

## Bibliography

WHILE I AM providing a detailed bibliographical reference section, before that I want to highlight people who have influenced me immensely, without whom this book and my work would not be the same. I'll mention some of their books below, but for full citations, please see the list of references that follows.

First and foremost, I want to acknowledge the work and brilliance of the developer of accelerated experiential dynamic psychotherapy (AEDP), Diana Fosha. Diana synthesized an enormous body of research and clinical work on neuroscience, emotions, attachment, transformation, and trauma and developed a new and highly effective approach to help people heal from psychological wounds. For those of you who want to dive further into the theory and practice of AEDP, I encourage you to read her seminal text, *The Transforming Power of Affect*. For a deep and fascinating exploration of emotions by various renowned clinicians and researchers, I also recommend *The Healing Power of Emotion: Affective Neuroscience, Development and Clinical Practice*, edited by Diana Fosha et al. More information can be found on the AEDP website, [aedpinstitute.org](http://aedpinstitute.org).

Although it was Diana Fosha who first introduced me to the

Change Triangle, which she called the Triangle of Experience, I have to acknowledge the work of David Malan. In fact, the Triangle is often referred to among professionals as Malan's Triangle because he was the first to publish a book explaining "the Triangle of Conflict," as he called it. If you want to read more about Malan's work, his book *Individual Psychotherapy and The Science of Psychodynamics* provides an in-depth read.

Throughout this book I have referred to "parts," "Self," and "the C's." The idea that humans are made up of various states, parts, or personalities as opposed to one unified whole is not new. Freud and the object relations theorists routinely wrote about ego states and introjects. Richard Schwartz, however, stands out as someone who has greatly influenced my work and writing. The way he writes about parts, the Self, and the C's are all reflected in this work. Richard developed an entire model on how to work with parts to heal symptoms of psychological distress and trauma. For clinicians who are interested to learn more, I recommend reading *Introduction to the Internal Family Systems Model* and *Internal Family Systems Therapy*. His book *You Are the One You've Been Waiting For: Bringing Courageous Love to Intimate Relationships* is written for the general public. To learn more, go to the IFS website: [selfleadership.org](http://selfleadership.org).

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