

Publications, Organizations, and Resources

Anxiety

- Bourne, E. J. (2011) *The Anxiety and Phobia Workbook*
- Brantley, J. (2007) *Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic*

Buddhist Psychology and Buddhism

- Chodran, Pema (2012) *Living Beautifully with Uncertainty and Change*
- Chodran, Pema (1997) *When Things Fall Apart: Heart Advice for Difficult Times*
- Chodran, Pema (2002) *The Places that Scare You: A Guide to Fearlessness in Difficult Times*
- Welwood, J. (2002) *Toward a Psychology of Awakening: Buddhism, Psychotherapy, and the Path of Personal and Spiritual Transformation*

Conflict Transformation

- Contopulos, V. (2011). Music therapy and strategies for dialogue. In Laurence & Urbain (Eds.). *Music and solidarity. Peace & Policy*, Volume 15, New Brunswick, NJ: Transaction Publishers.
- Dunn, Barbara M. (2011) Music therapy: Connecting through music. In Laurence & Urbain (Eds.). *Music and solidarity. Peace & Policy*, Volume 15, New Brunswick, NJ: Transaction Publishers
- Dunn, Barbara M. (2008) *Transforming conflict through music*. Ph.D. dissertation, Union Institute and University, United States -- Ohio. (Publication No. AAT 3342508).
- Fisher, R., Ury, W., & Patton, B. (1991) *Getting to yes: Negotiating agreement without giving in (2nd ed.)*
- Laurence, F. & Urbain, O. (Eds.). (2011). *Music and solidarity. Peace & Policy*, Volume 15, New Brunswick, NJ: Transaction Publishers.
- Lederach, J. P. (2003). *The little book of conflict transformation*. Intercourse, PA: Good Books.
- Lederach, J. P. (2005) *The moral imagination: The art and soul of peacebuilding*
- Rosenberg, M. (2005) *Nonviolent communication: A language of life*
- Stone, D., Patton, B., & Heen, S. (1999) *Difficult conversations: How to discuss what matters most*
- Urbain, O. (Ed.). (2008). *Music and conflict transformation: Harmonies and dissonances in geopolitics*. London: I. B. Tauris.

Organizations/Resources

- Music and Arts in Action. <http://www.musicandartsinaction.net>
- Peace and Collaborative Development Network. <http://www.internationalpeaceandconflict.org>
- Public Conversations Project. <http://www.publicconversations.org>
- Transcend: Art and Peace Network. <http://www.tapnetwork.org>

Depression

- Segal, Z., Williams, M., Teasdale, J., and Kabat-Zinn, J. (2012) *Mindfulness-Based Cognitive Therapy for Depression*

End-of-Life/Hospice

- Callahan, M. & Kelley, P. (1992) *Final Gifts: Understanding the Special Awareness, Needs, and Communication of the Dying*
- Munro, S. (1984) *Music Therapy in Palliative/Hospice Care*

Music

- Bosnian, M (2011) *Sing Free Now: 3 steps to power, passion and confidence*
- Kinney, Forrest. (2010) *Pattern Play 1: Inspiring Creativity at the Piano*
- Ristad, Eloise (1981) *A Soprano on Her Head: Right Side Up Reflections on Life and Other Performances*
- Werner, K. (1996) *Effortless Mastery: Liberating the master musician within*

Music Therapy

- Dunn, B. (2012) *More Than a Song: Exploring the Healing Art of Music Therapy*
- Hadley, S. (2006) *Feminist perspectives in music therapy*
- Korb, C. (2015) *The Music Therapy Profession*
- Sutton, J. P. (Ed) (2002) *Music, music therapy and trauma: International perspectives*

Organizations/Resources

- Voices: A World Forum for Music Therapy. <http://www.voices.no>
- American Music Therapy Association, <http://www.musictherapy.org>
- Music Therapy Association of Washington, <http://www.musictherapywa.org>

Shame, Vulnerability, and Self-Compassion

- Brown, Brene (2015) *Rising Strong*
- Brown, Brene (2012) *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*
- Brown, Brene. (2010) *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are*
- Dawson, Connie (2016) *Life Beyond Shame: Rewriting the Rules*
- Neff, Kristin. (2011) *Self Compassion: Stop beating yourself up and leave insecurity behind*

Organizations/Resources

- Brene Brown, Ted Talk, [Vulnerability](#)
- Brene Brown, Ted Talk, [Shame](#)
- Neff, Kristin, PhD, [Self-Compassion](#)

Medical Challenges and Wellness

- Kabot-Zinn, Jon. (2013) *Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*

Miscellaneous

- Kondo, Marie (2014) *The Life-Changing Magic of Tidying Up*
- Gilman, Sarri (2014) *Transform Your Boundaries*

Trauma

- Cori, Jasmin Lee & Scaer, Robert (2008) *Healing from Trauma: A Survivor's Guide to Understanding Your Symptoms and Reclaiming Your Life*
- Lipsky, Laura van Vernoot (2009) *Trauma Stewardship: An everyday Guide to Caring for Self While Caring for Others*