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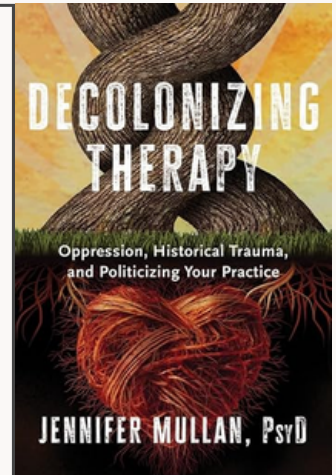
THERAPIST RECOMMENDATION RESOURCE LIST

DECOLONIZING THERAPY: OPPRESSION, HISTORICAL TRAUMA, AND POLITICIZING YOUR PRACTICE

DECOLONIZING THERAPY — JENNIFER MULLAN

A THOUGHT-PROVOKING RESOURCE FOR EXPLORING HOW CULTURE, IDENTITY, HISTORY, AND INTERGENERATIONAL EXPERIENCES CAN SHAPE MENTAL HEALTH AND HEALING.

WHY THIS BOOK MATTERS TO ME: THIS BOOK RESONATES WITH MY COMMITMENT TO CREATING THERAPY THAT HONORS THE LIVED EXPERIENCES, CULTURAL IDENTITIES, AND HISTORIES OF THE INDIVIDUALS, COUPLES, AND FAMILIES I SUPPORT. IT REMINDS ME TO LOOK BEYOND TRADITIONAL FRAMEWORKS AND MAKE SPACE FOR HEALING THAT FEELS CULTURALLY RESPONSIVE, MEANINGFUL, AND RELEVANT TO THE PEOPLE SITTING ACROSS FROM ME.



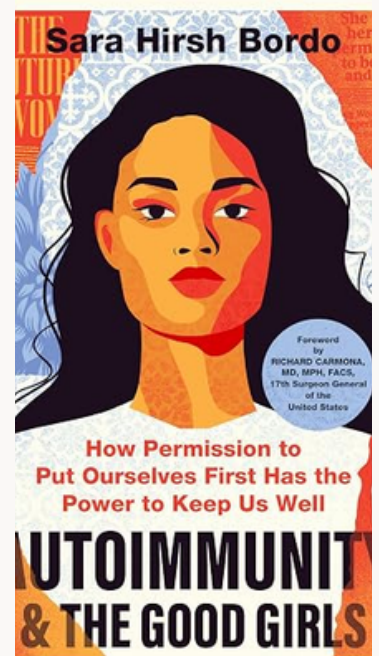
AUTOIMMUNITY AND THE GOOD GIRLS: HOW PERMISSION TO PUT OURSELVES FIRST HAS THE POWER TO KEEP US WELL

AUTOIMMUNITY & THE GOOD GIRLS — SARA HIRSH BORDO

THIS BOOK MADE ME PAUSE AND THINK ABOUT HOW OFTEN WOMEN ARE TAUGHT TO BE “GOOD” BEFORE THEY’RE TAUGHT TO BE WHOLE. FOR THE WOMAN WHO HAS LEARNED TO SHOW UP FOR EVERYONE, KEEP THE PEACE, CARRY THE LOAD, AND PUSH HER OWN NEEDS TO THE SIDE, THIS BOOK OFFERS AN INVITATION TO STOP AND ASK: WHAT WOULD IT LOOK LIKE TO CHOOSE MYSELF, TOO?

IT EXPLORES THE EXPECTATIONS, STRESS, IDENTITY, AND BOUNDARIES THAT CAN SHAPE WOMEN’S LIVES—AND OFFERS PERMISSION TO LISTEN TO YOURSELF, TAKE UP SPACE, AND RECONNECT WITH THE PARTS OF YOU THAT MAY HAVE BEEN PLACED ON THE BACK BURNER.

WHY IT MATTERS TO ME: IT SPEAKS TO THE HEART OF THE WORK I WANT WOMEN TO DO: LEARNING THAT CARING FOR OTHERS AND CARING FOR YOURSELF DON’T HAVE TO BE OPPOSITES. YOU DESERVE A LIFE WHERE YOU CAN LOVE DEEPLY WITHOUT LOSING YOURSELF.



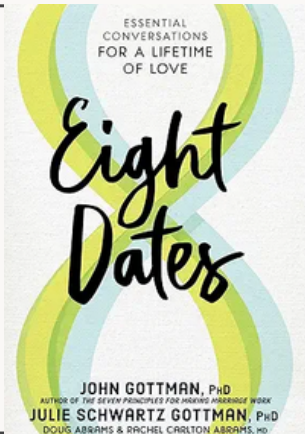


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EIGHT DATES BY JOHN GOTTMAN

A CONVERSATION-BASED GUIDE FOR COUPLES WHO WANT TO DEEPEN THEIR CONNECTION AND MAKE SPACE FOR THE CONVERSATIONS THAT MATTER. THROUGH EIGHT INTENTIONAL DATES, COUPLES EXPLORE TOPICS SUCH AS TRUST, CONFLICT, INTIMACY, MONEY, FAMILY, AND DREAMS. A GREAT RESOURCE FOR COUPLES LOOKING TO RECONNECT, BUILD UNDERSTANDING, AND KEEP GROWING TOGETHER.



Learning the Hard Way with Kier Gaines

REAL CONVERSATIONS ABOUT MEN, RELATIONSHIPS, FATHERHOOD, IDENTITY, MENTAL HEALTH, AND GROWTH—WITHOUT THE FLUFF OR JUDGMENT. LICENSED THERAPIST KIER GAINES BRINGS HONEST INSIGHT AND PRACTICAL TOOLS TO HELP MEN REFLECT, HEAL, AND NAVIGATE LIFE WITH GREATER INTENTION. A GREAT LISTEN FOR MEN WHO ARE LEARNING THAT GROWTH ISN'T ABOUT HAVING ALL THE ANSWERS; IT'S ABOUT BEING WILLING TO LOOK WITHIN.





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Father Your Self First by Glen Henry

FATHERHOOD CAN BRING UP MORE THAN DIAPERS, DISCIPLINE, AND PROVIDING—IT CAN BRING US FACE-TO-FACE WITH OUR OWN CHILDHOOD, RELATIONSHIPS, AND THE KIND OF MAN WE WANT TO BECOME.

IN FATHER YOURSELF FIRST, GLEN HENRY SHARES HONEST LESSONS FROM HIS OWN JOURNEY AND OFFERS PRACTICAL GUIDANCE FOR FATHERS WHO WANT TO BREAK UNHEALTHY PATTERNS, STRENGTHEN THEIR RELATIONSHIP WITH THEMSELVES, AND BECOME MORE CONNECTED PARENTS. THE BOOK EXPLORES HEALING, EMOTIONAL GROWTH, CONNECTION WITH CHILDREN, AND THE IMPORTANCE OF COMMUNITY.

WHY IT MATTERS: BECAUSE BECOMING A BETTER FATHER CAN ALSO MEAN BECOMING A BETTER PARTNER, COMMUNICATOR, AND FAMILY MEMBER. THE WORK WE DO WITHIN OURSELVES CAN SHAPE THE RELATIONSHIPS WE BUILD WITH THE PEOPLE WE LOVE.

