

‘Embodied Psychotherapy’: A Reading List

The alphabetically-oriented list immediately below includes a number of books already mentioned in the references to each of the seven preceding papers, together with some other significant works. Some of these books are now out-of-print.

Books relevant to Embodied Psychotherapy / Body Psychotherapy / Somatic Psychology

- Aron, L. & Anderson, F.S. (Ed.) (1998). *Relational Perspectives on the Body*. Hillsdale, NJ: The Analytic Press.
- Anderson, F.A. (2010). *Bodies in Treatment: The unspoken dimension*. London: The Analytic Press.
- Aposhyan, S. (2004). *Body-Mind Psychotherapy: Principles, Techniques and Practical Applications*. New York: Norton & Co.
- Aron, L. & Anderson, F.S. (1998). *Relational Perspectives on the Body*. New York: Routledge
- Bakal, D. (1999). *Minding the Body: Clinical uses of somatic awareness*. New York: Guilford Press.
- Baker, E.F. (1967). *The Man in the Trap*. New York: Macmillan.
- Barratt, B.B. (2010). *The Emergence of Somatic Psychology and Bodymind Therapy*. London: Palgrave Macmillan.
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- Boadella, D. (1973, 1985). *Wilhelm Reich: The evolution of his work*. London: Vision & Routledge.
- Boadella, D. (1986). *Lifestreams: An introduction to Biosynthesis*. London: Routledge.
- Boyesen, G. & Boyesen, M-L. (1980). *The Collected Papers of Biodynamic Psychology: Vol. 1 & 2*. London: Biodynamic Psychology Publications.
- Brown, M. (1990). *The Healing Touch: An introduction to Organismic Psychotherapy*. Mendocino, CA: LifeRhythm.
- Caldwell, C. (1996). *Getting Our Bodies Back*. Boulder, CO: Shambala.
- Changaris, M. (2015). *Touch: The neurobiology of health, healing and human connection*. Mendocino, CA: LifeRhythm.
- Conger, J.P. (1994). *The Body in Recovery: Somatic Psychotherapy and the Self*. Berkeley, CA: North Atlantic Books.
- Cornell, W.F. (2015). *Somatic Experience in Psychoanalysis and Psychotherapy: In the expressive language of the living*. London: Routledge.
- Corrigal, J., Payne, H. & Wilkinson, H. (Eds.) (2006). *About a Body: Working with the embodied mind in psychotherapy*. Hove, UK: Routledge.
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- Damasio, A. (2006). *Descartes’ Error: Emotion, Reason and the Human Brain*. London: Vintage.
- Dychtwald, K. (1984). *BodyMind*. New York: Penguin Group.
- Frank, R. (2001). *Body of Awareness: A somatic and development approach to psychotherapy*. Cambridge, MA: Gestalt Press.
- Gendlin, E. (1981). *Focusing*. London: Bantam.
- Guimón, J. (Ed.) (1997). *The Body in Psychotherapy*. Basel: Karger.
- Hartley, L. (Ed.), *Contemporary Body Psychotherapy: The Chiron Approach*. Hove, UK: Routledge.
- Heller, M.C. (2012). *Body Psychotherapy: History, Concepts, Methods*. New York: W.W. Norton & Co.
- Johnson, D.H. & Grand, I.J. (Eds.) (1997). *The Body in Psychotherapy: Inquiries in Somatic Psychology*.
- Juhan, D. (1987). *Job’s Body: A handbook for bodywork*. Barrytown, NY: Station Hill Press.
- Keleman, S. (1975). *Your Body Speaks Its Mind*. Berkeley, CA: Center Press.
- Keleman, S. (1985). *Emotional Anatomy*. Berkeley, CA: Center Press.
- Kepner, J. (1993). *Body Process: Working with the Body in Psychotherapy*. San Francisco: Jossey Bass.
- Kreuger, D.W. (2002). *Integrating Body Self and Psychological Self: Creating a new story in psychoanalysis and psychotherapy*. New York: Brunner-Routledge.

CONFER PAPERS on Embodied Psychotherapies: Paper 8: Bibliography

Courtenay Young

- Kurtz, R. (1990). *Body-Centered Psychotherapy: The Hakomi Method*. Mendocino, CA: Life Rhythm.
- Lakoff, G. & Johnson, M. (1999). *Philosophy in the Flesh: The Embodied Mind and its Challenge to Western Thought*. New York: Basic Books.
- Levine, P. (1997). *Waking the Tiger: Healing Trauma – The Innate Capacity to transform overwhelming experiences*. Berkeley, CA: North Atlantic Books.
- Lowen, A. (1976). *Bioenergetics: The revolutionary therapy that uses the language of the body to heal the problems of the mind*. New York: Macmillan.
- Marcher, L. & Fich, S. (2010). *Body Encyclopedia: A guide of the psychological functions of the muscular system*. Berkeley, CA: North Atlantic Books.
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- Pierrakos, J. (1990). *Core Energetics: Developing the capacity to love and heal*. Mendocino, CA: LifeRhythm.
- Reich, W. (1933, 1980). *Character Analysis* (3rd Ed.) New York: Farrar, Straus & Giroux.
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- Totton, N. (2003). *Body Psychotherapy: An introduction*. Maidenhead, UK: Open University Press.
- Totton, N. (2015). *Embodied Relating: The Ground of Psychotherapy*. London: Karnac Books.
- van der Kolk, B.A. (2015). *The Body Keeps the Score: Brain, mind and body in the healing of trauma*. New York: Viking Press.
- Westland, G. (2015). *Verbal and Non-Verbal Communication in Psychotherapy*. New York: W.W. Norton & Co.
- White, K. (2014). *Talking Bodies: How do we integrate working with the body in psychotherapy from an attachment and relational perspective*. London: Karnac Books.
- Young, C. (Ed.) (2011). *The Historical Basis of Body Psychotherapy*. Galashiels, UK: Body Psychotherapy Publications.
- Young, C. (Ed.) (2012). *About the Science of Body Psychotherapy*. Galashiels, UK: Body Psychotherapy Publications.
- Young, C. (Ed.) (2012). *About Relational Body Psychotherapy*. Galashiels, UK: Body Psychotherapy Publications.
- Young, C. (Ed.) (2014). *The Body in Relationship: Self – Other – Society*. Galashiels, UK: Body Psychotherapy Publications.
- Young, C. (Ed.) (2018). *Body Psychotherapy Case Studies*. Galashiels, UK: Body Psychotherapy Publications.
- Young, C. (Ed.) (2018). *About Body Psychotherapy & Touch*. Galashiels, UK: Body Psychotherapy Publications.

Body-Oriented Psychotherapy Journals

Body, Movement and Dance in Psychotherapy: An International for theory, research & practice. ISSN: 1743-2979.

CONFER PAPERS on Embodied Psychotherapies: Paper 8: Bibliography

Courtenay Young

Energy & Character: The Journal of Biosynthesis.

International Body Psychotherapy Journal: The art and science of somatic praxis. ISSN: 2169-4745

Somatic Psychology Today: <https://www.somaticpsychotherapytoday.com/>

The Journal of Orgonomy. ISSN: 0022-3298