

Literature list Coaching and 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 7 required books and 2 extra book of your choice:

1. 2 'basic skills' books
2. 1 book per block
3. 2 extra books for the block of your specialization

Required literature (must be read by everyone):

- The Therapeutic Relationship in Counselling and Psychotherapy, Knox, R., Cooper, M. (2018), Sage Academic Books. ISBN: 9781473916869

Block 1: Day 1 - Psychology of learning and change

- Helping People Change: Coaching with Compassion for Lifelong Learning and Growth (1st edition). Boyatzis, R., Smith, M. L. & Oosten, V. E. (2019). Harvard Business Review Press. ISBN: 9781633696563

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

- The Stress-Proof Brain: Master Your Emotional Response to Stress Using Mindfulness and Neuroplasticity. Greenberg, Melanie. New Harbinger Publications (2017). ISBN: 1626252661.

Block 3: Day 4 and 5 - Family and relationships

- Transactional Analysis Counselling in Action. Stewart, Ian. Sage Publications Ltd., October 2013. ISBN: 9781446253281.

Block 4: Day 6 and 7- Business and career

- Creative Career Coaching. Theory into Practice. Hambly, Liane. Routledge (2018). ISBN: 9781351006408.

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

- The Body Keeps the Score. Brain, Mind, and Body in the Healing of Trauma. Kolk, van der Bessel, Viking (2014). ISBN: 9780670785933.

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

Choose between these two books:

- Building Your Ideal Private Practice: A Guide for Therapists and Other Healing Professionals 2nd Edition, Grodzki, L. (2015). W. W. Norton & Company. ISBN: 9780393703313
- Start Your Own Coaching Business. Your Step-By-Step Guide to Success. Mann, Monroe and Rich Mintzer. Entrepreneur Press (2012). ISBN: 9781599184456.

Books to be chosen by the student for their specialisation:

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

Block 1: Day 1 - Psychology of learning and change

None

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

- Motivational Interviewing. Helping People Change. Stephen Rollnick, William R. Miller. Guilford Publications; ISBN: 1609182278
- Positive Psychology Coaching. Putting the Science of Happiness to Work for Your Clients. Biswas-Diener, Robert and Ben Dean. Wiley. ISBN: 9780470893081.
- Brief Coaching for Lasting Solutions. Berg, Insoo Kim and Peter Szabo. Ww Norton & Co, (2005). ISBN: 9780393704723.
- Rational Emotive Behavior Therapy. Ellis, Albert and Debbie Joffe Ellis. 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.
- 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
- Trauma, Bonding and Family Constellations (2008). Franz Ruppert. Steyning: Green Balloon Publishing. ISBN 978-0955968303

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.
- Ikigai: The Japanese Secret to a Long and Happy Life, Mirrales, Francesc and Hector Garcia. Penguin Publishing Group; Illustrated editie (2017). ISBN: 0143130722
- The seven habits of highly effective people, Covey, S. R. (1989).

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

- 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 (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
- The Pocket Guide to the Polyvagal Theory - The Transformative Power of Feeling Safe Porges, S.W. (2017) ISBN: 9780393707878

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

- 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