

Literature list Addiction and Recovery Coaching and Counselling

Compulsory literature:

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.

Module 1: Introduction to addiction counselling – Understanding addiction

1. Sheff, D. (2008). *Beautiful boy*. Houghton Mifflin. ISBN: 9780618683352.
2. Miller, W. R., & Rollnick, S. (2012). *Motivational Interviewing: Helping People Change* (3rd ed.). Guilford Press. ISBN 9781609182274.

Module 2: Family coaching in addiction

3. Jay, D. (2021). *It takes a family: Creating lasting sobriety, togetherness, and happiness*. Hazelden Publishing. ISBN: 9781616499129.

Module 3: Recovery coaching

4. Berg, I. K. & Szabó, P. (2005). *Brief coaching for lasting solutions*. Norton Professional Books. ISBN: 9780393704723.
5. Killeen, M. (2013). *Recovery coaching: A guide to coaching people in recovery from addictions*. CreateSpace Independent Publishing Platform. ISBN: 9781490968162.

Module 4: Interventions

6. Meyers, R. J., & Wolfe, B. L. (2004). *Get your loved one sober: Alternatives to nagging, pleading, and threatening*. Hazelden Publishing. ISBN: 9781592850815.

Module 5: Marketing yourself as a coach and/or setting up your own practice

7. Mann, Monroe and Rich Mintzer. Entrepreneur Press (2012). *Start Your Own Coaching Business. Your Step-By-Step Guide to Success*. ISBN: 9781599184456.

Module 6: Psychological Disorders, Trauma and Grief

8. Maté, G. (2008). *In the realm of hungry ghosts: Close encounters with addiction*. Knopf Canada. ISBN: 9780676977400.

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. Harvey, S. (2019). Kaizen: The Japanese method for transforming habits, one small step at a time. Bluebird (Pan Macmillan). ISBN: 9781529005356.
2. Jay, J., & Jay, D. (2008). Love first: A family's guide to intervention (2nd ed.). Hazelden Publishing. ISBN: 9781592856619.
3. Provocative Coaching: Making Things Better by Making Them Worse – Jaap Hollander (2013), Crown. ISBN: 781845908577.
4. Greenberg, M. (2017). The Stress-Proof Brain: Master your emotional response to stress using mindfulness and neuroplasticity. New Harbinger Publications. ISBN: 9781626252660.
5. Van der Kolk, B. (2015). The Body Keeps the Score. Penguin Books Ltd. ISBN: 9780143127741.
6. Levine, P. (1997). Waking The Tiger: Healing Trauma. North Atlantic Books. ISBN: 9781556432330.
7. Stewart, I. (2013). Transactional Analysis Counselling in Action. Sage Publications Ltd. ISBN: 9781446253281.
8. Yalom, I. (2009). The Gift of Therapy: An open letter to a new generation of therapists and their patients. HarperCollins Publishers Inc. ISBN: 9780061719615.
9. Watzlawick, P., Beavin Bavelas, J., & Jackson, D. D. (2014). Pragmatics of human communication: A study of interactional patterns, pathologies, and paradoxes. W. W. Norton & Company. ISBN: 9780393710011.