgotten voices: Relational perspectives on child abuse trauma and treatment of dissociative disorders*. New York: Basic Books.
- Schwartz, M. F., & Cohn, L. (Eds.). (1996). *Sexual abuse and eating disorders*. New York: Brunner/Mazel.
- Schwartz, R. (1995). *Internal family systems therapy*. New York: Guilford Press.
- Schwartz, R. (2002). *Tools for transforming trauma*. New York: Brunner-Routledge.
- Sgroi, S. M. (Ed.). (1982). *Handbook of clinical intervention in child sexual abuse*. Lexington, MA: Heath.
- Shapiro, F. (2001). *Eye movement desensitization and reprocessing: Basic principles, protocols, and procedures* (2nd. ed.). New York: Guilford Press.
- Shapiro, R. (Ed.). (2005). *EMDR solutions: Pathways to healing*. New York: Norton.
- Shapiro, R. (Ed.). (2009). *EMDR solutions: II. For depression, eating disorders, performance, and more*. New York: Norton.
- Shirar, L. (1996). *Dissociative children: Bridging the inner and outer worlds*. New York: Norton.

- Siegel, D. J. (2007). *The mindful brain*. New York: Norton.
- Siegel, D. J. (2012). *The developing mind: How relationships and the brain interact to shape who we are* (2nd ed.). New York: Guilford Press.
- Silberg, J. L. (Ed.). (1996). *The dissociative child: Diagnosis, treatment, and management*. Baltimore: Sidran Press.
- Silberg, J. L. (2012). *The child survivor*. New York: Taylor and Francis.
- Simonds, S. L. (1994). *Bridging the silence: Nonverbal modalities in the treatment of adult survivors of childhood sexual abuse*. New York: Norton.
- Sisk, S., & Hoffman, C. F. (1987). *Inside scars: Incest recovery as told by a survivor and her therapist*. Gainesville, FL: Pandora Press.
- Smucker, M. R., & Dancu, C. V. (1999). *Cognitive-behavioral treatment for adult survivors of childhood trauma: Imagery rescripting and reprocessing*. Northvale, NJ: Aronson.
- Solomon, M. F., & Siegel, D. J. (Eds.). (2003). *Healing trauma: Attachment, mind, body, and brain*. New York: Norton.
- Spiegel, D. (1986). Dissociation, double binds, and posttraumatic stress in multiple personality disorder. In B. G. Braun (Ed.), *Treatment of multiple personality disorder*. Washington, DC: American Psychiatric Press.
- Spiegel, D. (1994). *Dissociation: Culture, mind, and body*. Washington, DC: American Psychiatric Press.
- Spiegel, J. (2003). *Sexual abuse of males: The SAM model of theory and practice*. New York: Taylor & Francis.
- Spiegel, H., & Spiegel, D. (2004). *Trance and treatment: Clinical uses of hypnosis* (2nd ed.). Washington, DC: American Psychiatric Press.
- Spira, J. L. (Ed.). (1996). *Treating dissociative identity disorder*. San Francisco: Jossey-Bass.
- Stamm, B. H. (Ed.). (1995). *Secondary traumatic stress: Self-care issues for clinicians, researchers, and educators*. Lutherville, MD: Sidran Press.
- Steinberg, M., & Schnall, M. (2000). *Stranger in the mirror: Dissociation—the hidden epidemic*. New York: HarperCollins.
- Tedeschi, R. G., & Calhoun, L. G. (1995). *Trauma and transformation: Growing in the aftermath of suffering*. Thousand Oaks, CA: Sage.
- Van der Hart, O., Nijenhuis, E. R. S., & Steele, K. (2006). *The haunted self: Structural dissociation and the treatment of chronic traumatization*. New York: Norton.
- Van der Kolk, B. A. (1984). *Post-traumatic stress disorder: Psychological and biological sequelae*. Washington, DC: American Psychiatric Press.
- Van der Kolk, B. A., McFarlane, A. C., & Weisaeth, L. (Eds.). (2006). *Traumatic stress: The effects of overwhelming experience on mind, body, and society*. New York: Guilford Press.
- Vermetten, E., Dorahy, M. J., & Spiegel, D. (Eds.). (2007). *Traumatic dissociation: Neurobiology and treatment*. Washington, DC: American Psychiatric Press.
- Waites, E. A. (1993). *Trauma and survival: Post-traumatic and dissociative disorders in women*. New York: Norton.
- Wallin, D. J. (2007). *Attachment in psychotherapy*. New York: Guilford Press.
- Walsh, B. W. (2006). *Treating self-injury: A practical guide*. New York: Guilford Press.

- Williams, M. B., & Somers, J. (Eds.). (2002). *Simple and complex post-traumatic stress disorders: Strategies for comprehensive treatment in clinical practice*. New York: Haworth.
- Williams, T. (Ed.). (1987). *Post-traumatic stress disorders: A handbook for clinicians*. Cincinnati, OH: Disabled American Veterans.
- Wilson, J. P., Friedman, M. J., & Lindy, J. D. (2002). *Treating psychological trauma and PTSD*. New York: Guilford Press.
- Wilson, J. P., & Keane, T. M. (2004). *Assessing psychological trauma and PTSD* (2nd ed.). New York: Guilford Press.
- Wilson, J. P., & Lindy, J. (Eds.). (1994). *Countertransference in the treatment of PTSD*. New York: Guilford Press.
- Wilson, J. P., & Thomas, R. B. (2004). *Empathy in the treatment of trauma and PTSD*. New York: Brunner/Routledge.
- Young, B. H., & Blake, D. D. (Eds.). (1999). *Group treatments for post-traumatic stress disorder*. New York: Brunner/Mazel Taylor & Francis Group.
- Young, J. E., Kloski, J. S., & Weishaar, M. E. (2003). *Schema therapy: A practitioner's guide*. New York: Guilford Press.
- Zayfert, C., & Becker, C. B. (2007). *Cognitive-behavior therapy for PTSD: A case formulation approach*. New York: Guilford Press.
- Zayfert, C., & De Viva, J. C. (2011). *When someone you love suffers from posttraumatic stress: What to expect and what you can do*. New York: Guilford Press.

RESOURCES FOR THERAPIST SELF-CARE

- Baker, E. K. (2003). *Caring for ourselves: A therapist's guide to personal and professional well-being*. Washington, DC: American Psychological Association.
- Barnett, J. E., Baker, E. K., Elman, N. S., & Schoener, G. R. (2007). In pursuit of wellness: The self-care imperative. *Professional Psychology: Research and Practice*, 38, 603–612.
- Brende, J. O. (1991). When post traumatic stress rubs off. *Voices*, 27 (1–2), 139–143.
- Bridgeman, D. L. (2009). *Balance, boundaries and benevolence: The complexities of psychologists' self-care, coping and wellness: An informal self-assessment*. Sacramento: California Psychological Association.
- Chessick, R. D. (1978). The sad soul of the psychiatrist. *Bulletin of the Menninger Clinic*, 42, 1–9.
- Collins, S., & Long, A. (2003). Working with the psychological effects of trauma: Consequences for mental health-care workers: A literature review. *Journal of Psychiatric Mental Health Nursing*, 10, 417–424.
- Coster, J. S., & Schwebel, M. (1997). Well-functioning in professional psychologists. *Professional Psychology: Research and Practice*, 28, 5–13.
- Danieli, Y. (1996). Who takes care of the caretakers: The emotional consequences of working with children traumatized by war and communal violence. In R. J. Apfel & B. Simon (Eds.), *Minefields in their hearts* (pp. 189–205). New Haven, CT: Yale University Press.
- DeAngelis, T. (2002). Normalizing practitioners' stress. *Monitor on Psychology*, 33(7), 62–64.
- Fawcett, J. (2000). Managing staff stress and trauma. In M. Janz & J. Stead (Eds.), *Complex humanitarian emergencies: Lessons from practitioners* (pp. 92–125). Monrovia, CA: World Vision.
- Figley, C. R. (Ed.). (1995). *Compassion fatigue: Coping with secondary traumatic stress disorder in those who treat the traumatized*. New York: Brunner/Mazel.
- Ford, E. S. C. (1963). Being and becoming a psychotherapist: The search for identity. *American Journal of Psychotherapy*, 17, 474–482.
- Groesbeck, C. J. (1975). The archetypal image of the wounded healer. *Journal of Analytical Psychology*, 20, 122–145.
- Guy, J. D. (2000). Holding the holding environment together: Self-psychology and psychotherapist care. *Professional Psychology: Research and Practice*, 31(3), 351–352.
- Guy, J. D., & Norcross, J. C. (1998). Therapist self-care checklist. In G. P. Koocher, J. C. Norcross, & S. Hill III (Eds.), *Psychologist's desk reference* (pp. 387–392). New York: Oxford University Press.
- Heath, S. (1991). *Dealing with the therapist's vulnerability to depression*. Northvale, NJ: Aronson.
- Kahill, S. (1988). Interventions for burnout in the helping professions: A review of the empirical evidence. *Canadian Journal of Counseling Review*, 22(3), 310–342.

This is a supplementary resource to *Treatment of Complex Trauma: A Sequenced, Relationship-Based Approach* by Christine A. Courtois and Julian D. Ford. Copyright 2013 by The Guilford Press.

- Kramen-Kahn, B., & Hansen, N. D. (1998). Rafting the rapids: Occupational hazards, rewards, and coping strategies of psychotherapists. *Professional Psychology: Research and Practice, 29*, 130–134.
- Kramer, G. (1999). Traumatized women working with traumatized women: Reflections upon life and work in a war zone. *Women and Therapy, 22*(1), 107–120.
- Lalotitis, D. A., & Grayson, F. H. (1985). Psychologist heal thyself: What is available for the impaired psychologist. *American Psychologist, 40*, 84–96.
- Layman, E., & Guyden, J. A. (1997). Reducing your risk of burnout. *Health Care Supervisor, 15*(3), 57–69.
- Leiter, M. P., & Maslach, C. (2000). *Preventing burnout and building engagement: A complete program for organizational renewal*. San Francisco: Jossey-Bass.
- McCann, I., & Pearlman, L. (1990). Vicarious traumatization: A framework for understanding the psychological effects of working with victims. *Journal of Traumatic Stress, 3*(1), 131–149.
- Norcross, J. C. (2000). Psychotherapist self-care: Practitioner-tested, research-informed strategies. *Professional Psychology: Research and Practice, 31*, 710–713.
- Norcross, J. C., & Guy, J. D. (2007). *Leaving it at the office: A guide to psychotherapist self-care*. New York: Guilford Press.
- Pearlman, L. A., & Saakvitne, K. W. (1995). *Trauma and the therapist: Countertransference and vicarious traumatization in psychotherapy with incest survivors*. New York: Norton.
- Saakvitne, K. W., & Pearlman, L. A. (1996). *Transforming the pain: A workbook on vicarious traumatization*. New York: Norton.
- Scott, C. D., & Hawk, J. (1986). *Heal thyself: The health of health care professionals*. New York: Brunner/Mazel.
- Skovholt, T. M. (2001). *The resilient practitioner: Burnout prevention and self-care strategies for counselors, therapists, teachers, and health professionals*. Needham Heights, MA: Allyn & Bacon.
- Skovholt, T. M., Grier, T. L., & Hanson, M. R. (2001). Career counseling for longevity: Self-care and burnout prevention strategies for counselor resilience. *Journal of Career Development, 27*(3), 167–176.
- Stamm, B. H. (1999). *Secondary traumatic stress: Self-care issues for clinicians, researchers and educators*. Baltimore: Sidran Press.
- Stevanovic, P., & Rupert, P. (2004). Career-sustaining behaviors: Satisfactions, and stresses of professional psychologists. *Psychotherapy: Theory, Research, Practice, Training, 41*, 301–309.
- Werdell, M., & Wicks, R. J. (2012). *Primer on posttraumatic growth: An introduction and guide*. New York: Wiley.
- Wicks, R. J. (2007). *The resilient clinician*. London: Oxford University Press.