

# Revised Reading List for Trainers

## Getting started:

1. 7 Principles for Making Marriage Work
2. When Men Batter Women, Jacobson and Gottman
3. The Science of Trust or What Makes Love Last?: How to Build Trust and Avoid Betrayal
4. The Science of Couples and Family Therapy
5. Articles on Gottman Method Therapy:
  - a. The Clinical Handbook of Couple Therapy, Alan Gurman
  - b. Encyclopedia of Couple and Family Therapy, Gottman, Cole and Cole (online)
    - i. [https://link.springer.com/referenceworkentry/10.1007/978-3-319-15877-8\\_195-1](https://link.springer.com/referenceworkentry/10.1007/978-3-319-15877-8_195-1)

## Working with more complexity:

1. What Predicts Divorce – Gottman
2. Hold Me Tight – Susan Johnson
3. Prolonged Exposure Therapy for PTSD, Foa
4. Couples Therapy A Nontraditional Approach – Dan Wile
5. Emotions Revealed – Paul Ekman
6. Anger, The Misunderstood Emotion – Carol Tavris
7. Raising An Emotionally Intelligent Child – Gottman
8. The Marriage Clinic Casebook – Gottman
9. The Marriage Clinic – Gottman
10. The Clinical Handbook of Couple Therapy – Alan Gurman (
11. The Practice of Emotionally-Focused Couples Therapy: Creating Connection – Susan Johnson
12. And Baby Makes Three: The Six-Step Plan for Preserving Marital Intimacy and Rekindling Romance After Baby Arrives - Gottman and Gottman
13. The Relationship Cure – Gottman
14. After the Fight: Using Your Disagreements to Build a Stronger Relationship – Dan Wile
15. Not 'Just Friends': Rebuilding Trust and Recovering Your Sanity after Infidelity, Shirley Glass.
16. No Visible Bruises - Snyder
17. Schema Therapy for Couples - Simeone-De Fancesco, Roediger and Stevens
18. A Couples Guide to Thriving with ADHD - Orlov and Kohlenberger
19. Come as You Are - Nagoski
20. Treating Alcohol and Drug Problems in Psychotherapy Practice. Washton & Zweben  
Amazon:<https://amzn.to/2tQAJNE>