

Foundation in Deep Bodywork: Possibilities for Reading - November 2011

TO START WITH:

Ken Dychtwald [Bodymind](#) 1977, 1978 Wildwood House
(one of the old guard)

Stanley Keleman [Your Body Speaks its Mind](#) : 1975 Simon and Schuster
(the bio-energetic way to greater satisfaction)

Ron Kurtz [Body-centred Psychotherapy: the Hakomi Method](#) 1983,1990
(excellent and clear on gentle, respectful bodywork)

Jack Painter [Deep Bodywork and Personal Development](#) 1984 Bodymind/Element B.
(on holistic bodywork, from the originator of Postural Integration)

David Boadella [Lifestreams](#) 1987 Routledge & Kegan Paul
(an important Reichian therapist)

ABOUT BODYWORK:

Linda Hartley [Somatic Psychology: Body, Mind and Meaning](#) 2004 Whurr
(starting from a Body-mind Centering perspective...)

Richard Strozzi Heckler [The Anatomy of Change: East/West Approaches to Body/Mind Therapy](#). 1984, 1993 Shambhala
(martial arts and therapeutic bodywork - really interesting) - out of print but can still be got online

Gay Hendricks [Conscious Breathing](#) 1995
(breathing exercises)

Greg Johanson & Ron Kurtz [Grace unfolding: Psychotherapy in the Spirit of the Tao-Te Ching](#) 1994 Bell Tower Books
(a spirited version with an old classic)

Don Johnson & Ian J. Grand [The Body In Psychotherapy](#) 1998 North Atlantic Books
(a modern collection of perspectives on bodywork)

Deane Juhan [Job's Body: A Handbook for Bodywork, updated](#) 1987, 1998
(a good reference textbook on the body)

Stanley Keleman [Somatic Reality: Bodily Experience + Emotional Truth](#) 1979, 1989 Center
(*good readable account of how we form our own body through experience)

Alexander Lowen [Language of the Body: Physical Dynamics of Character Structure](#) 1958, 1978, 1982, 2006 Collier Macmillan
(student of Wilhelm Reich, his language shows its age a bit, but a good Reichian read)

Fritz Fredrick Smith [Inner Bridges - A guide to Energy Movement and Body Structure](#) 1986, 1998 Humanics Verlag
(*excellent exploration of subtle energetic connections, pathways and interactions; he brings both the Chinese Acupressure and the Indian Chakra framework into our Western context) *

Nick Totton ed. [New Dimensions in Body Psychotherapy](#) 2005 Open University Press
(a selection of current perspectives on bodywork)

Marlena Field [Body-Centered Coaching](#) 2005 Body Mind Spirit
(deceptively simple guide to using body-centred skills)

Jack Lee Rosenberg, Marjorie L.Rand & Diane Asay [Body, Self, and Soul: Sustaining Integration](#). 1985, 1989 Humanics
(very good book on bodywork, including body information)

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Linda Hartley [Wisdom of the Body Moving](#) 1989, 1995 North Atlantic
(an Introduction to Body-Mind Centering, excellent on movement and on the development of being in the body)

SPECIAL TOPICS:

Virginia Axline [Dibs: In Search of Self](#) 1964,1982, 1986 Penguin
(Still one of my favourite examples of respectful therapy)

Antonio R. Damasio [The Feeling of What Happens](#) 2000 Vintage
(tracing the neurobiology of how consciousness and a sense of self arises out of the feeling body - look at his other books too!)

Phyllis K. Davis Ph.D [The Power of Touch - the Basis for Survival, Health, Intimacy and Emotional](#) 2004 Hay House
(a praise of touch for healthy living)

Patricia A. DeYoung [Relational Psychotherapy: A Primer](#) 2003 Brunner Routledge
(a "primer" on placing the relationship at the centre of working with people psychotherapeutically; the language can be a bit prescriptive at times)

Moshe Feldenkrais [The Potent Self: A Guide to Spontaneity](#) 1985,1992 Harper Collins
(body - mind, spontaneity and excitement)

Diana Fosha ed. Daniel J. Siegel et al (eds) [The Healing Power of Emotion](#) 2009 Norton www.wwnorton.com
(a collection of articles that give a taste of the groundbreaking developments influenced by affective / interpersonal neuroscience in the last decades)

Ruella Frank [Body of Awareness](#) 2001 Gestalt Press
(exploring the relational developmental patterns from infancy and how they are carried in the bodymind; focused on direct awareness in the body; Gestalt bodywork)

Erich Fromm [The Art of Loving](#) 1957,1969 Unwin
(*on self-loving as the basis for lovingness - still relevant after all these years)

Stephen Gilligan [The Courage to Love](#) 1997 W. W. Norton & Co. www.wwnorton.com
(and more on love ...)

Malcolm Gladwell [Blink](#) 2005, 2006 Penguin
(a gripping yarn about brain patterns and our perception)

Sally Goddard [Reflexes, Learning and Behaviour](#) 2002, 2005 Fern Ridge Press
(developmental reflexes, delays & consequences - (esp. look at uterine fear reflex & Moro reflex etc)

Joe Griffin & Ivan Tyrell [Psychotherapy, Counselling and The Human Givens](#) 1999 European Therapy Studies Institute, Organising Ideas No. 2
(the human givens approach, using pattern matching and hypnosis ideas - see also their recent book)

Gay Hendricks [The Conscious Heart: 7 soul choices that inspire creative partnership](#) 1999
(on partnerships)

Stephen M. Johnson [Character Styles](#) 1994 Norton
(a look at different character styles and how to work with them - in spite of the objectifying language good)

Gudrun Jonsson [Gut Reaction](#) 1999 Vermillion
(on the importance of food and the gut)

Anodea Judith [Eastern Body Western Mind](#) 1996 Celestial Arts
(excellent view on chakras, linking with development & character structures)

Stanley Keleman [The Human Ground](#) 1975 Center Press
(*excellent on grounding in love and sexuality)

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- Stanley Keleman [Love - A Somatic View](#) 1994 Center Press
(from one of the grandmasters of bodywork)
- Stanley Keleman [Patterns of Distress - Emotional Insults and Human Form](#) 1989 Center Press
(tracing body forms via stories of people; advanced)
- Serge King [Mastering Your Hidden Self](#) 1985, 1996 Theosophical Publishing
(writing about Huna psychology and approaches to change)
- Josephine Klein [Our Need for Others - And its roots in infancy](#) 1997 Routledge
(journey round many of theorists' perspective on roots of needfor others; advanced)
- George Leonard & Michael Murphy [The Life We Are Given](#) 1995 Tarcher Putnam
(shaping your own life)
- Peter A. Levine [Waking the Tiger - Healing Trauma](#) 1997 North Atlantic Books
(excellent on trauma in the body- was a seminal book)
- Thomas Lewis, Fari Amini & Richard Lannon [A General Theory of Love](#) 2001 Vintage
(*a very readable account linking somatic, emotional & brain development to the presence of other people)
- Bruce H. Lipton Ph.D. [The Biology of Belief: unleashing the power of consciousness, matter](#) 2005 Mountain of Love/Elite Books
(research & reflections on the membrane of cells, the seat of the the brain, and the harmonics of fields)
- Alexander Lowen [Depression and the Body](#) 1972 Pelican
(focus on depression by a bodyworker)
- Lynne McTaggart [The Bond](#) 2011 Hay House UK
(on the importance of human connectedness)
- Kerstin Uvnäs Moberg [The Oxytocin Factor - Tapping the Hormone of Calm, Love and Healing](#) 2003 Da Capo Press
(linking the "calm and connection" system to Oxytocin, early bonding and later bodily experiences) (very easy to read)
- Thomas Moore [The Soul of Sex: Cultivating Life as an Act of Love](#) 1998 Harper
(*bringing sexuality together with spirit into the body)
- Caroline Myss [Anatomy of Spirit : the seven stages of power and healing](#) 1996, 1998 Bantam Books
(excellent on chakras & energy in a societal context, on relationship issues in the body & on taking responsibility!)
- Robin Norwood [Women who Love too much](#) 1985 Arrow
(Co-dependency, or: when you keep wishing and hoping he or she will change...)
- Michel Odent [The Scientification of Love](#) 1999 Free Association
(linking love and physiology)
- Pat Ogden Kekuni Minton and Clare Pain [Trauma and the Body - Sensorimotor Approach to Psychotherapy](#) 2006 Norton
(good book on bodywork & trauma;an advanced read)
- Candace B. Pert, PhD. [Molecules of Emotion](#) 1998 Simon + Schuster
(on the biological basis of bodymind - and a woman's personal insider story on science in society)
- Albert Pesso [Experience in Action: A Psychomotor Psychology](#) 1972 New York University Press www.pbsp.com/expnact1.htm
(webbook by a leading practitioner of excellent psychodramatic enactment bodywork)
- Wilhelm Reich [Character Analysis](#) 1950,1980 (3rd ed) Farrar Straus Giroux
(not an easy book to read, but then he wrote it over half a century ago; "from the horse's mouth"; advanced reading)

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David Richo [How to be an Adult](#) 1991 Paulist Press

(on learning to take responsibility and be powerfully in life)

Marshall B. Rosenberg, Ph.D. [Nonviolent Communication - A Language of Life](#) 2003 PuddleDancer Press www.PuddleDancer.com

(on being clear and heartfelt in communication *)

Ernest Lawrence Rossi [The Psychobiology of Mind-Body Healing: New Concepts of Therap.Hypnosis](#) 1993 W. W. Norton

(new concepts of therapeutic hypnosis, and on the importance of thought/imagination on bodily reality; advanced)

Theodore Isaac Rubin, M.D. [Compassion and Self-Hate - An Alternative to Despair](#) 1986, 1998 Macmillan

(traces the corrosiveness of self-hate - excellent; available second-hand only)

Myron Sharaf [Fury on Earth - a biography on Wilhelm Reich](#) 1983 Hutchinson

(an excellent read about the life and ideas of the founder of modern bodywork)

Daniel J. Siegel [Mindsight](#) 2010 Bantam Books

(highlights the importance of being able to tune into the inner reality of ourselves and others for health, well-being, social competency and professional efficiency)

Daniel J. Siegel MD [The Developing Mind -How Relationships and the Brain Interact to Shape who](#) 1999 Guildford Press

(seminal book about how relationships profoundly shape the mind and the brain - he "started" interpersonal neuroscience!)

Bob Stahl , Ph.D Elisha Goldstein, Ph.D [A Mindfulness-Based Stress Reduction Workbook](#) 2010 New Harbinger Publications Inc. www.newharbinger.com

(good workbood for body-focused skills of mindful awareness)

Daniel N. Stern [The Interpersonal World of the Infant](#) 1985, 2000 Basic Books

(excellent & path-braking book on developmental theory in the light of recent infant research - this book changed the field and the way we think about developmental issues; advanced)

Daniel N. Stern M.D. [The Present Moment in Psychotherapy and Everyday Life](#) 2004 Norton

(the vital importance of working in the present moment in therapy - including conscious and unconscious relationship; advanced)

Daniel N. Stern MD [Forms of Vitality](#) 2010 Oxford University Press

(raising a neglected topic: the "background" to perception)

David J. Wallin [Attachment in Psychotherapy](#) 2007 The Guildford Press

(good history and overview of attachment theory and experiments; advanced)

Paul Watzlawick [The Situation is hopeless, but not serious: The Pursuit of Unhappiness](#) 1983, 1993 W. W. Norton

(very funny; about communication with self and other)

Stephen Wolinsky [Quantum Consciousness](#) 1993 Bramble

(an exceptional maverick in transformational processes)

WIDER DIMENSION:

Chungliang Ai Huang & Jerry Lynch [Thinking Body, Dancing Mind](#) 1987,1995

(for lateral thinking with the body)

Fritjof Capra [The Turning Point](#) 1982 Wildwood House

(one of the early writers on the new holistic approach in Western thinking (a pardigm shift)

Daniel Goleman [Destructive Emotions: Dialogue with Dalai Lama](#) 2004 Bantam Books

(very interesting dialogue on emotions and different ways of learning to handle them)

Joanna Macy [Coming back to Life: Practices to Reconnect our Lives, our World](#) 1998 New Society Press

(on living as part of the world)

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Joanna Macy & Thich Nhat Hanh [World as Lover, World as Self](#). 1991, 2007 Parallax
(on the relationship between the person and the world)

Lynne McTaggart [The Field](#) 2003 Element
(the in-book on interconnectedness & energetic realities)

Thomas Moore [Care of the Soul: a guide for creating depth and sacredness in everyday life](#) 1994 Harper Collins
(*a wonderful book on the importance of depth in everyday life)

Thomas Moore [Original Self](#) 2001 Perennial
(just such a wonderfully poetic and soulful perspective)

Kelly Oliver [Witnessing - beyond recognition](#) 2001 University of Minnesota Press
(focusing on the difficulty of perceiving the culturally unfamiliar; advanced)

Dr. David Servan-Schreiber [Healing Without Freud or Prozac](#) 2004 Rodale
(a controversial counterpoint)

His Holiness the Dalai Lama [The Universe in a Single Atom - How Science & Spirituality can Serve our](#) 2006 Little, Brown www.twbg.co.uk
(a calm voice in our world)

Alan Watts [The Wisdom of Insecurity](#). 1994
(a wonderful book - soulful)

John Welwood Ph.D. [Journey of the Heart: The Path of Conscious Love](#) 1990 Harper Perennial
(reflections on learning how to love !)

WEBSITES:

Acu - 5 Elements http://www.5elementacupuncture.co.uk/5_elements.htm
(site with lots of info on the five elements)

Acu - 5 Elements <http://www.5elements.com/docs/elements/>
(on the 5 elements)

Acu -YinYangHouse <http://www.yinyanghouse.com/>
(more 5 element info)

Anodea Judith Chakras <http://www.sacredcenters.com/chakras.html>
(a good website for chakra information and pretty pictures too)

Food & Mood <http://www.nutrition.org.uk>
(nutrition & health)

Food & Mood <http://www.ajpip.com/>
(on Body PH, acidity & health)

Food & Mood <http://www.mentalhealth.org.uk/campaigns/food-and-mental->
(food & mental health)

Somatics Articles <http://www.somatics.de/>
(a rich source of articles on bodywork - a lot of them in English)

Pre & Perinatal <http://birthpsychology.com/free-article/maternal-emotions-and->
(non-genetic influences on the baby)

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Pre & Perinatal <http://birthpsychology.com/>

(website with articles on pre & peri-natal influences)

Pre & Perinatal - William <http://www.emersonbirthrx.com/>

(www. address for William Emerson's work)

Trauma Articles >2001 <http://www.fsu.edu/~trauma/v7/index.html>

(excellent website for trauma articles until 2001, now has gone to 'by subscription only' ...)