

Grief and Toxic Shame in Treatment Bibliography

Patti Ashley, PhD, LPC

American Psychological Association (1980). *Diagnostic and statistical manual of mental disorders* (3rd ed). Washington, DC: Author

American Psychological Association (1987). *Diagnostic and statistical manual of mental disorders* (3rd ed., revision). Washington, DC: Author

American Psychological Association (1994). *Diagnostic and statistical manual of mental disorders* (4th ed). Washington, DC: Author

American Psychological Association (2000). *Diagnostic and statistical manual of mental disorders* (4th ed, revision). Washington, DC: Author

American Psychological Association (2013). *Diagnostic and statistical manual of mental disorders* (5th ed). Washington, DC: Author

Ashley, P. (2019). *Letters to freedom: From fear to love to grace*. Wyatt-MacKenzie Publishing: Deadwood, OR.

Ashley, P. (2020). *Shame-informed therapy: Treatment strategies to overcome core shame and reconstruct the authentic self*. Eau Claire, MI: PESI Publishing & Media.

Brown, B. (2010). *The gifts of imperfection: Let go of who you think you're supposed to be and embrace who you are*. Center City, MN: Hazelden.

Dana, D. (2018). *The polyvagal theory in therapy: Engaging the rhythm of regulation*. New York. W. W. Norton.

DeYoung, P. A. (2015). *Understanding and treating chronic shame: A relational/neurobiological approach*. New York: Routledge.

Folsom, R. (2013). *Back of my heart* (audio). Reunion Album recorded by Rebecca Folsom.

Gibran, K. (2005). *The prophet*. New York: Alfred A. Knopf.

Grimes RL. (2014). *The Craft of Ritual Studies*. Oxford: Oxford University Press.

Gustafson, C. (2017). Bruce Lipton, PhD: The Jump From Cell Culture to Consciousness. *Integrative Medicine* (Encinitas). 2017 Dec;16(6):44-50.

Hartling, L. M., Rosen, W. B., Walker, M., & Jordan, J. V. (2004). Shame and Humiliation: From Isolation to Relational Transformation. In J. V. Jordan, M. Walker, & L. M. Hartling (Eds.), *The complexity of connection: Writings from the Stone Center's Jean Baker Miller Training Institute* (p. 103–128). Guilford Press.

Jalāl, D. R., & Barks, C. (1997). *The essential Rumi*. NY: Penguin Books.

Jordan, A. & Litz, B. (2014). Prolonged grief disorder: diagnostic, assessment, and treatment considerations. *Professional Psychology: Research and Practice*, 45(3), 180-187.

Kabat-Zinn, M., and J. (1997). *Everyday blessings: The inner work of mindful parenting*. New York, NY: Hyperion.

Kaufman, G. (1992). *Shame: The power of caring* (3rd ed.). Rochester, VT: Schenkman Books.

Kersey, K. (1983). *The art of sensitive parenting: Ten keys to raising confident, competent, and responsible children*. New York: Berkley Books.

Knox, J. (2013). “Feeling for” and “feeling with”: Developmental and neuroscientific perspectives on intersubjectivity and empathy. *The Journal of Analytic Psychology*, 58, 491–509.

Kubler-Ross, E. (1969). *On death and dying*. Macmillan Publishing : NY.

LeBlanc NJ, Toner ER, O'Day EB, Moore CW, Marques L, Robinaugh DJ, McNally RJ. (2020). Shame, guilt, and pride after loss: Exploring the relationship between moral emotions and psychopathology in bereaved adults. *Journal of Affective Disorders*. 2020 Feb 15;263:405-412.

Levi-Belz Y, Hamdan S. (2023). Shame, depression, and complicated grief among suicide loss-survivors: the moderating role of self-disclosure. *European Journal of Psychotraumatology*. 2023;14(1):2182820.

Lewis, H. B. (1988). The role of shame in symptom formation. *Emotions and psychopathology* (pp. 95-106). Springer, Boston, MA.

Lipton, B. (2005). *The biology of belief: Unleashing the power of consciousness, matter & miracles*. New York: Hay House.

Mateos-Aparicio, P, & Rodríguez-Moreno, A. (2019). The impact of studying brain plasticity. *Front Cell Neuroscience*. 2019; 13:66.

- Miller, A. (1983). *For your own good: Hidden cruelty in child-rearing and the roots of violence*. New York: Noonday Press.
- O'Connor, MF. (2023). *The Grieving brain: The surprising science of how we learn from love and loss*. NY: Harper-Collins.
- Pies RW. (2014). The Bereavement Exclusion and DSM-5: An Update and Commentary. *Innovative Clinical Neuroscience*. 2014 Jul;11(7-8):19-22.
- Prechtel, M. (2015). *The smell of rain on dust: Grief and praise*. Berkley, CA: North Atlantic Books.
- Porges, S. W. (2011). *The polyvagal theory: Neurophysiological foundations of emotions, attachment, communication, self-regulation*. New York: W. W. Norton.
- Regier, D. A., Narrow, W. E., Clarke, D. E., Kraemer, H. C., Kuramoto, S. J., Kuhl, E. A., & Kupfer, D. J. (2013). DSM-5 field trials in the United States and Canada, Part II: test-retest reliability of selected categorical diagnoses. *American journal of psychiatry*, 170(1), 59-70.
- Retzinger, S. M. (1995). Identifying shame and anger in discourse. *American behavioral scientist*, 38(8), 1104-1113.
- Romanoff B, & Terenzio M. .(1998) Rituals and the grieving process. *Death Studies*.(1998) 22:697–711.
- Sas C, Coman A. (2016). Designing personal grief rituals: an analysis of symbolic objects and actions. *Death Studies*. (2016) 49:558–69.
- Schore, A. (2012). *The science of the art of psychotherapy*. New York: W.W. Norton.
- Siegel, D. J. (2010). *Mindsight: The new science of personal transformation*. New York: Bantam Books.
- Yard, M. A. (2014). The changing faces of shame: Theoretical underpinnings and clinical management. *Psychoanalytic Psychology*, 36, 42–54.
- van der Kolk, B. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. New York: Penguin Books.
- Wojtkowiak J, Lind J, Smid GE. (2021). Ritual in Therapy for Prolonged Grief: A Scoping Review of Ritual Elements in Evidence-Informed Grief Interventions. *Front Psychiatry*. 2021 Feb 3;11:623835.