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The following selections are resources I have come to deeply value in my work. It is by no means complete. I hope you find them useful.

**BOOKS**

Akhtar, S., et al, "The American Latino: Psychodynamic Perspectives on Culture and Mental Health Issues," (2015)

Akhtar, S and Crilley, L (eds.), "The Joy of Torment," (2025)

Benjamin, J., "Beyond Doer and Done To," (2018)

Berzoff, Flanagan and Hertz, "Inside Out and Outside In," 3rd Ed. (2011)

Bloom. C. et al, "Eating Problems," (1994)

Blum, A., Goldber, P., Levin, M., "Here I Am Alive: The Spirit of Music in Psychoanalysis," (2025)

Bobrow, J. "Waking Up from War," (2015)

Boyd-Franklin, N., "Black Families in Therapy: Understanding the African American Experience," (2016)

Bromberg, P. "In the Shadow of the Tsunami," (2003)

Casement, P. "Learning from the Patient," (1992)

Cozolino, L., "The Making of a Therapist," (2004)

Cozolino, L., "The Pocket Guide to Neuroscience for Clinicians," (2020)

Daniel Siegel, M.D., "The Developing Mind," (2015)

David Wallin, Ph.D., "Attachment in Psychotherapy,"

De Masi, F., "Vulnerability to Psychosis," (2009)

Diamond, M., "Ruptures in the American Psyche and the Appeal of Trumpism: A Plea for Containment of a Society in Peril," (2023)

Dodes, L., "The Heart of Addiction," (2002)

Epstein, M. M.D., "Thoughts Without a Thinker," (2013)

Fairbairn, W.R.D., "Psychoanalytic Studies of Personality," (1994)

Fetting, M., "Perspectives on Addiction," (2011)

Fonagy, P., "Identity, Gender, and Sexuality: 150 Years After Freud," (2009)

Furman, E., "On Being and Having a Mother," (2001)

Gabbard, G. "Long Term Psychodynamic Psychotherapy," (2010)

Gabbard, G. "Management of Countertransference with Borderline Patients," (2000)

Gill, R., "Addictions From an Attachment Perspective," (2014)

Guntrip, H. Ph.D, "Schizoid Phenomena, Object Relations and the Self," (1969)

Hedges, L., "Working the Organizing Experience: Transforming Psychotic, Schizoid, and Autistic States," (1994)

Helm, K., "Love, Intimacy, and the African American Couple," (2013)

Hillman, J., "Suicide and the Soul," (2020)

Jones-Damis, J. and Moore, K., "Racial Trauma in Black Clients: Effective Practice for Clinicians," (2025)

Kernberg, O., "Treatment of Borderline Patients," (1989)

Kohut, H. "The Psychology of the Self," (1996)

Laubender, C., "The Political Clinic: Psychoanalysis and Social Change in the 20<sup>th</sup> Century," (2024)

Lorenz, K., "On Aggression," (1997)

Lanyado, M. "The Presence of the Therapist: Treatment of Childhood Trauma," (2004)

McBride, T., et al, "Trauma and the Destructive-Transformative Struggle: Clinical Perspectives," (2019)

McWilliams, N. "Psychoanalytic Diagnosis," 2nd Edition (2011)

Mitchell, S. "Relationality: From Attachment to Intersubjectivity," (2011)

Morgan, O., "Addiction, Attachment, Trauma and Recovery: The Power of Connection," (2019)

Nathans, S., "Couples on the Couch: Psychoanalytic Couple Psychotherapy and the Tavistock Model," (2017)

Ogden, T. "The Primitive Edge of Experience," (1992)

Ogden, T. "Coming to Life in the Consulting Room," (2022)

Petrucelli and Stuart, "Hungers and Compulsions," (2001)

Price, D. "Unmaskng Autism: Discovering the New Faces of Neurodiversity," (2022)

Rosenfeld, H. "Impasse and Interpretation," (1987)

Schave and Schave, "Early Adolescence and the Search for Self," (1989)

Searles, H. "My Work with Borderline Patients," (1986)

Shelton, M., "Fundamentals of LGBT Substance Use Disorders: Multiple Identities, Multiple Challenges," (2016)

Small, C., "Treating Black Women with Eating Disorders: A Clinician's Guide," (2020)

Steiner, J., "Psychic Retreats," (1993)

Steiner, J., "Illusion, Disillusion, and Irony in Psychoanalysis," (2020)

Steinman, I. et al, "Self Psychology and Psychosis," (2023)

Stoute, B., "The Trauma of Racism: Lessons from the Therapeutic Encounter," (2022)

Watson, E., "Clinical Encounters in Sexuality: Psychoanalytic Practice and Queer Theory," (2017)

[25 Best Psychoanalysis Podcasts to Listen to in 2025](#)