



Dr. Lawson's Top 11 Books for Emotion in Counseling

1. Mood Swings: Show "Em How You're Feeling! (Spiral-bound)

by Jim Borgman. This book was published in 2001 and is a great tool when working with children and adults who need help expressing emotions. Very useful in counseling where one needs more visual cues, as this book visually represents emotions.

2. A Volcano in My Tummy: Helping Children to Handle Anger by Eliane Whitehouse, Warwick Pudney, 1998.

This book is described as being for children, however, many will find the activities and the creative approaches to helping clients both children and adults who are working on emotions and self esteem.

3. 104 Activities That Build: Self-Esteem, Teamwork, Communication, Anger Management, Self-Discovery, Coping Skills by Alanna E. Jones, 1998.

4. Emotion-Focused Therapy: Coaching Clients to Work Through Their Feelings by Leslie S. Greenberg, 2001. Leslie Greenburg, considered one of the leaders in emotion-focused therapy, has written significantly in the area of working with emotions both individually but particularly with families and couples.

5. Facilitating Emotional Change: The Moment-by-Moment Process by Leslie S. Greenberg, Laura N. Rice, and Robert Elliott, 1996.

6. Becoming an Emotionally Focused Couple Therapist: The Workbook by, Susan Johnson, Brent Bradley, Jim Furrow, and Alison Lee, 2005. Sue Johnson, like Leslie Greenburg is another significant player in emotion focused therapy; however Sue takes emotions and attachments to the next level, by describing the significance of attachments and a safe holding environment on the therapeutic relationship.

7. Hold Me Tight: Seven Conversations for a Lifetime of Love by Sue Johnson, 2008.

8. E-Motion Picture Magic: A Movie Lover's Guide to Healing and Transformation by Birgit Wolz (Hardcover - Sep 2004)

This book is a fun attempt at integrating movies into the healing process. Using movies in therapy is not a novel idea, however challenging clients to watch movies and connect to their emotional experience is more novel.



9. [Touch the Ocean: The Power of Our Collective Emotions](#) (Perfect Paperback) by James Nemece LMT CST-D, 2007.

This book challenges the more traditional view of our emotional experience and moves the whole process to a level never before imagined. Although very different from what most Christians would read, it definitely challenges therapists and Christians to look at emotions beyond the traditional individualistic system that is currently used.

10. [Descartes' Error: Emotion, Reason, and the Human Brain](#) by Antonio Damasio, 2005. Damasio's book challenges readers to understand emotions as being more integrated into the whole person versus just being a separate or cognitive process. He draws upon years of neurosurgery experience to evaluate the significance of emotions on reason and health.

11. [Healing The Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families](#) by Charles L. Whitfield M.D, 1987. **Probably my favorite book on the list as I have used this with so many clients working through emotional hurts. Whitefield does a tremendous job exploring and evaluating old relational wounds and helps the client and therapist develop a plan of treating and moving forward with healthier emotions.**