

SNMA Library
April 25, 2021

Mental Health

Mental health has always been a central concern for LGBTQ people, who frequently face forms of adversity in order to be themselves. The SNMA has a diverse collection of over 120 books related to queer people and mental health, including psychotherapy, counseling, social work, and psychiatry. These texts consist of academic studies for practitioners, memoirs, guidebooks, historical studies, and cultural criticism, mainly from the 1970s to the 2000s. Topics represented range from coming out to HIV/AIDS, feminism to alcoholism, and institutionalization to alternative treatments.

Rhea V. Almeida, ed., *Transformations of Gender and Race: Family and Developmental Perspectives* (New York: The Haworth Press, 1998).

A book for therapists eager to draw on new critical approaches in their practices.

Betty Berzon, *Surviving Madness: A Therapist's Own Story* (Madison: The University of Wisconsin Press, 2002).

A memoir by the pioneering lesbian psychotherapist and activist.

Phyllis Chesler, *Women and Madness* (New York: Avon Books, 1972).

A major study of women's psychology.

Carlton Cornett, ed., *Affirmative Dynamic Therapy with Gay Men* (Northvale, NJ: Jason Aronson, Inc., 1993).

A book about the effect of homophobia on mental health as well as the beneficial possibilities of psychotherapy for gay men.

Nancy D. Davis, Ellen Cole, and Esther D. Rothblum, eds., *Lesbian Therapists and Their Therapy from Both Sides of the Couch* (New York: The Haworth Press, 1996).

An anthology for therapists who want to become more sensitive and effective in their work with lesbians.

John De Cecco, ed., *Bisexual and Homosexual Identities: Critical Clinical Issues* (New York: The Haworth Press, 1984).

A collection of essays about homosexuality and bisexuality in psychology.

Ronald C. Fox, ed., *Affirmative Psychotherapy with Bisexual Women and Bisexual Men* (New York: Harrington Park Press, 2006).

A collection of essays about clinical work with bisexuals.

Marny Hall, *The Lavender Couch: A Consumer's Guide to Psychotherapy for Lesbians and Gay Men* (Boston: Alyson, 1985).

Information about psychotherapeutic services for gay men and lesbians.

Hilda Hidalgo, ed., *Lesbians of Color: Social and Human Services* (New York: The Haworth Press, 1995).

A book for social workers about meeting the needs of lesbian women of color.

Richard A. Isay, *Commitment and Healing: Gay Men and the Need for Romantic Love* (Hoboken, NJ: J. Wiley & Sons, 2006).

A psychoanalytic reading of gay men's difficulty sustaining serious, long-term romantic partnerships.

Charna Klein, *Counseling Our Own Lesbian/Gay Subculture Meets the Mental Health System* (Seattle: Consultant Services Northwest, 1986).

A book about lesbian/gay counseling services and the mental health movement in the U.S.

Sue Krzowski and Pat Land, eds., *In Our Experience: Workshops at the Women's Therapy Centre* (London: Women's Press, 1988).

A collection of essays and reflections about the workshops at the Women's Therapy Centre in London.

Howard S. Kurtzman and Allen Martin Omoto, eds., *Sexual Orientation and Mental Health: Examining Identity and Development in Lesbian, Gay, and Bisexual People* (Washington, D.C.: American Psychological Association, 2006).

A study of recent empirical research on mental health in lesbian, gay, and bisexual people.

Vittorio Lingiardi and Jack Drescher, eds., *Mental Health Professions and Homosexuality* (New York: Haworth Medical Press, 2003).

A study of historical and contemporary attitudes toward homosexuality in the mental health professions in Europe and Asia.

Carol T. Mowbray, Susan Lanir, and Marilyn Hulce, eds., *Women and Mental Health: New Directions for Change* (New York: The Haworth Press, 1984).

A collection of essays on sexism, women's mental health issues, alternative treatments, and prevention strategies.

Joan Hamerman Robbins and Rachel Josefowitz Siegel, eds., *Women Changing Therapy: New Assessments, Values, and Strategies in Feminist Therapy* (New York: Harrington Park Press, 1985).

A collection of essays about how women, particularly feminist therapists, have impacted the theory, research, and practice of psychotherapy.

Ritch C. Savin-Williams, *The New Gay Teenager* (Cambridge: Harvard University Press, 2005).

An account of the changing mental health needs of gay teenagers.

Norah Vincent, *Voluntary Madness: My Year Lost and Found in the Loony Bin* (New York: Viking, 2008).

A memoir of being hospitalized in a psychiatric institution.

Evelyn C. White, *The Black Women's Health Book: Speaking for Ourselves* (Seattle: Seal Press, 1990).

A comprehensive anthology of writings about the mental and physical health of Black women.

Mark G. Winiarski, *AIDS-Related Psychotherapy* (New York: Pergamon Press, 1991).

A book about psychotherapy for people affected by HIV/AIDS.

Thomas O. Ziebold and John E. Mongeon, eds., *Gay and Sober: Directions for Counseling and Therapy* (New York: Harrington Park Press, 1985).

A study of programs and treatment protocols utilized to help gay people with alcohol-related problems.