



NEW DEPTHS APPROACH -- RESEARCH & READING LIST

(Please excuse this list not being in APA format.)

The Archaeology of Mind: Neuroevolutionary Origins of Human Emotions, Jaak Panksepp and Lucy Biven, Norton Series on Interpersonal Neurobiology (Sep 17, 2012)

Being a Brain-Wise Therapist: A Practical Guide to Interpersonal Neurobiology, Bonnie Badenoch, Norton Series on Interpersonal Neurobiology, 2008

Body Sense: The Science and Practice of Embodied Self-Awareness, Alan Fogel, Norton Series on Interpersonal Neurobiology, 2013

The Brain that Changes Itself, Norman Doidge, 2007.

The Brain-Savvy Therapist's Workbook, Bonnie Badenoch, Norton Series on Interpersonal Neurobiology, 2011

The Boy Who Was Raised as a Dog, Bruce Perry and Maia Svalavitz, 2007.

Clinical Intuition in Psychotherapy: The Neurobiology of Embodied Response, Terry Marks-Tarlow, Norton Series on Interpersonal Neurobiology, 2012

The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are, Daniel J. Siegel, 2001

Healing Moments in Psychotherapy, by Daniel J. Siegel and Marion Solomon, Norton Series on Interpersonal Neurobiology, 2013

Healing the Traumatized Self: Consciousness, Neuroscience, Treatment, Paul Frewen, Ruth Lanius, Bessel van der Kolk and David Spiegel, Norton Series on Interpersonal Neurobiology, 2014

The Impact of Early Life Trauma on Health and Disease: The Hidden Epidemic, Ruth A. Lanius, Eric Vermetten and Clare Pain, 2010

In the Realm of Hungry Ghosts, Gabor Mate, MD, North Atlantic Books, 2010

Inner Work: Using Dreams and Active Imagination for Personal Growth, Robert Johnson, 2009.

The Lasting Effects of Words on Feelings: Words May Facilitate Exposure Effects to Threatening Images, G.T. Tabibnia, M.D. Lieberman, & M.G. Craske, *Emotion*, 8, 307-317, 2008.

Loving with the Brain in Mind: Neurobiology and Couple Therapy, Mona DeKoven Fishbane and Daniel J. Siegel, Norton Series on Interpersonal Neurobiology, 2013

The Mind and the Brain: Neuroplasticity and the Power of Mental Force, Jeffrey M. Schwartz and Sharon Begley, 2003

The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being, Daniel J. Siegel, 2007

The Mindful Therapist, Daniel Siegel, 2010

Mindsight: The New Science of Personal Transformation, Daniel Siegel, 2010

The Neurobiology of "We": How Relationships, the Mind, and the Brain Interact to Shape Who We Are, Daniel J. Siegel, 2008 (Sounds True Audio CD)

Neurobiology Essentials for Clinicians: What Every Therapist Needs to Know, Arlene Montgomery and Allan N. Schore, Norton Series on Interpersonal Neurobiology, 2013

The Neuroscience of Human Relationships: Attachment And the Developing Social Brain, Louis Cozolino, 2006

The Neuroscience of Psychotherapy: Healing the Social Brain, (Second Edition), Louis Cozolino, Norton Series on Interpersonal Neurobiology, 2010

Parenting From the Inside Out, Daniel Siegel and Mary Hartzell, 2004

Power Under: Trauma and Nonviolent Social Change, Steven Wineman. Unpublished. Available as free download at <http://www.traumaandnonviolence.com/>

Waking the Tiger: Healing Trauma: The Innate Capacity to Transform Overwhelming Experiences, Peter Levine, 1997

Websites of Relevant Researchers:

- Matthew Liebermann: <http://www.scn.ucla.edu/people/lieberman.html>
PAPERS: <http://www.scn.ucla.edu/papers.html>
- Allan Schore: <http://www.allanschore.com/>
- Stephen Porges: <http://www.stephenporges.info/> <http://merzenich.positscience.com>
- Mary Ainsworth: <http://www.richardatkins.co.uk/atws/person/1.html>

(last updated: 2/21/2014)