

## MORE than MINDFULNESS - References and links

Altman D. (2011) One minute mindfulness. New World Library. CA, USA  
<https://goamra.org/publications/>

Amodeo J., Wentworth K. (1986) Being Intimate – A Guide to Successful Relationships. Arkana, Penguin, England.

Brach Tara, (2015) Mindfulness course with NICABM

Campbell P., McMahon, E, (1997). Bio-Spirituality. Focusing as a way to grow. Loyola Press. A Jesuit Ministry. Chicago.

Cornell, A.W. (2005) The Radical Acceptance of Everything. Calluna Press, CA, USA

Cornell, A.W. (2013) Focusing in Clinical Practice: The Essence of Change. W. W. Norton & Company. New York, USA

Cornell, A.W. (2015) Presence: A Guide to Transforming Your Most Challenging Emotions. And Audio. Calluna Press, CA, USA [www.focusingresources.com](http://www.focusingresources.com)

Csikszentmihalyi M. (1997). ***Finding Flow. The psychology of engagement with everyday life.***

Basic Books, New York

Doidge N, (2007). ***The Brain that changes itself.***

Penguin Books, USA.

Emmons, Robert A.; Crumpler, Cheryl A. (2000)

Gratitude as a human strength: Appraising the evidence.

Journal of Social and Clinical Psychology, Vol 19(1), 56-69.

Elliott, R., Watson J.C., Goldman R. N., Greenberg L.S., (2004) ***Learning Emotion Focused Therapy.*** The process-experiential approach to change.

American Psychological Association. Washington

Frank, J. D and Frank, J. B (1993) Persuasion and Healing. A comparative study of Psychotherapy. 3<sup>rd</sup> Edition

John Hopkins University Press, USA

Friedman N. (2007) Experiencing and the creation of meaning. A contribution to the practice, Teaching, and understanding of Focusing-Orientated Psychotherapy  
Copyright - Neil Freidman

Furrow, J. L., Johnson S. M., Bradley, B. A. (2011) The Emotionally Focused Casebook. New directions in Treating Couples Routledge. New York

Gendlin E. T. (1958) The function of experiencing II. Two issues: Interpretation in therapy: Focus on the present. *Counselling centre Discussion Papers*, 4(3). Chicago: university of Chicago library (15pp) from [www.focusing.org](http://www.focusing.org)

Gendlin (1961) Experiencing: A Variable in the process of therapeutic change. *American Journal of Psychotherapy* 15(2) 233-245 From [www.focusing.org/gendlin](http://www.focusing.org/gendlin)

Gendlin, E. T. (1962) Experiencing and the creation of meaning. A philosophical and psychological approach to the subjective. New York: Free Press of Glen-coe. Reprinted by Macmillan, 1970.

Gendlin, E. T. (1964) A Theory of Personality Change  
University of Chicago. Chapter 4 in: *Personality Change*. Philip Worchel & Donn Byrne (Eds), New York: John Wiley & Sons.

Gendlin E. T. (1973) Experiential psychotherapy. In R. J. Corsini (Ed), *Current Psychotherapies* pp 317-352. Itasca, IL: Peacock

Gendlin, E. T. (1978 original 2007 republish) *Focusing*.  
Bantam Dell, Random House. New York

Gendlin E. T. (1979) Gendlin:experience is richer than psychotherapy models. *Brain-mind Bulletin*, 4 (10) 2 from [www.focusing.org](http://www.focusing.org).

Gendlin, E. (b) (1981) *Focusing*. Bantam Dell, Division of Random House. NY. NY.

Gendlin, E.T. (1984). The client's client : the edge of awareness. In R.L. Levant & J.M. Shlien (Eds.), *Client-centered therapy and the person-centered approach*. New directions in theory, research and practice, New York

Gendlin, E. T. (1984). The Politics of Giving therapy away: Listening and Focusing. In D Larson (Ed) *Teaching psychological skills: Models for giving Psychology away*, pp 287-305. Monterey: Brooks/Cole. See also [www.focusing.org/gendlin/docs](http://www.focusing.org/gendlin/docs)

Gendlin, E. T. (1990). The small steps of the therapy process: How they come and how to help them come. In G. Lietaer, J.Rombauts and R. Vn Balen (eds), *client centred and experiential psychotherapy in the ineties*, pp. 205-224. Leuven: Leuven University Press, from [www.focusing.org/gendlin](http://www.focusing.org/gendlin)

Gendlin E. T. (1991) On emotion in therapy. In J.D Safran and L S. Greenberg (eds) *Emotion, Psychotherapy and change* pp 255-279. New York and London Guildford from [www.focusing.org](http://www.focusing.org)

Gendlin, E. (1996). *Focusing-Orientated Psychotherapy*. A manual of the experiential method. New York. The Guildford Press.

Gray L., Marder D, editors (2009). *Focusing – A manual and anthology of writings for*

classroom teachers to introduce focusing in the high school setting. Southern California Institute for Focusing.

Greenberg L. (2014) Emotion focused Therapy: The transforming power of Emotion [www.emotionfocusedclinic.org](http://www.emotionfocusedclinic.org) accessed June 2014

Greenberg, L.S. Rice, L. N., Elliott R. (1993) Facilitating Emotional Change. The moment-by-moment process. The Guildford Press, New York.

Greenberg. L., Watson, J., Lietaer G. eds (1998) Handbook of experiential psychotherapy. The Guildford Press New York

Germer, C., Siegel, R., Fulton, P. (2005). Mindfulness and Psychotherapy. The Guildford Press. New York, London.

Haidt Jonathon (2012) The Righteous Mind. Why good people are divided by politics and religion. Penguin Books. London. England

Hendricks M. (2001) Focusing orientated/experiential Psychotherapy (Review of more than 80 research studies on Focusing and Experiencing level) In Cain, David and Seeman, Jules (Eds) Humanistic Psychotherapy: Handbook of Research and Practice, American Psychological Association, 2001.

Hicks Angela. Examining four styles of Focusing – the similarities and differences Unpublished paper

Hinterkoph, E. (1998) Integrating Spirituality in Counseling: A manual for using the experiential Focusing method. Alexandria, VA: American Counseling Association

Holmes E. (1922) *The Science of Mind; a complete course of lessons in the science of mind and spirit*. New York: R.M. McBride & Co.

Kilner Simon, 2010. Helping children with focusing – Some guidelines for companions. [ChildrenFocusingInfo@focusing.org](mailto:ChildrenFocusingInfo@focusing.org) and [www.focusing.org/children](http://www.focusing.org/children)

Levitt, H, Butler, M., and Hill, T. (2006). What clients find helpful in Psychotherapy: Developing principles for facilitating moment-to-moment change. *Journal of Counselling Psychology*, Vol. 53, No.3, 314-324

Madison G. (2014). Focusing Orientated Therapy, 2 day Workshop, Sydney 8 and 9 April 2014.

May Gerald (1977 reprint 2000). Simply Sane – The spirituality of Mental Health. The Crossroads Publishing Company New York, New York. USA

McMahon, E. (1993) Beyond the myth of Dominance – An alternative to a violent society. Kansas City. Sheed and Ward

Parker R. The philosophy of the implicit. An introduction to the work of Gene Gendlin [www.lifeforward.org](http://www.lifeforward.org)

Purton C. Differential response, diagnosis and the philosophy of the implicit Published in Person Centred and Experiential psychotherapies, 3 (4) (2004), pp 245-255. Centre for counseling studies, University of east Anglia, Norwich UK)

Quayle J. (2013) Handouts produced by Jane Quayle and used in the Focusing workshops she teaches in Sydney. [www.creativeconnections.com.au](http://www.creativeconnections.com.au)

Rappaport L. (2009) Focusing-Orientated art Therapy. Accessing the Body's Wisdom and Creative Intelligence. Jessica Kingsley Publishers. LondConteon and Philadelphia

Rogers C. R. (1961) On Becoming a person – A therapist's view of Psychotherapy. Houghton Mifflin Company, Boston.

Rome D (2014) Your body knows the answer Tolle, E. (2003) Stillness Speaks London. Hodder and Stoughton

Seligman, M (1990) Learned Optimism. How to change your mind and your life. Simon and Schuster, New York

Seligman, M. (2002). ***Authentic Happiness***. Free press. A division of Simon and Schuster, Inc. New York.

Siegel Daniel J. (1999) The Developing Mind. How relationships and the Brain interact to shape who we are. Guildford Press

Simon B (2014) with Zubizarreta R. How I teach Focusing – Discovering the Gift of Your Inner Wisdom. Mill City Press, Inc. Minneapolis

Stapert Marta and Verlievde, 2008. Focusing with Children. The art of communicating with children at school and at home. PCCS Books. Ross on Wye.

Schwartz, Richard C. (1995). *Internal Family Systems Therapy*. New York: The Guilford Press.

Van der Kooy A., McEvenue K, (2006) Focusing with Your Whole Body Marlborough UK, Toronto, Canada

Van der Kolk Bessel (2015) The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma. Viking Penguin Group

Veugelers Rene 2015. Focusing Institute Summer School. Garrison New York [www.ftcz.nl](http://www.ftcz.nl) (and click on the British flag for English)

Waldman Mark (2015). NeuroWisdom course [www.MarkRobertWaldman.com](http://www.MarkRobertWaldman.com)

Waldman Mark (2013-2015). Spirituality, Transformation and the Brain. The Essential Essays. [www.MarkRobertWaldman.com](http://www.MarkRobertWaldman.com)

Yalom I. D. with Leszcz M. (2005). ***The Theory and Practice of Group Psychotherapy. 5<sup>th</sup> edition***  
Perseus Books Group. New York

Mindfulness websites



"Mindfulness means paying attention with a gentle, friendly attitude; on purpose, in the present moment, and non judgmentally."

FREE Guided Mindfulness Meditation audios

You can download a free app called "Insight Timer" which has a bell and a timer you can use and lots of free meditations. You can just experiment. You can also pay to upgrade to get access to more meditations.

1. <http://www.oxfordmindfulness.org> Mark Williams - - Psychologist - The Oxford Mindfulness centre. Mindfulness based Cognitive therapy  
This site is part of Oxford University. It is secular and research based on the benefits of mindfulness.

If you click on the link below you will be taken to the resources page. You can buy meditations here or click on the YouTube 3 minute meditation and get access to other YouTube guided meditations.

<http://www.oxfordmindfulness.org/learn/resources/>

<http://franticworld.com> Danny Penman author of best selling book: 'Mindfulness – Finding Peace in a Frantic World' written with Mark Williams

2. [www.mrsmindfulness.com](http://www.mrsmindfulness.com)

Melli O'Brien – mindfulness teacher – secular. If you subscribe you will get access to a free video.

<http://mrsmindfulness.com/the-5-minute-mindfulness-video-the-world-needed-to-see/>

This is a 5 minute video Melli did on Mindfulness

<http://mrsmindfulness.com/9-mindfulness-videos/> This link will take you to 9 talks on mindfulness.

<http://mrsmindfulness.com/ted-talk-happiness-is-mindfulness/>

This is a video on the research on mindfulness

3. [www.shamashalidina.com](http://www.shamashalidina.com) Shamash Alidina Wrote a book Mindfulness for dummies. You can also do a free 7 day mindfulness course. Click on get started and then Resources.

4. <https://www.tarabrach.com>

Tara Brach Mindfulness teacher. Her mindfulness is based in the Buddhist tradition. Go to her page and click on the drop down menu called Meditations for lots of different meditations.

5. <http://www.dharma.org> Joseph Goldstein – Site is called Insight Meditation Society. Also in the Buddhist tradition. Go to this site and click on Resources and Audio for a couple of free longer guided mindfulness meditations and free talks.

<http://www.dharma.org/resources/audio#guided> This link takes you straight to the Free audios.

6. [www.rickhanson.net](http://www.rickhanson.net)

Rick Hanson – also does meditations based in the Buddhist tradition. Go to his website and click on the drop down menu called Teaching and then click on Guided Meditation Practices.

7. <http://www.breathworks-mindfulness.org.uk> Vidyamala Burch was trained in the Buddhist tradition however this site is secular. She suffers from chronic pain so her meditations are good for people with pain. You can do on-line courses.

If you click on the link below you can get access to free audio guided meditations. You do need to give your email address but of course you can easily unsubscribe

<http://www.breathworks-mindfulness.org.uk/free-meditations>

Sites where you can pay to get Guided Mindful meditations and books and courses.

<http://www.compassionatewellbeing.co.uk> Paul Gilbert. Secular – psychologist, explains things well. You can subscribe and pay 25Pounds and get access to meditations

[www.jackkornfield.com](http://www.jackkornfield.com)

Jack Kornfield – Also based in the Buddhist tradition. You will have to join his email list to get a free guided meditation. He has some interesting articles on different meditations

[www.elishagoldstein.com](http://www.elishagoldstein.com)

Elisha Goldstein – Mindfulness and Psychotherapy. You will have to pay for his Audios

[www.actmindfully.com.au](http://www.actmindfully.com.au) Russ Harris Acceptance Commitment Therapy (ACT). You can buy an App.

<http://drdansiegel.com/> Dan Siegel or <https://www.mindsightinstitute.com> Can do his courses. The mindsight institute.

<http://www.umassmed.edu/cfm/> Jon Kabat-Zinn Center for Mindfulness. Can do the mindfulness based stress reduction program. Includes mindfulness and yoga.

Mindfulness for Schools

<http://mindfullifetoday.com>

Kristen Race. Mindfulness for parents and programs for schools in the US

<http://mindfulnessinschools.org> Mindfulness in Schools in the UK Richard Burnett  
.b-mindfulness (dot b)

[www.MarkRobertWaldman.com](http://www.MarkRobertWaldman.com)

Mark Waldman – looks at a lot of research on mindfulness and other things eg values and assimilates it. Lots to read you will have to pay for his audio course

<https://mindup.org> Goldie Hawn is working in this mindfulness space

<http://www.lifeskillsgroup.info> This is an Australian Group trying to get into schools

[www.bemindfulonline.com](http://www.bemindfulonline.com)