

APPENDIX 4

REFERENCES

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Because this is a manual, citations have been kept to a minimum. Footnotes are listed below. Additional references in parenthesis () from tables and other material in the manual can be found in the References Section of *Control Therapy*.¹

¹ Shapiro, DH and Astin, JA, (1998) *Control Therapy*, (New York: Wiley; www.wiley.com)

² Shapiro, DH, (1994) *The Shapiro Control Inventory Manual (Behaviordata, 1994* www.behaviordata.com); The manual may be downloaded for free at the website www.controlresearch.net

³ Soucar, E. A. (2006). Establishing culturally competent practice: Effects of control-enhancing psychotherapy on depression and anxiety for African American outpatients. *Dissertation Abstracts International*. 67(3-A), 849. (UMI No. AAI3211907)After Soucar, 2006

⁴ See: Rodin, J. (1986). Aging and health: effects of the sense of control. *Science*, 233, 1271-1276. Rothbaum, FM & Weisz, JR (1989). *Child pathology and the quest for control*. Newbury Park, Ca.: Sage; National Institutes of Health. (1990). *Budget for the Department of Health and Human Services*. Washington, DC: Author.

⁵ Shapiro, SL & Carlson, SL (2009) *The Art and Science of Mindfulness: Integrating Mindfulness into Psychology and the Helping Professions*. Washington, DC: American Psychological Association. Jon Kabat-Zinn, J (1990) *Full Catastrophe Living*. New York: Dutton.

⁶ Shapiro, DH; Santerre, C; Shapiro, SL; Astin, JA; Shapiro, J.D; & Huston, J.A.; Psychological Health (in press, 2010). *Corsini Encyclopedia of Psychology and Behavioral Science*, in Weiner, I & Craighead, E. *Encyclopedia of Psychology* (Fourth Edition), New York: Wiley.

⁷ Shapiro, DH; Astin, JA; Shapiro, SL, Soucar, EA; & Santerre, C; *Control Therapy* (in press, 2010). *Corsini Encyclopedia of Psychology and Behavioral Science*, (Fourth Edition (Eds: Weiner, I & Craighead, E), New York: Wiley.

⁸ *Buddha, (1981) The Teachings of Buddha. Tokyo: Kosaido, pp. 238-364*

⁹ Shapiro, DH (1993) One Reality, Many Paths: Exploring the Universal/Particular Relationship. Sausalito, Ca: Institute of Noetic Sciences, 1993. Shapiro, DH. Exploring our Most Deeply Held Belief About Ultimate Reality. *Revision: The Journal of Consciousness and Change*. 1989, 12(1),15-28; Shapiro, D. H. A content analysis of Eastern and Western, traditional and new age approaches to health, and healing. In R. Walsh and D. H. Shapiro (Eds) Beyond Health and Normality: Explorations of Exceptional Psychological Wellbeing. New York: Van Nostrand Reinhold, 1983, pp. 432-491. Shapiro, SL & Shapiro DH (in preparation) Chasing the bull....no bull!?

Cleaning dust on the mirror, or what dust, what mirror?

¹⁰. Shapiro, D.H., (2003) Control Therapy: An overview and personal observations from life's golden third. *Constructivism in the Human Sciences*, 8(2), 137-150

¹¹. See Shapiro, D. H. and Zifferblatt, S. (1976) Zen meditation and behavioral self control: Similarities, differences, clinical applications. *American Psychologist*, 1976, 31: 519-532. These ideas were expanded and elaborated on in book form: see ¹³ below.

¹² Shapiro, J. and Shapiro, D. H. Self-control and relationship: Toward a model of interpersonal health. *Journal of Humanistic Psychology*, 1984, 24, (4), pp. 91-116.

¹³ Shapiro, D.H, (1978) *Precision Nirvana*, Prentice Hall: Englewood Cliffs, New Jersey.

¹⁴ Shapiro, D. H. (1980) *Meditation: Self Regulation Strategy and Altered States of Consciousness* New York: Aldine./Walter de Gruyter 1980; For flow chart, see also: Shapiro, DH. The content and context of meditation: A Challenge for psychology in the areas of stress management, psychotherapy, and religion/values (1994). *Journal of Humanistic Psychology*, 34(4) 101-135.

¹⁵ See, for example, Kochman, T. (1981). *Black and white styles in conflict*. Chicago: The University of Chicago Press. [This is a classic text in the MCC field.]; Paniagua, F. A. (1998). *Assessing and treating culturally diverse clients, A practical guide* (2nd ed.). Thousand Oaks, CA: SAGE Publications, Inc.

¹⁶ A summary of the data for each of control profile of each of these groups is found in the SCI manual (which can be downloaded at no charge at www.controlresearch.net.) In addition, there have been several additional replications and extensions of the eating disorders sample: Lee, S., Chan, Y. Y. L., Kwok, K., & Hsu, L. K. G. (2005). Relationship between control and the intermediate term outcome of anorexia nervosa in Hong Kong. *Australian and New Zealand Journal of Psychiatry*, 39, 141-145. Surgenor, L. J., Horn, J., & Hudson, S. M. (2003). Empirical scrutiny of a familiar narrative: Sense of control in anorexia nervosa. *European Eating Disorders Review*, 11, 291-305. Surgenor, L. J., Horn, J., Plumridge, E. W., & Hudson, S. M. (2002). Anorexia nervosa and psychological control: A reexamination of selected theoretical accounts. *European Eating Disorders Review*, 10, 85-101.; and Nippomick, S.W.; Psychological sense of control and recovery from anorexia nervosa (Dissertation, Fielding Institute, Santa Barbara, Ca., 2010).