

# RSPOPUK

## Recommended Reading List for Students January 2008.

The following reading list is considered to be a guide. The list will be supplemented by individual teachers in their classes and seminars and in consultation between student and the teacher or study committee in the course of study.

Do not be daunted by the size of this list. Students are encouraged to discuss this list with their study committee members in the January meeting, in order to accompany reading with the seminars being attended and also to prioritise one's own unique learning path.

As fellow learners, we wish you joy in your exploration and reading.

### **The list is divided into three sections:**

**The Core List** includes books that are considered basic to a general understanding of Process Work and to the general background knowledge required by the student. The books in the core list often cover more than one specific category and are not included in the separate exam sections. All of Arny and Amy Mindell's books are the basis of Process Work theory, and many titles are specifically relevant to a number of different exam areas.

**The Exam List** section includes books relating to Roots, Theory, Visual channel, Auditory channel, Proprioception, Movement, Relationship channel, Inner Work, World channel and Altered States.

Systems of Psychological Thought, Section 2 B in this list, is relevant to many of the exam areas, especially Roots and Theory, and does not stand uniquely on its own.

Theory of Process Work, (Exam 2 in the Exam Guidelines Booklet) is covered predominantly by the books by Arny and Amy Mindell, by other members of the Process Work community, and by your own notes taken during attendance at workshops, classes, etc.

Some of the study areas below are sub-divided for clarity and ease of access.

**Theses and Dissertations** is a list of manuscripts by Process Workers. These contain core Process Work theory and research relevant to exam subjects, so do check the list as you study.

### **1. CORE LIST.**

- |                         |  |
|-------------------------|--|
| Diamond, J, S-Jones, L, | <b>A Path Made by Walking: Process Work in Practice</b> Lao Tse Press 2004                                       |
| Freud, Sigmund.         | <b>A General Introduction to Psychoanalysis.</b> NY: Washington Sq. Press, 1968.                                 |
| Goodbread, Joseph.      | <b>Dreambody Toolkit.</b> Lao Tse Press 1997.  |
| Hannah, Barbara.        | <b>Encounters with the Soul: Active Imagination:</b> Boston Sigo Press, 1981.                                    |
| Jung, Carl Gustav.      | <b>Two Essays on Analytical Psychology,</b> Bollingen Series XX. Princeton, NJ; Princeton University Press 1966. |
| Jung, Carl Gustav.      | <b>Memories, Dreams and Reflections.</b> New York, Random House. 1963.   |
| Mindell, Amy.           | <b>Alternative to Therapy</b> Zero Pub 2002  |
|                         | <b>Metaskills: The Spiritual Art of Therapy.</b> Tempe, AZ: New Falcon Press. 1996.                              |
|                         | <b>Coma: A Healing Journey,</b> Portland Oregon. Lao Tse Press, 1999.  |
|                         | <b>Dreaming Source of Creativity</b>   |
| Mindell, Arnold.        | <b>Dreambody.</b> Boston: Sigo Press, 1982 ( <i>Relevant to most exam areas</i> ) Mindell, Arnold.               |
|                         | <b>Working with the Dreaming Body.</b> New York & London, Routledge, 1985. ( <i>Basic theory</i> )               |
|                         | <b>River's Way.</b> New York & London: Routledge. 1985. ( <i>Roots</i> )   |
|                         | <b>The Dreambody in Relationship.</b> New York and London: Routledge, 1987.                                      |
|                         | <b>Year One</b> Arkana 1989  |
|                         | <b>Working with Yourself Alone.</b> London. Penguin Arkana. 1990.  |
|                         | <b>The Leader as Martial Artist</b> Harper 1992  |
|                         | <b>Riding the Horse Backwards</b> Arkana 1992  |
|                         | <b>City Shadows,</b> out of print. (Required reading)  |
|                         | <b>Shaman's Body.</b> San Francisco: HarperCollins. 1993.  |
|                         | <b>Sitting in the Fire.</b> Portland, OR: Lao Tse Press, 1995.   |

**Quantum Mind.** Portland, OR: Lao Tse Press, 2000.  
**Dreaming While Awake.** Hampton & Roads, 2001  
**Dreammaker's Apprentice** Hampton Roads 2001  
**The Deep Democracy of Open Forums** Hampton Roads 2002  
**Quantum Mind and Healing** Hampton Roads 2004  
**Earth-Based Psychology** Lao Tse Press 2007

**Journal of Process Oriented Psychology:** General source, teachers can also suggest specific articles in topic areas.

## **2. EXAM LIST.**

### **A. Roots of Process Paradigm & Theory of Process Paradigm**

*See dissertations: Dworkin.*

Bateson, Gregory,	<b>Steps in an Ecology of Mind</b> , San Francisco: Chandler, 1972
Blofeld, John,	<b>Taoism: The Road to Immortality.</b> Boston: Shambala, 1978.
Bohm, David,	<b>Wholeness and the Implicate Order:</b> London, Boston, Routledge and Kegan, 1981.
Campbell, Joseph,	<b>The Masks of God</b> (5 volumes, be selective). New York: Viking 1969.
Freud, Sigmund,	<b>Group Psychology and the Analysis of the Ego</b> , CW 12(Civilisation, Society and Religion): New York: Norton 1959.
Frey-Rohn, L,	<b>From Freud to Jung</b> , Shambala, 1974
Gleick, James.	<b>Chaos.</b> New York: Penguin 1987.
Jacobi, Jolande,	<b>Complex, Archetype, Symbol in the psychology of C.G. Jung.</b> NY Pantheon Books, 1959.
Jung, Carl Gustav.	<b>Synchronicity: An Acausal Connecting Principal, CW 8. Bollingen Series XX.</b> Princeton, NJ: Princeton University Press. 1966.
Singer, June,	<b>Seeing Through the Visible World.</b> San Francisco: Harper & Row 1990.
Suzuki, Shunryu.	<b>Zen Mind, Beginner's Mind.</b> New York: J Weatherhill, 1979
Whitmont, Edward.	<b>The Symbolic Quest.</b> New York: by Putnam for the C. G Jung Foundation for Analytical Psychology, 1969.
Wilhelm, Richard.	<b>I Ching, Or Book of Changes.</b> Bollingen Series XIX. Princeton, NJ: Princeton. University Press, 1967.
Wehr, Demaris.	<b>Jung and Feminism: Liberating Archetypes.</b> Boston: Beacon Press, 1987.

### **B. Systems of Psychological Thought**

#### **Attachment Theory**

Bowlby, J	<b>Childcare and the Growth of Love</b> Penguin Psychology 1970
Stern, D	<b>The Interpersonal world of the Infant</b> Basic Books 2000
Stern, D	<b>The Present Moment in Psychotherapy and Everyday Life</b> Basic Books 2004

#### **Body Therapies:**

Feldenkreis, Moshe,	<b>Body and Mature Behaviour.</b> London, Routledge & Kegan Paul ) 1949.
Lowen, Alexander.	<b>Bioenergetics.</b> Coward, McCann & Geoghan 1975
Reich, Wilhelm.	<b>The Function of the Orgasm</b> , Farrar. Strauss & Giroux, NY, 1973

#### **Cognitive Behavioural Therapy:**

Dryden and Golden (eds) **Cognitive – Behavioural Approaches to Psychotherapy**, Harper and Row 1986

#### **Freudian, Post-Freudian, Object Relations:**

Erikson, Erik.	<b>Adulthood</b> , Ed by E Erikson, NY 1978
Freud, S.,	<b>The Interpretation of Dreams</b> , New York, Avon Books, 1965.
Kakar, Sudhir,	<b>The Inner World: a Psychoanalytic Study of childhood and Society in India</b> , 2 <sup>nd</sup> edition. Oxford University Press, Delhi, 1981
Klein. Melanie.	<b>Envy and Gratitude and Other Works:</b> New York! Delacorte Press, S. Lawrence 1975.
Masson, Jeffrey.	<b>Freud and the Suppression of the seduction Theory.</b> New York, Farrar. Straus & Giroux, 1984
Miller, Alice.	<b>The Drama of the Gifted Child.</b> second revised edition. New. York: Basic. 1994.

#### **General Texts:**

Doi, Takeo,	<b>The Anatomy of Dependence</b> , Kodansha International, Tokyo and New York, 1973.
Gilligan, Carol.	<b>In A Different Voice.</b> Cambridge, Mass. Harvard University Press, 1982.
Haley Jay.	<b>Problem Solving Therapy</b> , San Frans, Jossey-Bass Inc, 1987
Rowan, J and	

Dryden, w (eds) **Innovative Therapy in Britain**, (a text of current modern schools of psychotherapy)  
O.U. Press, 1998.

Pfenninger, Karlh,  
& Shubik, Valerie, (Eds) **The Origins of Creativity**. Oxford University Press. 2001  
Walsh. Roger, **Beyond Ego**, Los Ang, NY, IP Tarcher, 1980

#### **Gestalt:**

Clarkson, P, **Gestalt Counselling in Action**, Sage, 1989  
Perls, Fritz. **Gestalt Therapy Verbatim**, Lafayette, Calif. Real People Press 1969

#### **Jungian, Post-Jungian, Transpersonal:**

Hillman, James, **The Soul's Code**, Bantam 1997.  
Jung, Carl Gustav, **Structure and Dynamics of the Psyche** CW, Vol. 8. Bollingen Series XX. Princeton, NJ:  
Princeton University Press. 1966.  
**Man and his Symbols**, New York, Doubleday, 1964.  
O' Conner, P, **Understanding Jung Understanding Yourself**, Methuen, 1985  
Samuels, A., Shorter, B.,  
and Plant F., **A Critical Dictionary of Jungian Analysis**, Routledge, 1997.

#### **Neuropsychotherapy**

Ogden, P **Trauma and the Body: A sensorimotor approach to psychotherapy** Norton  
Shore, A **Affect Regulation and Repair of the Self** Norton 1999  
Shore, A **Affect Dysregulation and Repair of the Self** Norton 1999

#### **NLP:**

Bandler, Richard &  
Grinder, John, **Structure of Magic**, 1&11, Palo Alto, Science & Behaviour Books, 1975  
O' Conner, J,  
and McDermott, I, **Principles of NLP**, Thorsons, 1996

#### **Person- Centred Therapy:**

Brazier, David, (Ed) **Beyond Carl Rogers**, Constable, 1993.  
Chodorow Nancy, **The Reproduction of Mothering**, University of California Press, 1979.  
Rogers Carl , **On Becoming A Person**. Boston, Houghton Mifflin, 1961.

#### **Psychodrama:**

Moreno Jacob Levy. **The Theatre of Spontaneity**. New York, Beacon House, 1947.

### **C. Visual Channel Awareness**

#### **Art Therapy:**

Case, Caroline,  
and Dalley, Tessa,  
Silverstone, L., **The Hand Book of Art Therapy**, Routledge, 1995  
**Art Therapy the Person- Centred Way**, Jessica Kingsley, 1997.

#### **Dreamwork:**

Bosnak Robert. **A Little Course on Dreams**, Boston. Shambala. 1988  
Freud. Sigmund. **The Interpretation of Dreams**. New York, Basic Books, 1955.  
Gendlin, Eugene. **Let Your Body interpret Your Dreams**. (*Also proprioception*) Wilmette, Chiron  
Publications 1986.  
Jung, Carl Gustav, **General aspects of Dream Psychology**, CW, 8. Bollingen Series xx. Princeton. NJ:  
Princeton University Press, 1966.  
Kaplan Williams, S, **The Dreamwork Manual**, Aquarian Press,

#### **Myths and Fairytales:**

Bettelheim, Bruno. **Fairytales: The uses of enchantment, the meaning & importance of fairy Tales**.  
New York, Knopf. 1976.  
Von Franz, Marie L, **Creation Myths**. rev.ed, Boston, Shambala, 1995  
Von Franz, Marie L, **Patterns of Creativity Mirrored In Creation Myths**, rev.ed, Boston, Shambala, 1996  
**Larousse Encyclopaedia of Mythology**. New York & London: Hamlyn, 1959.  
Walker, Barbara, **The Women's Encyclopaedia of Myths and Secrets**. San Francisco: Harper and Row.  
1983.

### **General:**

- Halprin, Sara. **Look At My Ugly Face!** New York: Penguin, 1996  
Hannah, B., **Active Imagination**, Boston, Sigo press, 1981.  
Miller, Alice. **The Untouched Key**. New York: Doubleday, 1990.  
Stone, Merlin. **When God Was A Woman**. New York: Harcourt Brace, 1976.

### **D. Auditory Channel Awareness**

*Many books overlap with this channel – particularly Bateson and Watzlawick.*

*See dissertations: Lane Arye, Julie Diamond, Sonja Straub.*

- Abram, D., **The Spell of the Sensuous**, Vintage Books, 1997.  
Arye, Lane, **Unintentional Music: Releasing Your Deepest Creativity**, Hampton Books, 2001.  
Bruscia, K., **Improvisational Models of Music Therapy**, Springfield, Illinois, 1987  
Casti, J., **Paradigms Regained, Chapt 4: Born to Speak**, Little, Brown, & Co., 2000.  
Corker, M., **Counselling, The Deaf Challenge**, Jessica Kingsley, 1994  
Newham, P., **Using Voice & Song in Therapy**, Jessica Kingsley, 1999.  
Newham, P., **Using Voice and Movement in Therapy**, Jessica Kingsley, 1999.  
Sacks, O., **Seeing Voices**, Picador, 1991.  
**Voice Dialogue Technique?????ref**  
Watzlawick, Paul. Et al. **Pragmatics of Human Communications**. New York: Norton, 1967.  
Wilber, Ken. **The Holographic Paradigm: Essays on Holographic Thinking**. Boston: Shambala. 1982.

### **E. Proprioceptive Channel Awareness**

#### **Bodywork:**

- Bainbridge Cohen, B., **Sensing, Feeling and Action – The Experiential Anatomy of Body-Mind Centring**, Contact Additions, 1993.  
Caldwell, C, (ed) **The Guide to New Body-Centred Therapies**, Quest Books.  
Olsen, A with McHose, C, **Body Stories – A Guide to Experiential Anatomy**, Station Hill Press, 1991.

#### **Coma:**

- Mindell, Arnold. **Coma, Key to Awakening**. Boston & Shaftesbury': Shambhala, 1992.  
See also Amy Mindell. Coma- A Healing Journey, in Core List.

#### **Eastern Systems:**

- Dummer, Thomas, **Tibetan Medicine and Other Holistic Health Care Systems**, London, New York, Routledge, 1988  
Kaptchuk. T. & Weed, **The Web That Has No Weaver- Understanding Chinese Medicine**. New York. Congo 1983.  
Lad Vasant, **Ayurveda: The Science of Self-Healing**, Santa Fe, Lotus Press, 1985  
Pantajali Osho **The Yoga Sutras of Patanjali**, Alubuquere, NM.. Brotherhood of live. 1984  
Vatsavana **Kama Sutra**  
White, I. trans. **The Yellow Emperor's Classic of Internal Medicine**. Berkeley. & Los Angeles: University of California Press, 1949.

#### **Western Systems:**

- Alexander, F **Studies on Psychosomatic Medicine**. New York, Ronald Press 1948.  
Dossey, L, **Space, Time and Medicine**, Shambala, 1982  
Grossinger, R. **Planet Medicine**, Berkley', Calif. North Atlantic Books, 1995

#### **General:**

- Ehrenreich, Barbara & English, Deirdre. **For Her Own Good! 150 Years of the Experts' Advice to Women**. Garden City, New York. Anchor Press 1978  
Sacks, Oliver. **The Man Who Mistook His Wife for A Hat**. New York, Summit Books 1995.  
Weil, Andrew. **Health and Healing**. Boston, Houghton Mifflin, 1983.

### **F. Kinaesthetic Channel Awareness**

*See dissertations: Amy Mindell*

#### **Dance and Movement Therapy:**

- Bernstein, P., (ed.), **Eight Theoretical Approaches in Dance Movement Therapy, Vol. 2.**, Kendall/Hunt Pub. Co., 1979.  
Chodorow, J, **Dance Therapy and Depth Psychology – The Moving Imagination**, Routledge, 1991

- Fader, B. and Fader, E. **The Expressive Arts Therapies: Art, Music, and Dance as psychotherapy**. New York, Prentice-hall, 1991.
- Laban, R., (ed. Ullmann, L.) **Mastery of Movement**, Princetown Books Co., 1988.
- Levy, F (ed) **Dance and Other Expressive Art Therapies – When Words Are Not Enough**, Routledge, 1995
- Mindell, Amy. **Moving the dreambody: Movement Work in Process Oriented Psychology**, Contact Quarterly, Winter/Spring 1995, Vol. 20, No1, 56-62 (also as manuscript in PW library)
- Payne, H (Ed) **Dance Movement Therapy: Theory and Practice**, Routledge 1992
- Roth, Gabrielle. **Maps of Ecstasy**. HarperCollins. 1999

### **Eastern Systems:**

*See also references to Eliade.*

- Herrigel, Eugen, **Zen and the Art of Archery**. New York, Pantheon Books 1953
- Reid, H. and Croucher, M. **The Fighting Arts: Great Masters of the Martial Arts**.
- Reinhertz, Shakina, **Women Called to the Path of Rumi: The Way of the Whirling Dervish**. Hohm Press 2001.
- Ueshiba, K. **The Spirit of Aikido**. Tokyo, New York distributed through Harper & Row 1984.

## **G. Relationship Channel Awareness**

- Ackerman, Nathan, **The Psychodynamics of Family Life**, NY, Basic Books, 1958.
- Barker, P, **Basic Family Therapy**, Blackwell Scientific, 1992
- Beattie, Melody, **Co-dependent No More: How to Stop Controlling Others and Start Caring for Yourself**, HarperCollins, 1987
- Boston Lesbian Psychology's Collective, **Lesbian Psychologies**. Urbana & Chicago: University of Illinois Press, 1987.
- Dryden, W and Street, E, (ed) **Family Therapy in Britain**, OU Press. 1988
- Falco, K, **Psychotherapy with Lesbian Clients – Theory into Practice**, ISBN No 0 87630 622 9
- Goodbread, Joseph, **Radical Intercourse**, Portland, OR: Lao Tse Press. 1996.
- Herman, Judith Lewis, **Trauma and Recovery**. New York: Basic Books. 1992.
- Litvinoff, Sarah. **Better Relationships**, (Relate) Vermilion 1991.
- Menken, D **Speak Out! Talking about Love, Sex and Eternity** New Falcon Pub 2001
- Minuchin, Salvador. **Families and Families Therapy**. Cambridge, Mass, Harvard University Press. 1974.
- Prior, Robin and Joseph O' Connor **NLP and Relationships**. Thorsons, 2000
- Reiss, G **Angry Men, Angry Women, Angry World** Changing World Publication 2004
- Reiss, G **Vital Loving** Changing World Publication 2004
- Satir, Virginia. **The New Peoplemaking**. Mountain View, Calif. Science & Behaviour Books. 1988.
- Satir, Virginia, **Conjoint Family Therapy**, Condor, 1988

## **H. World Channel Awareness**

*See Mindell (core list) for thorough understanding of Process Work approach on group dynamics.*

*Also dissertations: Dworkin*

- Corey, Marianne S  
And Corey, Gerald **Groups – Process and Practice**. Books/Cole 2002
- Mindell, Amy, **Discovering the World in the Individual: The World Channel in Psychotherapy**. Journal of Humanistic Psychology, 1995.
- Halprin, S, Hohler, H **Alternatives to War** Changing Worlds 2004

### **Gender Issues and sexual orientation:**

- Baker Miller, Jean, **Toward a New Psychology of Women**. Boston: Beacon Press, 1986.
- Blumenfeld, Warren J, **Homophobia: How We All Pay The Price**, Boston, Beacon Press, 1992.
- Cohen, D, **Being a Man**, Routledge, 1990
- Katz, Jonathan Ned, **The Intervention of Heterosexuality**, New York, Plumb Books. 1996.
- Kemp, Sandre, and Squires, Judith (Eds) **Feminism**. Oxford Readers, 1997
- Lerner, Gerda, **The Creation of Patriarchy**. New York & Oxford: Oxford University Press 1986.
- Lorde, Audre, **Sister Outsider**. New York: Crossing Press, 1984.
- Mead, Michael, **Men and the H2O of Life**, San Francisco, Harper. 1993.

Morgan, Robin, (Ed) **Sisterhood is Powerful**. New York: Vintage, 1970.  
Rich, Adrienne. **Of Woman Born**. New York, Bantam. 1981

### **Culture, Race and Ethnicity:**

Allison, Dorothy. **Skin: Talking about Sex, Class and Literature**. Ithica, NY: Firebrand Books, 1994.  
Audergon, A **The War Hotel: Psychological Dynamics in Violent Conflicts** Whurr 2005  
Drakulic, Slavenka, **Balkan Express**, New York, WW Norton, 1993.  
Freire, Paolo, **Pedagogy of the Oppressed**: New York, Herder & herder. 1970.  
Gioseffi, Daniela, **On Prejudice: A Global Perspective**. New York: Anchor Books 1993.  
Hongo, Garret. **Under Western Eyes: Personal Essays from Asian America**. Anchor Books/ Doubleday, NY, 1995.  
Hooks, B, **Ain't I a Woman? – Black Women and Feminism**, ISBN. 0 86104 379 0  
Kochman, T. **Black and White Styles in Conflict**. Chicago: University of Press 1982.  
Lego, Colin, **Race, Culture and Counselling**, OU Press  
Malcolm X. **The Autobiography of Malcolm X**: New York, Grove Press, 1965.  
Moraga, Cherie & Anzaldua, Gloria **This Bridge Called My Back**. New York. Kitchen Table, Women of Colour Press. 1983.  
Nabokov, Peter, (Ed) **Native American Testimony**: New York, Viking, 1991.  
Reiss, G **Beyond War and Peace in the Arab Israeli Conflict** Changing World Publication 2004  
Robinson, R, **The Debt – What America Owes to Blacks**, ISBN. 0 525 94524 5  
Some, Malidoma, **The Healing Wisdom of Africa**, Thorsons, 1999.  
Thich Nhat Hanh, **Living Buddha, Living Christ**. New York, Riverhead Books, 1995.  
West, Cornell & Lerner. **Blacks and Jews**. New York, Delacorte Press. 1984.  
Jaffrey, Liz, **The Invisibles: A tale of the Eunuchs of India**, New York, Pantheon, 1996.  
Zelaftheriadou, **Transcultural Counselling**, Gateways to Counselling

### **Paradigms and systems:**

Bohm, David, **Wholeness and The Implicate Order**. London, Boston, Routledge & Kegan Paul. 1981.  
Capra, Fritjof. **The Tao of Physics**. Boston: Shambhala, 1991.  
Casti, John, **Paradigms Regained: A further Exploration of the Mysteries of Modern Science**. Little, Brown & Company. 2000.  
Hawking, Stephen. **The Universe in a Nutshell**. Bantam press, 2001.  
Holroyd, S., **The Arkana Dictionary of New Perspectives**, Arkana 1989.  
Kaku, Michio & Kuhn, Thomas. **Beyond Einstein: The Cosmic Quest for the Theory of Everything**. Oxford University Press, 1995. (String theory)  
Thompson, Jennifer. **The Structure of Scientific Revolutions**. Chicago: University of Chicago Press. 1970.  
Lovelock, J. **Gaia: A look at Life on Earth**. Oxford, New York, Oxford University Press, 1979.  
Peck, F Scott. **The Road Less Travelled**. New York, Simon & Schuster, 1985.  
Roszak, T et al, (ed), **Eco Psychology**, Sierra Club, 1995  
Handy, C, **The Hungry Spirit**, Arrow Books, 1998

## **I. Altered States of Consciousness**

*See dissertations: Arlene Audergon.*

### **Addictions:**

Chopra, Deepak, **Overcoming Addictions**, Rider 1997  
Groff, C., **Thirst for Wholeness**, HarperCollins, 1993.  
Nakken, C., **Addictive Personality**, Hazelden Foundation, 1996.  
Orford, J., **Excessive Appetites: A psychological View of Addictions**, Wiley, 1985.  
**The Twelve Steps of Alcoholics Anonymous**

### **Death and Dying:**

Dickenson, Donna and Johnson, Malcolm, (Eds) **Death, Dying and Bereavement**, Sage, 1993  
Kubler-Ross, Elizabeth. **On Death and Dying**, New York: Macmillan, 1969.  
Levine, Stephen, **Who Dies?** New York, Doubleday. 1982.  
Murphy, N, Michael. M.D. **The Wisdom of Dying – Practices for Living**. Element Books, 1999

### **Eating disorders:**

Ciliska, D., **Beyond Dieting**, Brunner/Mazel, 1990.  
Orbach, S., **Fat is a Feminist Issue**, Penguin, 1978  
Schmidt, U., &

Treasure, J., **Getting Better Bit(e) by Bit(e)**, Psychological press.

Szmukler, Dare and Treasure (eds.), **Handbook of Eating Disorders**, Wiley, 1995.

#### **Altered and Extreme states:**

Chesler, Phyllis, **Women and Madness**, New York: Doubleday, 1972  
Erickson, H Milton, **Experiencing hypnosis: Therapeutic Approaches to Altered States**, Irvington Publishers, 1981.

Foucault, Michael. **Madness and Civilisation: A History of Insanity in the age of Reason**, New York, Pantheon Books, 1965.

Mollon, P., **Multiple Selves, Multiple Voices - Working with Trauma, Violation and Dissociation**, Wiley and Sons, 1996.

Perry, John, **The Far Side of Madness**, Dallas, Spring Publications 1984.

Tart, Charles, **Altered States of Consciousness**, New York: Doubleday, 1971.

Tomandl, S, Richards, T **An Alzheimer's Surprise Party** Lulu 2006

Weil, Andrew, **The Natural Mind**, Boston: Houghton Mifflin, 1986.

#### **Psychiatry:**

American Psychiatric Association **Diagnostic and Statistical Manual of Mental Disorders**. (4 Edition – DSM IV. Classifications of mental and behavioural disorders, W.H.O.

Jacobsen, J and Jacobsen, A, **Psychiatric Secrets**, Hanley and Belfus. 1996

Kutchins Stuart, H and Kir, A, **Making us Crazy – DSM, The Psychiatric Bible and the Creation of Mental Disorders**, ISBN. 0 094 79710 2

Laing, Ronald D, **The Divided Self**, New York: Penguin, 1970.

#### **Tales of human experience:**

Froman, P, **After you say goodbye when someone you love dies of AIDS**, Chronicle Books 1992

Hanscombe, A., **The Last Thursday in July: The Legacy of Rachel Nickell**. Arrow, 1997.

Redfield Jamieson, Kay, **An Unquiet Mind**, Picador, 1995.

Wilber, K, **Grace and Grit**, Gill and MacMillan , 1991

#### **Transcendant states and experiences:**

Castanada, Carlos. **Journey to Ixtlan**, New York: Simon & Schuster, 1972

Castaneda, Carlos. **Tales of Power**. Penguin Books 1974

Castaneda, Carlos, **The Second Ring of Power**. Arkana, 1977

Donner, Florinda. **Being in Dreaming**, San Francisco: Harper Collins, 1992.

Eliade, Mircea, **Shamanism: Archaic Techniques of Ecstasy**. Bollington Series LXXVI. Princeton, NJ: Princeton University Press. 1972.

Some, Malidoma, **Of Water and the Spirit – Ritual Magic and Initiation in the Life of an African Shaman**, Arkana, 1995

Wong, Eva (trans) **Seven Taoist Masters**. Boston, Shambala, 1990. Boston: Beacon Press 1987

### **J. Working On Yourself Alone**

*See Dissertations: Straub*

Crook, J., & Fotana, D., (Eds.), **Space in Mind . East – West Psychology and Contemporary Buddhism**, Element Books, 1990.

Goldberg, Natalie, **Writing Down The Bones**, Boston, Shambala, 1986.

Iyengar, B, **Light On Yoga**, New York, Schocken Books, 1979.

Muktananda, **Play of Consciousness**. CA: Shree Gurudev Siddha Yoga Ashram 1974.

Sogyal, Rinpoche. **The Tibetan Book of Living and Dying**. San Francisco: HarperCollins. 1992.

Trungpa, R., Shambala,C **The Sacred Path of the Warrior**, Boston, Shambala, 1984

Tulku, T., **Reflections of Mind**, Dharma Pub., 1975.

Tulku, T., **Gesture of Balance**, Dharma Pub., 1977.

Wong, Eva. (Trans) **Cultivating Stillness**, Boston, Shambala 1992.

RSPOPUK **Far In Far Out: Essays on Inner Work** Lulu 2006

**Koran**

**Tao Te Ching**

**Old & New Testament.**

**Tibetan Book of the Dead.**

## Upanishads

### K. Ethics

- Bond, Tim, Bryden, Edwards, and Wolfe  
Heyward, Carter, Masson, Jeffrey, Payne, Helen & Littlechild, Brian, (Eds).  
RSPOPUK
- Standards and Ethics for Counselling in Action**, Sage 1993.  
**Hard earned Lessons from Counselling in Action**, Sage 1992.  
**When Boundaries Betray Us**, HarperCollins. 1994.  
**Against Therapy**, HarperCollins, 1993.  
**Ethical Practice and the Abuse of Power in Social Responsibility**, JKP, 2000.  
**Copy of RSPOPUK Ethics**

### L. Basics of Anatomy and Physiology

*See also Proprioceptive Channel Awareness.*

- Beven, J.,  
Kapit, W.,  
Olsen A with McHose, C.,
- Handbook of Anatomy and Physiology**, Simon and Schuster, 1978.  
**Gray's Anatomy**, Orlando.  
**The Anatomy Colouring Book**, Harper & Row, 1977  
**Body Stories – A Guide to Experiential Anatomy**, Station – Hill Press, 1991  
**First Aid manual – St John's Ambulance Brigade produce a good one.**

## 3. DISSERTATIONS & THESES ON PROCESS WORK

*All dissertations for hire through RSPOPUK.*

- Ackermann, Renata,  
Agostini, Charleen,  
Arye, Lane,  
Arye, Lane,  
Arye, Lane
- Audergon, Arlene,  
Bass, Deanna,  
Beggs, James,  
Brooks, Ruby,  
Camastral, Silvia,
- Croci, Barbara,  
Diamond, Julie,  
Dennehy, Virginia,  
Dworkin, Jan,  
Dworkin, Jan,  
Figuroa, Evelyn,  
Goodbread, Joe,  
Heizer Leslie,  
Heizer, Leslie,
- Hill, Clare,  
McKenna, Conor,  
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(\* These 3 essays are bound as one volume and count as one hire as they are quite short.)

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#### Videos

There are also 3 videos made by Arny and Amy Mindell for US TV. They are:

- 1. Mental Health**
- 2. Working with a woman who has chronic asthma.**
- 3. Working with a woman diagnosed with leukaemia.**

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