

Free Reading List

This reading list highlights **six key texts** that offer an introduction to psychoanalytic, psychodynamic, and Jungian theory. You are encouraged to follow your interests, using the summaries to help you decide where to begin.

If you find this list helpful, **we also offer a larger curated reading list of 67 essential texts**, for those who wish to deepen their knowledge across psychoanalytic, psychodynamic, and Jungian traditions.

A £10 donation gives you access to the extended reading list. [Click here to find out more.](#)

Your donation helps support our mission to make psychotherapy training, clinical services, and public events more affordable, accessible, and inclusive.

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Our Values

At the bpf, we welcome and value diversity in all its forms including, but not limited to: age, disability (including specific learning needs), ethnicity, gender identity, neurodiversity, political affiliations, race, relationship status, religious beliefs, sex, sexual preference or orientation/sexualities, social class or socio-economic status.

The bpf acknowledges that historically, through a lack of understanding, the profession has caused hurt and made people feel that they were not welcome to seek out our psychotherapeutic support in times of need, either for personal development or for training professionally as psychotherapists. We are aware of the need to continually challenge and reassess our biases, assumptions and prejudices and maintain a willingness to listen to others who challenge us. We are careful to acknowledge the realities and trauma caused by oppression and discrimination.

In signposting you to different textbooks and resources, it is important for us to make you aware of the historical, cultural and individual (biographical) contexts in which psychodynamic, psychoanalytic and Jungian concepts have been developed and highlight the racist, sexist and heteronormative ideology which can sometimes be present in classical psychodynamic, psychoanalytic and Jungian writing and theories. Our full commitment to improving diversity and inclusion is outlined here: [Diversity Statement - The British Psychotherapy Foundation](#)

Psychoanalytic & Psychodynamic Readings

Civitarese, G., and Ferro, A. (2020). Short Introduction to Psychoanalysis. Routledge.	<u>Book Summary</u>
Lemma, A. (2025). Introduction to the Practice of Psychoanalytic Psychotherapy. Third Edition. Wiley-Blackwell.	<u>Book Summary</u>
Bateman, A., Brown, D., and Pedder, J. (2010). Introduction to Psychotherapy: An Outline of Psychodynamic Principles and Practice. Fourth Edition. Routledge.	<u>Book Summary</u>

Jungian Readings

Williams, R. (2019). C.G. Jung the Basics London: Routledge.	<u>Book Summary</u>
Casement, A. (2021) Jung: An Introduction. Oxfordshire: Phoenix	<u>Book Summary</u>
Young-Eisendrath, P. and Dawson, T. (eds) (2008) (2nd ed.). The Cambridge Companion to Jung. Cambridge: Cambridge University Press.	<u>Book Summary</u>