

## Literature list Coaching en Counselling English Year 1

Unless stated otherwise, this literature is not included in the costs of the training programme and must be purchased by the student before the start of the course.

You can order your books at YouBeDo, but this is not mandatory. Of course, you can also order your books at another provider.

### Compulsory literature:

- Starr, Julie. (2021). The Coaching Manual: The Definitive Guide to The Process, Principles and Skills of Personal Coaching. 5<sup>th</sup> edition, Pearson **or** Starr, Julie. (2016). The Coaching Manual: The Definitive Guide to The Process, Principles and Skills of Personal Coaching. 4<sup>th</sup> edition, Pearson
- Crouch, Anthony. (1997). Inside Counselling. Sage Publications.
- Myers, D., & Dewall, N. C. (2022). Exploring Psychology. (11<sup>th</sup> or 12<sup>th</sup> edition) Macmillan Publishers.
- Rosenberg, Marshall B. (2015). Nonviolent Communication, Puddledancer Press.
- Walthuis, K., Six Coaching attitudes.  
*You can buy this book on the website of the author. Please find information about how to order Six Coaching attitudes via this link: <http://www.karenwalthuis.nl/six-coaching-attitudes/>.*

### Recommended literature:

These books are optional. They can be read to delve further into the curriculum, and they link up to topics in the syllabus.

1. Bellersen, Monique & Kohlmann, Inez (2016). Intervision, Vakmedianet Management
2. Van der Kolk, Bessel (2015). The body keeps the score, Penguin Books

### Recommended games:

Purchasing games is optional. They can help to explore a topic and are used as such, but do not necessarily have to be purchased for the training programme. The games below are recommended by the ACC, but the list is not exhaustive. It is up to the student to determine which games link up to the topics they are working on. The teacher can provide advice on this.

1. The Feelings Game - Peter Gerrickens (*will be used in the programme*)
2. The Values Game - Peter Gerrickens
3. Core Quadrant Game - Daniel Ofman

*For more English card games you can check Peter Gerrickens website:*

<https://www.kwaliteitenspel.nl/en/>