



Approved Book List

(updated Fall 2025)

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Approved Book List

<i>Fall 2024</i>	Title	Author(s)	Publication Year	Edition		ISBN
500 – Principles of Research and Program Evaluation						
Required	Counseling and Educational Research: Evaluation and Application	Houser	2019	4th		978-1544305066
Required	The Heart and Soul of Change: What Works in Therapy	Duncan, Miller, Wampold, & Hubble	2010	2nd		978-1433807091
503 – Introduction to the Counseling Profession						
Required	The World of the Counselor: An Introduction to the Counseling Profession Techniques	Neukrug	2022	6th		978-1793544971

Required	Adlerian Counseling and Psychotherapy: A Practitioner's Wellness Approach	Sweeney	2019	6th		978-1138478954
504 – Abnormal Psychology & DSM-5						
Required	Diagnostic and Statistical Manual of Mental Disorders, Text Revision (DSM-5-TR)	American Psychiatric Association	2022	5th		978-0890425763
Required	Diagnosing and Treating Children and Adolescents: A Guide for Mental Health Professionals	Flamez & Sheperis	2015			978-1118917923
Required	Psychopathology & Psychotherapy: DSM-5-TR Diagnosis, Case Conceptualization, and Treatment	Sperry, Carlson, Duba Sauerheber, & Sperry	2024	4th		978-1032478333
505 – Developmental Psychology						
Required	The Life Span: Human Development for Helping Professionals	Broderick & Blewitt	2024	6th		978-0138161507
Required	Nurturing Resilience: Helping Clients Move Forward from Developmental Trauma	Kain	2019			978-1623172039
508 – Clinical Applications of Adlerian Theory						
Required	An Introduction to Adlerian Psychology and Adlerian Psychotherapy: The Beginner's Guide to Understanding the Fundamentals, Concepts, and Techniques of Adlerian Psychology and Psychotherapy	Fisher	2024			979-8343442540
Required	Techniques in Adlerian Psychology	Carlson & Slavik	1997			978-1560325550
509 – Comparative Theories Through an Adlerian Lens (4 credit)						
Required	Counseling and Psychotherapy Theories: In Context and Practice	Sommers-Flanagan & Sommers-Flanagan	2018	3rd		978-1119473312
Required	Primer of Adlerian Psychology: The Analytic Behavioral Cognitive Psychology of Alfred Adler	Mosak & Maniaci	1999			978-1583910030

Required	Adlerian Counseling and Psychotherapy: A Practitioner's Wellness Approach	Sweeney	2019	6th		978-1138478954
509.3 – Comparative Theories Through an Adlerian Lens (3 credit)						
Required	Theories of Counseling and Psychotherapy	Jones-Smith	2021	3rd		978-1544384559
Required	Adlerian Counseling and Psychotherapy: A Practitioner's Wellness Approach	Sweeney	2019	6th		978-1138478954
516 – Introduction to Addictions & Co-Occurring Disorders						
Required	Foundations of Addictions Counseling	Capuzzi & Stauffer	2024	5th		978-0138233549
517 – Ethics and Professional Identity in Counseling						
Required	Ethical Decision-Making for the 21st Century Counselor	Sheperis, Henning, & Kocet	2024	2nd		978-1793586759
Recommended	Ethical, Legal, and Professional Issues in Counseling	Remley & Herlihy	2019	6th		978-0134061641
519 – Trauma and Crisis Intervention						
Required	Introduction to Crisis and Trauma Counseling	Duffey & Haberstroh	2020	1st		978-1556203770
Recommended	Trauma Stewardship	Van Dernoot Lipsky	2009			978-1576759448
521.5 - Values, Ethics & Legalities in Art Therapy						
Required	Ethical Issues in Art Therapy	Moon & Nolan	2019			978-0398093143
Required	Ethical, Legal, and Professional Issues in Counseling	Remley & Herlihy	2024	7th		978-0138168094
Required	The Words of Martin Luther King, Jr.	King, C.	2001			978-1557044501
523 – Multicultural Counseling						
Required	Multicultural Counseling: Responding with Cultural Humility, Empathy, and Advocacy	Summers & Nelson	2023	1st		978-0826139528
525 – Essential Interviewing Skills						

Required	Intentional Interviewing and Counseling: Facilitating Client Development in a Multicultural Society	Ivey, Ivey, and Zalaquett	2022	10th		978-0357622797
Required	Adlerian Counseling and Psychotherapy: A Practitioner's Wellness Approach	Sweeney	2019	6th		978-1138478954

527 – Special Topics: Trauma-Informed Approaches

Required	Principles of Trauma Therapy: A Guide to Symptoms, Evaluation and Treatment	Briere & Scott	2025	3rd		978-1544333564
Required	Treating the Trauma Survivor: An Essential Guide to Trauma-Informed Care	Clark, Classen, Fourt, & Shetty	2014			978-0415810982

527.1 - Special Topics: Nature in Counseling

Required	Nature-based Therapy: A Practitioner's Guide to Working Outdoors with Children, Youth, and Families	Harper, Rose, & Segal, D.	2019			978-0865719132
Required	Outdoor Therapies: An Introduction to Practices, Possibilities, and Critical Perspectives	Harper & Dobud	2021			978-0367365707
Recommended	Ecopsychology					

527.2 - Exploring the Expressive Arts Through Play

Required	Doing Play Therapy: From Building the Relationships to Facilitating Change	Kottman, T. & Meany-Walen, K.	2018			978-1-462536054
Required	Handbook of Expressive Arts Therapy	Malchiodi, C.	2023			978-1462550524
Recommended	Partners in Play: An Adlerian Approach to Play Therapy	Kottman, T. & Meany-Walen, K.	2016			978-1556203527
Recommended	Windows to Our Children	Oaklander, V.	1988			972-1938304026

527.3 - Native and Indigenous Health and Healing

Required	Healing the Soul Wound: Trauma-Informed Counseling for Indigenous Communities	Duran, E.	2019			978-0807761397
Required	Trauma and Resilience in the Lives of Contemporary Native Americans	Weaver, H.N.	2019			978-1138088290

527.4 - Expressive Arts: Group Applications

Required	Art-Based Group Therapy: Theory and Practice	Moon, B.	2016	2nd		978-0398091156
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527.5 - Visual Arts and Storytelling

Required	Storytelling Therapy: The Therapist's Guide to Authentic Bibliotherapy	Shoshan-Reshef, O.	2022			979-8843231743
Required	The Storyteller's Handbook	Hurst, E.	2022			978-1970147766

527.6 - Mindfulness and Contemplative Practices

Required	Art as a Contemplative Practice: Expressive Pathways to the Self	Franklin & Chapple	2018			978-1438464329
Required	Mindfulness and the Arts Therapies: Theory and Practice	Rappaport	2013			978-1849059091

527.7 - Mind-Body Work in Expressive Arts Therapy

Required Books (Choose 1)	Radical Belonging: How to Survive + Thrive in an Unjust World (While Transforming It for the Better)	Bacon, L.	2020			978-1950665341
	My Grandmother's Hands: Racialized Trauma and the Mending of Our Bodies and Hearts	Menakem, R.	2017			978-1942094470
	Burnout: The Secret to Unlocking the Stress Cycle	Nagoski, E. & Nagoski, A.	2019			978-1984818324
	The Angel and the Assassin: The Tiny Brain Cell that Changed the Course of Medicine	Nakazawa, D. J.	2020			978-1524799199
	The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma	van der Kolk, B.	2015			978-0143127741
	Complex PTSD: From Surviving to Thriving	Walker, P.	2013			978-1492871842
	Additional materials in syllabus.					

527.8 - Poetry and Writing in the Expressive Arts

Required	The Soul is Here for Its Own Joy: Sacred Poems from Many Cultures	Bly, R.	1999			978-0880014755
Required	Nine Gates: Entering the Mind of Poetry	Hirschfield, J.	1998			978-0060929480
Required	The Art of Dying	Truer, J.	2018			978-1641822497

527.9 - Dreamwork

Required	A Clinician's Guide to Dream Therapy	Ellis	2020			978-0367029159
Required	Let Your Body Interpret Your Dreams	Gendlin	2004			978-0933029019

527.10 - Movement and the Creative Process

Required	Sensing, Feeling and Action: The Experiential Anatomy of Body-Mind Centering	Bainbridge, C.	2012			978-0937645147
Required	The Expressive Body in Life, Art and Therapy: Working with Movement, Metaphor and meaning	Halprin, D.	2003			978-1843107378

527.11 - MARI

Required	The Little Book of Colors	Haller, K.	2019			978-0241352854
Required	Mini MARI ® Card Set – Provided by Instructor					

527.12 - Music and Sound in Therapy

Required	Music Therapy Handbook	Viega, dos Santos, & Wheeler (eds.)	2025	2nd		978-1462556922
Required	Sound Healing for Beginners: Sonic Medicine for the Body, Chakra Rituals and What They Didn't Tell You About Vibrational Energy	Ascending Vibrations	2021			978-1953543943

527.13 - Trauma Informed Expressive Arts Therapy

Required	Trauma and Expressive Arts Therapy: Brain, Body, and Imagination in the Healing Process	Malchiodi	2020			978-1462543113
Required	Trauma Is Really Strange	Haines	2015			978-1848192935
Required	Polyvagal Card Deck: 58 Practices for Calm and Change Cards					978-1324019763

527.14 - Counseling Military Populations

Required	Counseling Military Families	Hall	2016	2 nd		978-0415704526
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527.15 - Counseling Applications of MARI

Required	Your instructor will provide information on the required MARI kit.					
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527.16 - Expressive Art Therapies & Art-Based Research

Required	Pending					
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527.17 - Exploring Adlerian Life Tasks Through Visual Journaling

Required	The Creative Journal: The Art of Finding Yourself	Cappachione	2015			978-0804011648
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527.18 - Counseling Clients with Chronic Pain

Required	None					
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527.21 - Adlerian Insights into Counseling Offender Populations

Required	Exploring Developmental Trauma Disorder Among Offending Populations: In Pursuit of Healing and Justice	Sapp	2024			978-3031611568
	Correctional Counseling and Rehabilitation	Salisbury & Van Voorhis	2022	10th		978-0367406455
	Adlerian Counseling and Psychotherapy: A Practitioner's Wellness Approach	Sweeney	2019	6th		978-1138478954

529 - Group Didactic

Required	None					
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532 - Group Psychotherapy and Counseling

Required	The Theory and Practice of Group Counseling	Corey	2022	10th		978-0357622957
Required	Adlerian Group Counseling and Therapy: Step-by-Step	Sonstegard, Bitter, & Pelonis	2015	1st		978-1138871588

Required	The Interpersonal Neurobiology of Group Psychotherapy and Group Process	Gantt & Badenoch	2013	1st		978-1780491776
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533 - Clinical Assessment

Required	Assessment in Counseling: Procedures and Practices	Hays	2023	7th		978-1556204159
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534 – Behavioral Neuroscience

Required	Handbook of Clinical Psychopharmacology for Therapists	Preston, O'Neal, & Talaga	2025	10th		978-1648483684
Required	Behavioral Neuroscience for the Human Services: Foundations in Emotion, Mental Health, Addiction, and Alternative Therapies	Johnson	2014			978-0199794157
Required	Trauma-Informed Care: How Neuroscience Influences Practice	Evans & Coccoma	2014			978-1138637160

536 – Clinical Treatment Planning in Counseling & Psychotherapy

Required	Treating Those with Mental Disorders: A Comprehensive Approach to Case Conceptualization	Kress & Paylo	2018	2nd		978-0134814568
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537 – Advanced Approaches to Counseling & Psychotherapy Skills

Required	Individual Counseling and Therapy: Skills and Techniques	Chen & Giblin	2017	3rd		978-0415417334
Required	45 Techniques Every Counselor Should Know	Erford	2019	3rd		978-0134694894 See: https://www.pearson.com/en-us/subject-catalog/p/45-techniques-every-counselor-should-know/P200000001000/9780134694894
Required	Adlerian Counseling and Psychotherapy: A Practitioner's Wellness Approach	Sweeney	2019	6th		978-1138478954

539 – Consultation and Advocacy in the Mental Health Profession

Required	Professional Counseling Excellence Through Leadership and Advocacy	Chang & Barrio Minton	2021	2nd		978-0367494568
Required	And Healthcare for All: How to Become a High-Performing, Equity-Centric Organization: A Practical Guide for Health Leaders	Mancini	2023			978-1915930453

541 – Theories of Family Therapy

Required	Family Therapy: Concepts and Methods	Nichols & Davis	2021	12th		Check Pearson (publisher)
Required	Systems of Family Therapy: An Adlerian Integration	Sherman & Dinkmeyer	2015			978-1138869042

542 – Couples Counseling

Required	Clinical Handbook of Couple Therapy	Lebow & Snyder	2022	6th		978-1462550128
Required	Case Studies in Couples Therapy	Carson & Casado-Kehoe	2011	1st		978-0415879439

543- Family Therapy

Required	The Expanding Family Life Cycle: Individual, Family, and Social Perspectives	McGoldrick, M., Garcia-Preto, N., & Carter	2015	5th		Check Pearson (publisher)
Required	Theory-Based Treatment Planning for Marriage and Family Therapists	Gehart, D. R., & Tuttle	2003	1st		978-0534536169
Required	Socioculturally Attuned Family Therapy: Guidelines for Equitable Theory and Practice	McDowell, Knudson-Martin, & Bermudez	2022	2nd		978-1032074412

544 – Counseling Children & Adolescents

Required	Counseling Children and Adolescents: Connecting Theory, Development, and Diversity	Smith-Adcock & Tucker	2023	2nd		978-1544385990
Required	Children: The Challenge	Dreikurs & Soltz	1991			978-0452266551
Required	Reclaiming Youth at Risk: Futures of Promise	Bendtro, Brokenleg, & Van Bockern	2019	3rd		978-1949539158

551 – Foundations of Art Therapy

Required	Wiley Handbook of Art Therapy	Gussak & Rosal	2016			978-1118306598
Required	Little Windows into Art Therapy: Small Openings for Beginning Therapists	Schroder	2005			978-1843107781
Required	The Art Therapy Sourcebook	Malchiodi	2006	2nd		978-0071468275

552 – Art Therapy for Children & Adolescents

Required	Art Therapy Practices for Resilient Youth: A Strengths-Based Approach to Art Therapy	Berberian & Davis	2019			978-1138293519
Required	The Practitioner's Guide to Child Art Therapy: Fostering Creativity and Relational Growth	Shore	2013			978-0415829038

553 - Group Art Therapy

Required	Group Art Therapy: Practice and Research	Robb	2022			978-0367527778
Required	Adlerian Group Counseling and Therapy: Step-by-Step	Sonstegard & Bitter	2004			978-1138871588

555 – Art Therapy Assessment

Required	The Art Therapists' Primer: A Clinical Guide to Writing Assessments, Diagnosis, and Treatment	Horovitz	2020			978-0398093389
Required	Assessment in Art Therapy	Gilroy, Tipple, & Brown	2012			978-0415567961

556 – Art Therapy Studio: Media Exploration

Required	Expressive Therapies Continuum: A Framework for Using Art in Therapy	Hinz	2020	2nd		978-0367280420
Required	A Guide to Art Therapy Materials, Methods, and Applications: A Practical Step-by-Step Approach	Horovitz	2017			978-1138209428
Required	Implementing the Expressive Therapies Continuum: A Guide for Clinical Practice	Graves-Alcorn & Kagin	2017	1st		978-1138652408

557.1 - Art Therapy in the Treatment of Eating Disorders

557.11 - Art Therapy for Addictions

Required	Art Therapy and Substance Abuse: Enabling Recovery from Alcohol and Other Drug Addiction	Schmanke	2017			978-1849057349
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557.12 - Sexuality and Art Therapy

Required	When Art Therapy Meets Sex Therapy	Metzal	2016			978-1138913134
Required	Exploring Desire and Intimacy: A Workbook for Creative Clinicians	Ogden	2018			978-1138933774
Required	What Every Mental Health Professional Needs to Know About Sex	Buehler	2021	3rd		978-0826135889

557.14 - Community Based Art Therapy

Required	An Introduction to Visual Culture	Mirzoeff	2023	3rd		978-0367235345
Required	Community Art Therapy: Theory and Practice	Nolan	2023			978-1032044583

558 - Multicultural Art Therapy

Required	Multicultural Counseling: Responding with Cultural Humility, Empathy, and Advocacy	Summers & Nelson	2023	1st		978-0826139528
Required	Art Therapy for Social Justice: Radical Intersections	Talwar	2019	1st		978-1138909069

559 - Integrative Approaches to Family Art Therapy

Required	Family Art Therapy: Foundations of Theory and Practice	Kerr, Hoshino, et al.	2008			978-1138969544
Required	Multicultural Family Art Therapy	Kerr	2015			978-0415827324

562 - Foundations of Career Development

Required	Career Development and Counseling: Theory and Practice in a Multicultural World	Tang	2018	1st edition		978-1452230863
Required	Adlerian Counseling and Psychotherapy: A Practitioner's Wellness Approach	Sweeney	2019	6th edition		978-1138478954

566 - Integrative Approach to Art Therapy and Neuroscience

Required	The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation	Dana	2018			978-0393712384
Required	My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies	Menakem	2017			978-1942094470
Required	Mindsight: The New Science of Personal Transformation	Siegel	2010			978-0553907100

583 - Case Management for Co-occurring Disorders

Required	Case Conceptualization and Treatment Planning: Integrating Theory with Clinical Practice	Berman	2018	4th		978-1506331386
Required	Co-Occurring Disorders: A Whole-Person Approach to the Assessment and Treatment of Substance Use and Mental Disorders	Aitkins	2021	2nd		978-1683733829
Required	Diagnostic and Statistical Manual of Mental Disorders, Text Revision (DSM-5-TR)	American Psychiatric Association	2022	5th		978-0890425763

584- Evidence Based Practice in Co-Occurring Disorders

Required	Co-Occurring Disorders: A Whole-Person Approach to the Assessment and Treatment of Substance Use and Mental Disorders	Atkins	2021	2nd		978-1683733829
Required	Evidence-Based Addiction Treatment	Miller	2009			978-0123743480
Required	Integrated Treatment for Co-Occurring Disorders: Treating People, Not Behaviors	Klott	2013			978-1118205662

585- Integrative Seminar in CODAC

Required	None					
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604 - Portfolio Defense - COD, MCFC, MHC

Required	None					
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604.4 – Portfolio Defense – Art Therapy

Required	None					
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620 - Advanced Seminar in Counseling: Human Sexuality

Required	What Every Mental Health Professional Needs to Know About Sex	Buehler	2021	3rd		978-0826135889
Recommended	The Principles of Pleasure: Working with the Good Stuff as Sex Therapists and Educators	Rademacher & Hoskins	2017			978-1138884823

680 - Foundations of Expressive Arts Therapy

Required	Big Magic: Creative Living Beyond Fear	Gilbert	2016			Audiobook recommended
Required	Handbook of Expressive Arts Therapy	Malchiodi	2022	1st		978-1462550524

681- Multimodal Application of Expressive Arts in Therapy

Required	The Creative Arts in Counseling	Gladding	2021			978-1556204067
Required	Handbook of Expressive Arts Therapy	Malchiodi	2023			978-1462550524

682 - Clinical Practices in Expressive Arts Therapy

Required	Integrating the Expressive Arts into Counseling Practice: Theory-Based Interventions	Degges-White & Davis	2017	2nd		978-0826177018
Required	Using Expressive Arts to Work with Mind, Body, and Emotions: Theory and Practice	Pearson & Wilson	2009			978-1849050319

685 - Field Experience in Expressive Arts Therapy

Required	Ethical Issues in Art Therapy	Moon & Goldstein Nolan	2019	4th		978-0398093143
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930 - Introduction to Field Experience

Required	None					
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931 - Practicum for COD, MCFC, and CMHC

Required	Field Experience: Transitioning from Student to Professional	Zhang & Parsons	2015			978-1483344539
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Required	Case Conceptualization: Mastering this Competency with Ease and Confidence	Sperry & Sperry	2020	2nd		978-0367256654
Required	Psychopathology and Psychotherapy: DSM-5 Diagnosis, Case Conceptualization, and Treatment	Sperry, Carlson, Sauerheber, & Sperry	2024	4th		978-1032464497
Required	Diagnostic and Statistical Manual of Mental Disorders, Text Revision (DSM-5-TR)	American Psychiatric Association	2022	5th		978-0890425763

938 - Internship in Mental Health Counseling

Required	Field Experience: Transitioning from Student to Professional	Zhang & Parsons	2015			978-1483344539
Required	Case Conceptualization: Mastering this Competency with Ease and Confidence	Sperry & Sperry	2020	2nd		978-0367256654
Required	Psychopathology and Psychotherapy: DSM-5 Diagnosis, Case Conceptualization, and Treatment	Sperry, Carlson, Sauerheber, & Sperry	2024	4th		978-1032464497
Required	Diagnostic and Statistical Manual of Mental Disorders, Text Revision (DSM-5-TR)	American Psychiatric Association	2022	5th		978-0890425763

948 - Internship in MCFC

Required	Field Experience: Transitioning from Student to Professional	Zhang & Parsons	2015			978-1483344539
Required	Case Conceptualization: Mastering this Competency with Ease and Confidence	Sperry & Sperry	2020	2nd		978-0367256654
Required	Psychopathology and Psychotherapy: DSM-5 Diagnosis, Case Conceptualization, and Treatment	Sperry, Carlson, Sauerheber, & Sperry	2024	4th		978-1032464497

Required	Diagnostic and Statistical Manual of Mental Disorders, Text Revision (DSM-5-TR)	American Psychiatric Association	2022	5th		978-0890425763
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956 - Introduction to Field Experience in Art Therapy

Required	Foundations of Art Therapy Supervision: Creating Common Ground for Supervisees and Supervisors	Awais & Blausey	2021			978-1138212152
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957 - Practicum in Art Therapy

Required	Foundations of Art Therapy Supervision: Creating Common Ground for Supervisees and Supervisors	Awais & Blausey	2021			978-1138212152
Required	Case Conceptualization: Mastering this Competency with Ease and Confidence	Sperry & Sperry	2020	2nd		978-0367256654

958 - Internship in Art Therapy

Required	Foundations of Art Therapy Supervision: Creating Common Ground for Supervisees and Supervisors	Awais & Blausey	2021			978-1138212152
Required	Case Conceptualization: Mastering this Competency with Ease and Confidence	Sperry & Sperry	2020	2nd		978-0367256654

988 - Internship in Co-Occurring Disorders

Required	Field Experience: Transitioning from Student to Professional	Zhang & Parsons	2015			978-1483344539
Required	Case Conceptualization: Mastering this Competency with Ease and Confidence	Sperry & Sperry	2020	2nd		978-0367256654
Required	Psychopathology and Psychotherapy: DSM-5 Diagnosis, Case Conceptualization, and Treatment	Sperry, Carlson, Sauerheber, & Sperry	2024	4th		978-1032464497
Required	Diagnostic and Statistical Manual of Mental Disorders, Text Revision (DSM-5-TR)	American Psychiatric Association	2022	5th		978-0890425763