

Resources

Recommended Books

Childhood Developmental Trauma causes us to have emotional disabilities in certain areas of our lives. Yes, you have it, we all have it. We need you to understand it so we can help you go into recovery from it.

These are the books on **Childhood Developmental Trauma** by Pia Mellody. Pia Mellody created the model for treating trauma back in the 1970s and wrote her first book about it in the 1980's, *Facing Codependence*. Facing Codependence explains what happened to us when we were young. It's eye-opening to say the least. Forget the word *codependence* here, she is talking about trauma. Read it, as we will be talking all about it in relation to your life when we meet. This is the way to get to the root of a person's issues and heal them once and for all. I was trained by Pia Mellody in Scottsdale, Arizona over three years between 2010-2013.

Books for Trauma.

Facing Codependence by Pia Mellody. This book explains what happened to us. It is a must-read for my clients. I don't give pop-quizzes, and I won't scold you if you don't read it, but I will say you will get out of this effort to heal and have better relationships what you put into it.

Below are links to the primary books I recommend. *I am an affiliate with Amazon and may earn a small percentage if you purchase the books from these links.*

Facing Codependence. The basic textbook for our sessions

[Paperback](#) (approx. \$9.99)

[Spiralbound](#) (approx. \$27.00)

[Audiobook](#) (approx. 17.99)

The Intimacy Factor – The disabilities we attain while children affect us in our relationships moving forward. This book explains that, and also begins the conversation about what to do about it.

[The Intimacy Factor – hardback version](#) (approx. 29.)

[Intimacy Factor – paperback version](#) (approx. 23.50)

[Intimacy Factor Kindle version](#) (approx. 12.99)

Breaking Free. A wonderful workbook based on the same very expensive techniques that are used at the Meadows Behavioral Health Center in Wickenburg, AZ. This is the healing part.

[Paperback](#) (Approx 14.50)

[Spiral-bound](#) (Approx \$39)

Love Addiction. You may or may not be working on this issue in your therapy. If you suspect that you will, or if I tell you that you may have this issue, these are the books I recommend.

Facing Love Addiction by Pia Mellody

[Paperback](#) (approx. \$11.50)

[Kindle](#) (Approx \$7)

[Audiobook](#) (Approx \$18)

Books by John Bradshaw:

[Healing the Shame that Binds You.](#)

[Homecoming: Reclaiming and Championing Your Inner Child](#)

[Bradshaw On: The Family, A New Way of Creating Solid Self-Esteem](#)

[Healing the Child Within.](#) Charles Whitfield.

Somatic Experiencing Therapy. I am a Somatic Experiencing Practitioner, or SEP. This means I was trained extensively over three years to learn an extremely powerful method for releasing trauma. Every one of us has stored up trauma – 1000s of wounds, some we remember, many we don't. If you go to see an SEP, they may use touch to help you release trauma, among other things. There is a lot to know, but the following workbook has an enormous amount of information about becoming emotionally healthy with yourself by becoming self-aware and doing various forms of healing therapy on yourself. I use almost all of the techniques discussed in this book myself, and highly recommend it.

[The Somatic Therapy Handbook: Self-soothing techniques for Healing Trauma. Enhancing the Mind-Body Connection and Stress Relief.](#) By Cher Hampton

Getting Healthy at your Core.

[The Power of Now](#) by Eckhart Tolle. This book helped me rid myself of my ego that led me to terrible decisions and the nasty negative voice in my head.

[The Four Agreements](#) by Don Miguel Ruiz. (Paperback, approx. \$7.75) I often tell clients if they read Ruiz's books, and follow what he says, their lives will change so much in a good way that in therapy we will only need to tie up some loose ends. I sincerely mean that. His books are short, beautifully written, and power packed with rich, profound concepts.

[Paperback](#) (Approx \$9.30)

[Kindle](#) (aph~~https://~~amzn.to/3OSGdBSpox \$7)

[Audiobook](#) (Approx \$10)

[The Omega institute for Holistic Studies](#)

The Omega Institute offers cutting edge workshops in-person and online presenting many subjects, from emotional healing, meditation, sparking creativity, and more. It's not unusual to find world authorities presenting the workshops. I highly recommend it.

Marriage and Relationships

[Fierce Intimacy](#) by Terry Real (audiobook only, approx. \$30) I am also Terry Real-trained. Terry Real and I have something in common, too, we are both Pia Mellody trained. Real developed a model of therapy for couples and relationships based on Pia's Model. This is the best way for any couple to springboard themselves into awareness about how individuals should conduct themselves in relationships. I highly, highly recommend that every couple listen to this book.

[The New Rules of Marriage](#) by Terry Real

[Us](#) by Terry Real

[Mastery of Love](#) Paperback (approx. \$9.30) by Don Miguel Ruiz, more of his work, but addressing relationships.

[Kindle](#) (Approx \$7)

[Audiobook](#) (Approx \$10.)

[Hold Me Tight](#) by Susan Johnson. Susan Johnson is a respected marriage and family therapist who developed the emotionally focused therapy concept, that is built around the concept that most relationship issues center around attachment issues. She may well be correct.

[Five Love Languages](#) by Gary Chapman. A classic must-read for all couples.

Books for the Leaning-in Partner

[Divorce Remedy](#): The Proven 7-Step Program for Saving Your Marriage by Michelle Weiner Davis
[The Somatic Therapy Handbook: Self-soothing Techniques for Healing Trauma, Enhancing the Mind-body Connection, and Stress Relief](#). By Cher Hampton. (Also listed above)

Post-Divorce Books.

[Crazy Time](#): Surviving Divorce and Building a New Life by Abigail Trafford. This book is a classic and must-read for anyone licking their wounds after a divorce. Trafford shows us how to analyze what happened and why, an essential part of the post-mortem understanding that leads to healing, and hopefully, not repeating mistakes.

Divorce and Children

[Helping Your Kids Cope With Divorce the Sandcastles Way](#) by M. Gary Neuman and Patricia Romanowski

[Helping Children Cope With Divorce](#), by Edward Teyber.

Healing at Your Core. Workshops, Health Centers, Books.

Part of becoming relational, meaning able to be healthy in a give-and-take relationship, is peeling away old layers of dysfunctional beliefs and behaviors and becoming your authentic self.

A few years ago I attended a “Meet the Masters” workshop in New York City hosted by the Meadows Behavior Health Center, where Pia Mellody created her trauma treatment model decades ago. The “masters” were some of the world’s top trauma experts, all of them authors. One of the speakers, psychiatrist Shelley Uram, author of [Essential Living: A Guide To Having Happiness and Peace by Reclaiming Your Essential Self](#), gave a quiet, but powerful talk about the importance of becoming your authentic self. I bought her book, read it, and was pleased to find numerous resources and a framework to help people heal their trauma and become their essential selves, and checked them out. Uram says she has benefitted from them herself, and I highly recommend her path, though I have edited the list:

1. Learn Pia Mellody’s model for childhood developmental trauma. (See Pia Mellody’s books listed above).
2. The Work by Byron Katie. Her book is, [Loving What is: Four Questions that Can Change Your Life](#). I am grateful I found the work of Byron Katie, all thanks to Uram. I highly recommend you check out her work.
3. [The Sedona Method](#): Your Key to Lasting Happiness, Success, Peace and Emotional well-Being by Hale Dwoskin. Described as a simple, easy-to-learn method for letting go of unwanted and limiting thoughts and emotions in the moment.
4. 12-Step Programs. For all of us who have been living hidden behind a false persona, as I did for many years, as a pleaser. This is not about substance abuse, though it applies to that, too. Many of us cope with addictions such as overachieving, perfectionism, work, shopping, television, tobacco, Internet, obsessing, and more.

If every person could afford to go through to the [Meadows Behavioral Health Center’s](#) program it would be a great thing, but it is very expensive, and the stay is over 30 days. There are other ways to an overhaul on your mental and emotional health, some sponsored by the Meadows, such as their [Survivor’s workshops](#) and [Couple’s repair and Reset workshops](#) which are attended in one-week bites. Still, last I checked, they were in the \$4000 for an individual, \$6000 for a couple range.

Thankfully, there is also a more affordable option, [The Green Shoe Foundation](#) in Guthrie, Oklahoma, founded in 2015 by Chad Richison. Based on Pia Mellody’s work. It is a five-day intensive focusing on childhood developmental trauma. As I write this, a \$475 deposit is required to secure a spot, and is returned in full upon completing the week. There is usually a waiting list.

For Men

The best book I have read for male depression. So many of my male clients have benefitted from this.

[I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression](#), by Terry Real

[FOR NICE GUY MEN AND MALE PLEASERS](#). This is a must read for my male pleasers. My male clients often tell me it was like they were reading a book written especially for them. If you are a pleaser and you know it, read this.

[No More Mr. Nice Guy](#) by Robert Glover.

[The Integrated Man](#): A Handbook for the Recovering Nice Guy. A companion workbook for Glover's book.

[The Way of the Superior Man: A Spiritual Guide to Mastering the Challenges of Women, Work, and Sexual Desire](#). By David Deida – A must read for every man, and I think women would benefit from reading it, too.

WOMEN

FOR FEMALE PLEASERS

[The Disease to Please](#) by Harriet B. Braiker, Ph.D. A classic.

For female love addicts and those with an insatiable need for sex and love....

[Mother Hunger: How Adult Daughters Can Understand and Heal From Lost Nurturance, Protection, and Guidance](#), by Kelly McDaniel A book written by my former neighbor and classmate, it's a must-read for anxious attached and love addicted women. So tenderly presented.

For women wanting to better understand men:

[It's A Guy Thing: An Owner's Manual for Women](#). By David Deida

Stepfamilies

Stepfamilies – If you are in, or plan to be in a blended family, you MUST read this.

[Surviving and Thriving in Stepfamily Relationships](#) by Patricia L. Papernow

[The Stepfamily Handbook: From Dating, to Getting Serious, to forming a Blended Family.](#) By Patricia Papernow and Karen Bonnell.

Communication Dynamics

[Love more, Fight Less: A Relationship Workbook for Couples.](#) By Gina Senarighi, Ph.D.

All the work of Pia Mellody and Terry Real address this subject. See above.

Cognitive Behavior Therapy (CBT is a research-based, proven form of therapy, based on changing your thinking, which leads to changes in your feeling. It's powerful and effective.)

[Retrain Your Brain: Cognitive Behavioral Therapy in 7 Weeks: A workbook for managing depression and anxiety.](#) By J. Gillihan, Ph.D.