

Literature list Coaching en Counselling English Year 2

Apart from the materials in the online learning environment, literature is not included in the tuition/training fees. The books must be arranged (purchased or borrowed) by the student before the start of the programme.

The literature for this programme consists of:

1. 1 'basic skills' book, which is compulsory for everyone
2. 1 book per block, to be chosen by the student
3. 2 extra books for the block of your specialization (so three books in total for this block)

Mandatory literature (must be read by everyone):

- Professional Coaching. Principles and Practice. Edited by: Susan, OSB, EdD, MCC, Sabatine, Janice Manzi, PhD, PCC, Brownell, Philip, MDiv, PsyD, PCC

Books to be chosen by the student:

You will need to read one additional book per block (2, 3, 4 and 5). Choose one book per block out of the options listed below. The literature in block 6 (day 10) is recommended but not compulsory. You are not obliged to read it.

Block 1: Day 1 - Psychology of learning and change

- No additional reading requirements.

Block 2: Day 2 and 3 - Personal life and health

- Motivational Interviewing. Helping People Change. Stephen Rollnick, William R. Miller. Guilford Publications; 3e editie (7 september 2012) ISBN: 1609182278
- Positive Psychology Coaching. Putting the Science of Happiness to Work for Your Clients. Biswas-Diener, Robert and Ben Dean. Wiley, June 2010. ISBN: 9780470893081.
- The Stress-Proof Brain: Master Your Emotional Response to Stress Using Mindfulness and Neuroplasticity. Greenberg, Melanie. New Harbinger Publications; 1 edition (February 2, 2017). ISBN: 1626252661.
- Brief Coaching for Lasting Solutions. Berg, Insoo Kim and Peter Szabo. Ww Norton & Co, oktober 2005. ISBN: 9780393704723.
- Rational Emotive Behavior Therapy. Ellis, Albert and Debbie Joffe Ellis.



- It Works for Me - It Can Work for You. American Psychological Association, maart 2011. ISBN: 9781433809613.

Block 3: Day 4 and 5 - Family and relationships

- Attachment Theory in Practice. Emotionally Focused Therapy (EFT) with Individuals, Couples, and Families. Johnson, Susan M. Guilford Publications (2019). ISBN: 9781462538249.
- Transactional Analysis Counselling in Action. Stewart, Ian. Sage Publications Ltd., October 2013. ISBN: 9781446253281.
- Hold Me Tight Your Guide to the Most Successful Approach to Building Loving Relationships - Sue Johnson ISBN: 9780749955489
- Games People Play. Berne, Eric. Penguin Books, June, 2016. Ltd. EAN: 9780241257470

Block 4: Day 6 and 7- Business and career

- Coaching the team at work. Clutterbuck, David. John Murray Press (2007). ISBN: 9781904838081.
- Behind Closed Doors. Stories from the Coaching Room. de Haan, Erik. Libri Publishing (2016). ISBN: 9781909818767.
- Mastering Executive Coaching. Passmore, Jonathan. Taylor & Francis Inc (2018). ISBN: 9780815372912.
- Creative Career Coaching. Theory into Practice. Hambly, Liane. Routledge (2018). ISBN: 9781351006408.
- Ikigai: The Japanese Secret to a Long and Happy Life, Mirrales, Francesc and Hector Garcia. Penguin Publishing Group; Illustrated editie (29 augustus 2017). ISBN: 0143130722

Block 5: Day 8 and 9 - Mourning, trauma and recovery

- The Body Keeps the Score. Brain, Mind, and Body in the Healing of Trauma. Viking (2014). ISBN: 9780670785933.
- Grief Counselling and Grief Therapy. A Handbook for the Mental Health Practitioner. Worden, William. Taylor & Francis Ltd (1991). ISBN: 9780415071796.
- Counseling Insights: Practical Strategies for Helping Others with Anxiety, Trauma, Grief, and More. Ens, Vicky. ACHIEVE Publishing (October 14, 2018). ISBN: 1988617049
- Waking the Tiger: Healing Trauma The Innate Capacity to Transform Overwhelming Experiences. Peter Levine. ISBN: 9781556432330
- When the Body Says No The Cost of Hidden Stress. Gabor Mate. ISBN: 9781785042225
- It Didn't Start with You How Inherited Family Trauma Shapes Who We are and How to End the Cycle. Mark Wolynn. ISBN: 9781101980385
- Trauma Fear and Love How the Constellation of the Intention Supports Healthy Autonomy. Franz Ruppert. ISBN 9780955968365

Block 6: Day 10 - How to start your own practice?

- Start Your Own Coaching Business. Your Step-By-Step Guide to Success. Mann, Monroe and Rich Mintzer. Entrepreneur Press (2012, second edition). ISBN: 9781599184456.
- What Color Is Your Parachute? A Practical Manual for Job-Hunters and Career-Changers. Bolles, Richard N. Random House USA Inc, august 2019 (revised). ISBN: 9781984856562.

Additional reading and coaching hours for your specialization

In order to receive your diploma for Year 2, you will need to specialize in one of the topics of the above blocks. For this block you will have to read three books, instead of one. You are allowed to choose literature that is not listed above for your specialization as well. If you want to choose literature outside of the list, please discuss this with your teacher.