Recommended Reading List – Summit 2015

Paul Ekman, PhD

Moving Towards Global Compassion (2014)
Emotions Revealed: Understanding Faces and Feelings (2012)
Emotional Awareness: Overcoming the Obstacles to Psychological Balance & Compassion (2009)
Telling Lies: Clues to Deceit in the Marketplace, Politics, and Marriage (2009)
Unmasking the Face (1975)
Darwin and Facial Expressions (1973)

Robert Levenson, PhD

Published Articles:


John Gottman, PhD

The Seven Principles for Making Marriage Work (2015)
Principia Amoris (2015)
The Science of Trust: Emotional Attunement for Couples (2011)
Raising an Emotionally Intelligent Child (1997)
Julie Schwartz Gottman, PhD

10 Principles for Doing Effective Couples Therapy (2015)
Ten Lessons to Transform Your Marriage (2007)
The Marriage Clinic Casebook (2004)

John Gottman, PhD. & Julie Schwartz Gottman, PhD

Level 1 Home Study Training: Gottman Method Couples Therapy (2014)
Level 2 Home Study Training: Gottman Method Couples Therapy (2014)
And Bringing Baby Home (2007)

Richard Tedeschi, PhD

Posttraumatic Growth in Clinician Practice (2012)
Meeting the Needs of Children, Families and Communities Post-Disaster: Lessons Learned from Hurricane Katrina and its Aftermath (2010)
Trauma and Transformation: Growing in the Aftermath of Suffering (1995)- w/Lawrence G. Calhoun

Marsha Linehan, PhD

DBT Skills Training Manual (2014)
Mindfulness and Acceptance: Expanding the Cognitive-Behavioral Tradition (2011)
Dialectical Behavior Therapy with Suicidal Adolescents (2006)
Opposite Action: Changing Emotions You Want To Change (2000)
Cognitive-Behavioral Treatment of Borderline Personality Disorder (1993)
Asserting Yourself (1987)