

Recommended Reading List

Books by Richard Schwartz (Founder of Internal Family Systems - IFS)

- No Bad Parts: Healing Trauma and Restoring Wholeness with the Internal Family Systems Model
- Introduction to the Internal Family Systems Model

Books by Johann Hari (Focus on Mental Health and Addiction)

- Lost Connections: Uncovering the Real Causes of Depression – and the Unexpected Solutions
- Stolen Focus: Why You Can't Pay Attention and How to Think Deeply Again

Books by Peter Levine (Trauma and Somatics Expert)

- Waking the Tiger: Healing Trauma
- In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness

Books by Irvin Yalom (Existential Psychotherapy)

- The Gift of Therapy: An Open Letter to a New Generation of Therapists and Their Patients
- Staring at the Sun: Overcoming the Terror of Death



Other Highly Recommended Books by Counsellors

On Trauma and Healing

- It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle by Mark Wolynn
- Healing the Fragmented Selves of Trauma Survivors by Janina Fisher

On Addiction and Recovery

- In the Realm of Hungry Ghosts: Close Encounters with Addiction by Gabor Maté
- The Biology of Desire: Why Addiction Is Not a Disease by Marc Lewis

On Mindfulness and Compassion

- Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life by Jon Kabat-Zinn
- Radical Acceptance: Embracing Your Life With the Heart of a Buddha by Tara Brach

On Personal Growth and Relationships

- Attached: The New Science of Adult Attachment and How It Can Help You Find—and Keep—Love by Amir Levine and Rachel Heller
- Hold Me Tight: Seven Conversations for a Lifetime of Love by Dr. Sue Johnson

On Somatics and Body Awareness

- The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-Regulation by Stephen Porges
- My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies by Resmaa Menakem