Recommended Reading for Counselors and Psychotherapists

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Abstract
This paper consists of a list of the books that every counselor and psychotherapist should read. In an effort to make the list as brief as possible, I have not included books in specialty areas such as psychodiagnosis, personality, group therapy, and many other important topics. This list is meant as a place to start to learn the fundamentals of the theory and practice of counseling and psychotherapy.

Psychoanalysis and Psychodynamic Psychotherapy
S. Freud, Civilization and its Discontents
S. Freud, The Interpretation of Dreams
S. Freud, New Introductory Lectures on Psychoanalysis
P. Gay, The Freud Reader
P. Ferris, Dr. Freud: A Life
P. Gay, Freud: A Life for Our Time
E. Jones, Life and Work of Sigmund Freud
H. F. Ellenberger, The Discovery of the Unconscious

Analytical Psychotherapy
C. G. Jung, Modern Man In Search of a Soul
C. G. Jung, Man and his Symbols
C. G. Jung, Memories, Dreams, Reflections
D. Bair, Jung: A Biography
C. Dunne, Carl Jung: Wounded Healer of the Soul
A. Jaffe, C. G. Jung: Word and Image

Existential and Humanistic Psychotherapy
V. Frankl, Man’s Search for Meaning
I. D. Yalom, Existential Psychotherapy
C. Rogers, *On Becoming a Person*
H. Kirschenbaum (Ed.), *The Carl Rogers Reader*
C. R. Rogers & D. E. Russell, *Carl Rogers The Quiet Revolutionary*
F. Perls, *Gestalt Therapy Verbatim*

**Cognitive and Cognitive-Behavioral Psychotherapy**

A. Ellis, *Reason and Emotion in Psychotherapy*
A. Ellis, *The Albert Ellis Reader*
A. T. Beck, *Cognitive Therapy and the Emotional Disorders*
A. T. Beck, *et al, Cognitive Therapy of Depression*
J. S. Beck, *Cognitive Behavior Therapy: Basics and Beyond*
D. Meichenbaum, *Cognitive Behavior Modification*
D. Burns, *The Feeling Good Handbook*

**Constructivist, Strategic, and Problem-Oriented Therapy**

R. Fisch, J. H. Weakland, & L. Segal, *Tactics of Change*
J. Haley, *Strategies of Psychotherapy*
N. Cummings & M. Sayama, *Focused Psychotherapy*
M. Hoyt, *Constructive Therapies (two volumes)*
Lazarus, A., *The Practice of Multimodal Therapy*

**Solution-Oriented Therapy**

S. de Shazer, *Keys to Solution in Brief Therapy*
W. O’Hanlon & M. Weiner-Davis, *In Search of Solutions*
S. Miller, M. Hubble & B. Duncan, *Handbook of Solution-Focused Brief Therapy*
W. O’Hanlon & J. Wilk, *Shifting Contexts*
E. Quick, *Doing What Works in Brief Therapy*
J. L. Walter & J. E. Peller, *Becoming Solution-Focused in Brief Therapy*

**General Books on Psychotherapy**

D. H. Barlow, *Clinical Handbook of Psychological Disorders*

Common Elements in Successful Psychotherapies
B. Wampold, The Great Psychotherapy Debate
J. D. Frank & J. B. Frank, Persuasion & Healing
A. Bowhart & K. Tallman, How Clients Make Psychotherapy Work
M. Hubble, B. Duncan & S. Miller, The Heart and Soul of Change
B. Duncan & S. Miller, The Heroic Client

Popular Books on Psychotherapy and Psychology
D. Burns, Feeling Good
I. Yalom, The Gift of Therapy
M. Pipher, Letters to a Young Therapist
M. Seligman, Learned Optimism; Authentic Happiness; Flourish
M. Csikszentmihalyi, Flow: The Psychology of Optimal Experience

Overviews and Critiques of the Field of Psychotherapy
J. Engel, American Therapy
R. Dawes, House of Cards
S. O. Lilienfeld, J. Rusico, & S. J. Lynn, Navigating the Mindfield