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## Here are some books I recommend to clients and supervisees

- ◆ [\*\*A Child Called "It"\*\*](#) - Pelzer, about a boy that was severely abused, he has a whole series on the boy until adulthood, good read
- ◆ [\*\*ACT for Gender Identity\*\*](#) – Alex Stitt, LMHC, A comprehensive Guide for clinicians
- ◆ [\*\*Adult Children of Emotionally Immature Parents\*\*](#) - Lindsay Gibson, PhD, understanding parental unavailability
- ◆ [\*\*Am I Trans Enough?: How to Overcome Your Doubts and Find Your Authentic Self\*\*](#) - Alo Johnston, it unveils what happens after you come out, or begin questioning living as a trans person
- ◆ [\*\*Attached\*\*](#) - Amir Levine, MD & Rachel Heller, MA: understanding of attachment
- ◆ [\*\*Beyond the Gender Binary\*\*](#) by Alok Vaid-Menon
- ◆ [\*\*Boundaries Where you Begin and I End\*\*](#) - Anne Katherine, MA, excellent boundary read
- ◆ [\*\*Come As You Are\*\*](#) - Emily Nagasaki, PhD, excellent info about women's sexuality
- ◆ [\*\*Drama Free: A Guide to Managing Unhealthy Family Relationships\*\*](#) - Nedra Tawwab, LCSW, excellent book about dysfunctional families
- ◆ [\*\*DSM 5 TR Made Easy: The Clinician's Guide to Diagnosis\*\*](#) - James Morrison, MD, detailed case vignettes to assist clinicians with understanding of diagnosis
- ◆ [\*\*Ethical Standards in Social Work: A Critical Review of the NASW Code of Ethics\*\*](#) - Frederic Reamer, PhD, good read for therapists
- ◆ [\*\*Fawning\*\*](#) – Ingrid Clayton, The Need to Please Others, Finding Ourselves
- ◆ [\*\*From the First Bite: A Complete Guide to Recovery from Food\*\*](#) - Kay Sheppard, interesting read about food recovery issues
- ◆ [\*\*Gender Euphoria\*\*](#) - Laura Kate Dale, a powerful feeling of happiness experienced as a result of moving away from one's birth-assigned gender
- ◆ [\*\*Gender Magic\*\*](#) - Rae McDaniel MED LCPC CST, reading for anyone who is gender non-conforming
- ◆ [\*\*Good Morning Monster\*\*](#) - Catherine Gildner, PhD, discusses cases, engaging
- ◆ [\*\*Healing The Fragmented Selves of Trauma Survivors\*\*](#) – Janina Fisher
- ◆ [\*\*Hold Me Tight\*\*](#) – Sue Johnson, A Deep Understanding of Love Relationships
- ◆ [\*\*How Good do You have to Be?\*\*](#) - Harold Kushner, Rabbi, guilt and shame
- ◆ [\*\*How to Not Die Alone\*\*](#) - Logan Ury, about dating patterns
- ◆ [\*\*Internal Family Systems\*\*](#) – R. Schwartz, M. Sweezy, introduction to 'parts' work



## SGA SERVICES TEXAS, LLC

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- ◆ [It's Not You: Identifying and Healing from Narcissistic People](#) - Dr. Ramani Durvasula, PhD, excellent about narcissists
- ◆ [Man's Search for Meaning](#) - Viktor E. Frankl, PhD, great read, surviving the Holocaust and spiritual meaning
- ◆ [Maybe You Should Talk to Someone](#) -Lori Gottlieb, LMFT - discusses cases
- ◆ [Mistakes Were Made \(But Not by Me\)](#) - Carol Tarvis, PhD & Elliot Aronson, PhD - good read about cognitive dissonance
- ◆ [Mothers Who Can't Love](#) – S. Forward and D. F. Glynn, A Healing Guide for Daughters
- ◆ [My Child is Trans, Now What?: A Joy-Centered Approach to Support](#) by Ben Greene
- ◆ [My Grandmother's Hands](#) - Resmaa Menakem, LCSW, history, examines racialized trauma, very good to help understand black trauma
- ◆ [No Bad Parts](#) – R. Schwartz, Healing Trauma and Restoring Wholeness
- ◆ [Polysecure: Attachment, Trauma and Consensual Non-monogamy](#) - Jessica Fern, MS, Evie Rickert, Nora Samran, PhD, provide non-monogamous people with a set of tools
- ◆ [Raising the Transgender Child: A Complete Guide for Parents, Families and Caregivers](#) by Michele Angello, PhD and Ali Bowman
- ◆ [Risk Management in The Behavioral Health Profession](#) – Frederic Reamer, PhD, How to avoid liability
- ◆ [Set Boundaries, Find Peace](#) - Nedra Tawwab, LCSW, excellent book about Boundaries, recommend to most of my clients
- ◆ [Should I Stay or Should I Go?: Surviving a Relationship with a Narcissist](#) - Ramani Durvasula PhD, a survival manual, a guidebook, and a shot of reality.
- ◆ [Start With the Why](#) - Simon Sinek, great read for learning 'why' we do what we do
- ◆ [Supporting Transgender Autistic Youth and Adults](#) – Finn V. Gratton, LMFT, LPCC, A Guide for Professionals and Families
- ◆ [The Balancing Act](#) – Nedra Tawwab – Creating Healthy Dependency and Connection Without Losing Yourself
- ◆ [The Betrayal Bond](#) - Patrick Carnes, PhD, Discusses Trauma Bonds
- ◆ [The Body Keeps The Score](#) - Bessel VanDer Kolk, MD, dense read but classic trauma information
- ◆ [The Boy who was Raised as a Dog](#) - Bruce Perry, MD, PhD
- ◆ [The Dance of Anger](#)- Harriet Lerner, PhD, Anger issues



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- ◆ [The Ethical Slut](#) - Janet Hardy and Dossie Easton, LMFT, great read about polyamory and other types of relationships
- ◆ [The Four Agreements: A Practical Guide to Personal Freedom](#) - Don Miguel Ruiz, MD, life lessons
- ◆ [The Gift of Therapy: An Open Letter to a New Generation of Therapists and Their Patients](#) - Irvin D Yalom, MD
- ◆ [The Grief Recovery Handbook](#) – John James and Russell Friedman, Action program for moving beyond death, divorce and other losses
- ◆ [The Making of a Therapist](#) - Louis Cozolino, PhD, good info for Therapist
- ◆ [The Reflective Workbook for Parents and Families of Transgender and Non-Binary Children: Your Transition as Your Child Transitions](#) – D.M. Maynard, Assisting parents of trans children
- ◆ [The Reflective Workbook for Partners of Transgender People: Your Transition as Your Partner Transitions](#) – D. M. Maynard – assisting partners of trans persons
- ◆ [The Self Love Workbook](#) - Shainna Ali, PhD, A guide to boost your Self Esteem
- ◆ [The Subtle Art of no Giving a F@ck: A Counterintuitive Approach to Living a Good Life](#) - Mark Manson
- ◆ [The Trans Partner Handbook: A Guide for When Your Partner Transitions](#) – Jo Green, Assisting partners of trans persons
- ◆ [The Transgender Child: A Handbook for Families and Professionals](#) – by Stephanie A. Brill and Rachel Pepper
- ◆ [Treating Adult Children of Emotionally Immature Parents](#) – by Lindsay Gibson, PhD, for clinicians
- ◆ [Thriving Through Transition Self Care for Parents of Transgender Children](#) - Denise O'Doherty, LPC, LMFT, For parents of trans children, any age
- ◆ [TransSex](#) – Lucie Fielding, MA, Clinical Approaches to Trans Sexualities and Erotic Embodiments
- ◆ [Trauma Stewardship](#) - Laura van Dernoot Liosky MSW & Connie Burk, **A MUST READ FOR THERAPIST**- discusses the need for self-care as a therapist and first responders
- ◆ [UNF\\*CK yourself: Get out of your head an into your life](#) - Gary John Bishop
- ◆ [Unmasking Autism](#) – Devon Pierce, Discovering the Faces of Neurodiversity
- ◆ [Untamed](#) - Glennon Doyle
- ◆ [Walking The Tiger](#) – Peter Levine, Innate Capacity to Transform Overwhelming Experiences
- ◆ [What Does God Think?: Transgender People and The Bible](#) - Cheryl B. Evans



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- ◆ [What Happened to You?](#) - Bruce Perry, MD, PhD, Oprah - great book about trauma, favorite for clients, this book rather this book for clients about trauma
- ◆ [What My Bones Know](#) – Stephanie Foo, A Memoir of Healing from Complex Trauma
- ◆ [When Bad Things Happen to Good People](#) - Harold Kushner, Rabbi, Healing from trauma
- ◆ [Yes, You Are Trans Enough](#) – Mia Violet, deeply personal and witty account of growing up as the kid who never fitted in
- ◆ [You and Your Gender Identity](#) – Dara Hoffman Fox, LPC, for clients to work on their gender issues
- ◆ [You are a Badass at Making Money](#) - Jen Sincero, excellent book about money relationships
- ◆ [You are a Badass](#)- Jen Sincero, great read to increase self-esteem, MUST READ for most of my clients