**PCS Psychotherapy Training Program**

**Recommended Reading List**

**2018-2019**

Note: Some texts are available through the PCS library.

Texts marked with an asterisk (\*) are required reading for Residents

**Foundational Reading**

Austrian, S. *Mental Disorders, Medications, and Clinical Social Work.\**

Basch, M. *Understanding Psychotherapy. \**

\_\_\_\_\_\_\_\_\_\_. *Practicing Psychotherapy. \**

\_\_\_\_\_\_\_\_\_\_. *Doing Brief Psychotherapy.*

Beck, A., Davis, D., Freeman, A. *Cognitive Therapy of Personality Disorders.*

Bowen and Kerr. *Family Evaluation. \**

Elson, M. *Self Psychology in Clinical Social Work. \**

Goldstein, E. *Object Relations Theory and Self Psychology in Social Work Practice.*

Greenberg, L. and Johnson, S. *Emotionally Focused Therapy for Couples.*

Kottler, J. *On Being a Therapist.*

Lessem, P. *Self Psychology: an Introduction. \**

McGoldrick, M. and Gerson, R. *Genograms.*

Morrison, J. *Diagnosis Made Easier. Second Edition \**

Morrison, J. *DSM V Made Easy.*

Minuchin, S. *Families and Family Therapy.*

Minuchin, S. and Fishman. *Family Therapy Techniques.*

Olsen, D. and Stephens, D. *The Couples’ Survival Workbook.*

Wachtel, E. *Treating Troubled Children and their Families. \**

Wachtel, P. *Therapeutic Communication. \**

**Further Suggested Reading**

Guerin, P. and Fay, L. *Evaluation and Treatment of Marital Conflict.*

Hughes, D. *Attachment-Focused Family Therapy.*

Johnson, S., et al.*Becoming an Emotionally Focused Couples Therapist: the Workbook.*

Kohut, H. *The Analysis of the Self.*

Mitchell, S. *Relationality: From Attachment to Intersubjectivity.*

Pargament, K. *Spiritually Integrated Psychotherapy. \**

Rowe, C. and Isaac, D. *Empathic Attunement.*

Sandage, S.. *Forgiveness and Spirituality: a Relational Approach. \**

Schnarch, D. *Passionate Marriage.*

Stolorow, R. *The Intersubjective Perspective.*

Wachtel, P. *Relational Theory and the Practice of Psychotherapy.*

Whittaker, C. and Keith, D. *Dancing with the Family: a symbolic-experiential*

*approach.*

Whittaker, C and Napier, A. *The Family Crucible.*

Wolf, E. *Treating the Self.*

**Program Schedule for 2018-2019**

September-October PCS Policies and Clinical Procedures

Suicide Assessment

Diagnostics and Differential Diagnosis

Initial Stage of Individual Psychotherapy

Developing Treatment Plans

Spirituality in Psychotherapy

Introduction to Bowen Systems Theory

November-December Bowen Systems Theory-Anxiety in One’s Development

Contextual History of One’s Development in Family

Attachment Theory

Early Stages of Individual Psychodynamic Therapy

January-February Introduction to Object Relations and Self Psychology

Childhood Development in a Family

Introduction to Family Intervention

Assessment

Planning from theory not reactivity to symptoms

Forms of family therapy

Object Relations

Structural

Emotionally Focused and Attachment Based

March-April Troubled Couple Relationships; Assessment

Forms of couples therapy

Emotionally Focused

Experiential

Bowen Systems

May-July Treating the Individual in Depth Therapy

Self Psychology

Instructors: Baddeley

Genzel

Longo

Reynolds

Stephens

Watjen