

San Francisco Psychotherapy Associates

State-of-the-Art Body-Centered Psychotherapy for Adults, Children, Adolescents, Couples, Families and Groups

*What you cannot learn in the body, You can learn nowhere else.
...Bhagavad Gita*

Links and Resources

Emergency Care

If you are experiencing a mental health crisis or emergency, please call
San Francisco Hot Line at (415) 781-0500 or 911
and go to your local emergency room.

Couples and Families

Books

Ahrons, C. [The Good Divorce: Keeping your Family Together When your Marriage Comes Apart.](#)

Bader and Pearson. [In Quest of the Mythical Mate.](#)

Campbell, S. [The Couple's Journey: Intimacy as a Path to Wholeness.](#)
- Out of print, worth picking up second hand if you find it

Crohn, J. [Mixed Matches: How to Create Successful Inter-racial and Interfaith Relationships.](#)
-This paperback is worth buying; very helpful about creating a couple/family identity and helping kids confront prejudice

Goodrich, Rampage, Ellman and Halstead. [Feminist Family Therapy: A Case Book.](#)
-Also has a helpful chapter on single mother families and Lesbian families

Gottman, J. [The Marriage Clinic.](#)
-Gottman has analyzed all the couples research for the last 25 years and puts it together with his conclusions and his own approach

Gurman, S. A. and Jacobsen, S. N. [Clinical Handbook of Couples Therapy.](#) 3rd ed.

Hochschild, A. [The Second Shift: Working Parents and the Revolution at Home.](#)
-This wonderful book is part of a sociological study at UC Berkeley, which looks at the balance of housework in couples where women work fulltime outside the home, well worth reading

Johnson, S. [Character Styles.](#)
-This is the best description of the characterological approach that I have found. Integrates self psychology, neo-Reichian and bio-energetic approaches, somatics, psychoanalysis, object relations, self psychology and systems theory, a best buy

Johnson, S. [Creating Connection: The Practice of Emotionally Focused Marital Therapy.](#)

McGoldrick, M. [Ethnicity and Family Therapy.](#)
-A comprehensive overview of ethnic and cultural family styles

McGoldrick, M. [Re-Visioning Family Therapy: Race, Culture and Gender in Clinical Practice.](#)

-Includes a useful chapter on refugee families

Papernow, P. Becoming a Stepfamily: Patterns of Development in Remarried Families.

-This excellent book is only available from the Gestalt Institute of Cleveland

Sue, D.W. Counseling the Culturally Different.

-This book has really useful information on cultural somatic differences, e.g. eye contact, physical closeness

Walsh, F. Normal Family Processes.

-This is a very helpful book, which looks at the normal daily realities of gay, lesbian, adoptive and stepfamilies

Wile, D. After the Honeymoon.

-Wile is always a good read and has some great ideas about the distancer/pursuer relationship

Trauma and Abuse

Books

Levine, Peter. Waking the Tiger.

Rothschild, Babette. The Body Remembers.

Online Resources

www.generationfive.org/resources

Embodied Awareness and Practice

Books

Kornfeld, Jack. A Path with Heart.

Goldstein, Jack. Insight Meditation.

Pema, Chodron. The Places that Scare You.

Kabat-Zinn, Jon. Wherever you go, there you are.

Kabat-Zinn, Jon. Full Catastrophe Living: Using the Wisdom of you Body and Mind to face Stress, Pain and Illness.

Online resources

www.spiritrock.org

www.kripalu.com

www.pryt.com

Health and Wellness

Online Resources

www.centerpointyoga.com

www.michaelgriffithdds.com

www.tmjttreatment.com