

CANDOR.

THERAPIST RECOMMENDED RESOURCES

A COLLECTION OF VARIOUS
MENTAL HEALTH RELATED
MEDIA TO HELP YOU ON
YOUR HEALING JOURNEY.

COURTNEY SHRUM, MA LMHCA

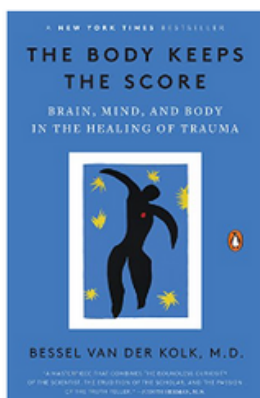
BOOKS

MOVIES

MEDIA

PODCASTS

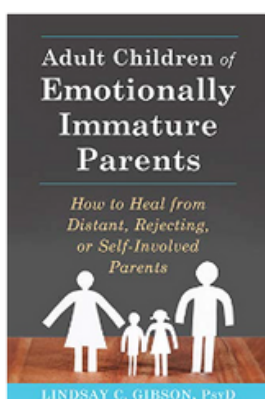
RECOMMENDED READING



The Body Keeps The Score

Bessel Van Derk Kolk

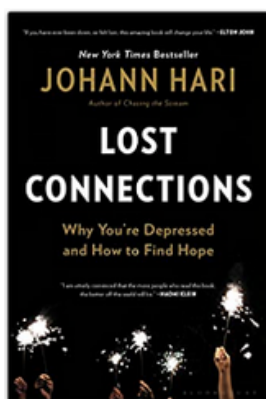
One of the most foundational books ever written about the residual trauma that is kept within the body. Highly recommend for everyone.



Adult Children of Emotional Immature Parents

Lindsay Gibson

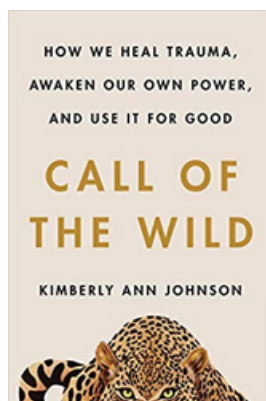
I recommend this book to every client who is struggling in a relationship with a parent. Highly informative it'll give you the words to help describe what it feels like to be you.



Lost Connections: Why You're Depressed and How to Find Hope

Johann Hari

This book will foundationally change the way you see depression and anxiety.



Call of The Wild

Kimberly Ann Johnson

This book is about all things in connecting with your primal self in a more somatic based way. Address your nervous system and explore how to heal your trauma more holistically.

RECOMMENDED VIEWING

The Call to Courage

Brene Brown

Brene Brown is a shame and vulnerability researcher from the University of Texas and in this special she shares what she has discovered. Spoiler: it has to do with having the courage to show up when you can't control the outcome.



This could be why you're depressed or anxious

Johann Hari

No shock that Johann Hari is making it to another recommendation on this list - he does a wonderful job at breaking down depression and anxiety that provides another viewpoint to see it from.



Johann Hari
This could be why you're depressed or anxious
Posted Sep 2019

RECOMMENDED MEDIA



Calm/Headspace

Meditation Apps

Both of these apps provide a very step-by-step approach that eases you into getting started with meditation.

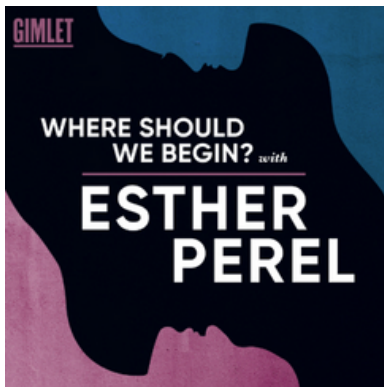
RECOMMENDED PODCASTS



Emotionally Available

Laura Caruso

Shameless plug as I was interviewed on this podcast! Listen to find out how to unpack the mind/body connection and connect with your emotional experience.



Where Should We Begin?

Esther Perel

This podcast features Esther counseling real couples - giving us all an opportunity to learn more.



Welcome to Group Therapy

This podcast hosts a collection of elder millennial therapists and psychologists who answer questions asked by listeners each week.



The Angry Therapist Podcast

John Kim

What John calls "shot glass" sized self help tidbits in ten minutes or less.



Thank you for downloading this resource guide, I hope that it contained some useful information for you, even if it's just a place to start on your own mental health journey!

Thank you!

WANT TO WORK WITH COURTNEY?

If you are interested in working with Courtney 1-1 there are a few ways in which you can do so:

Mental Health Counseling through Candor Counseling

Psychotherapy for residents in the state of Washington. Submit an application for 1-1 counseling through this link.

Mental Health Coaching through Shrum Coaching

Work to increase your self worth through a coaching program with Courtney. Schedule a free consultation call here.

As always, follow @therapywithcourt on Instagram to get the latest information and updates!