

SUPPLEMENTAL READING LIST FOR URANIAN PSYCHOANALYSIS

GAY SPIRITUALITY

Gay Spirit, Mark Thompson, Ed.

The first and still the best single anthology on the subject, including material about Walt Whitman, Edward Carpenter, Harry Hay, Mitch Walker, etc.

Gay Soul, Mark Thompson, Ed.

The interview with Mitch Walker is particularly relevant.

The Soul Beneath the Skin, David Nimmons

This book is really more sociology than spirituality, but it's written in an enjoyable and accessible way and does a nice job of describing the laudable attributes of modern gay men, with some research to support his ideas.

GAY HISTORY/LITERATURE

Homosexuality & Civilization, Louis Crompton

This is a carefully researched and documented exploration of homosexuality from Ancient Greece up to the 19th century, covering horrible homophobia as well as wonderful love, including some coverage of Asian cultures. A little dry and dense, but if you like history, it's the classic on the subject.

Strangers: Homosexual Love in the Nineteenth Century, Graham Robb

A good companion to the Crompton book, covering mostly 19th century in England and the U.S. Like the above, carefully researched but a little bit more fun to read.

Myth and Mysteries of Same-Sex Love, Christine Downing

This unique book could be in both the gay psychology and Jungian psychology sections below. A very nicely written exploration of gayness in Freud, Jung, and ancient Greek mythology.

The Columbia Anthology of Gay Literature, Byrne R. S. Fone, Ed.

A wonderful collection of homoerotic poetry and prose through the ages, with helpful introductions to the major writers.

Symposium, Plato

The story of a drunken party where the Greek men all pontificate on love, focusing mostly on same-sex romantic love. It's quite entertaining, with amazing insights we haven't caught up with yet.

GAY PSYCHOLOGY

The Velvet Rage, Alan Downs

Written by a gay therapist in Santa Fe, does a nice job of discussing gay male psychology.

Men's Dreams, Men's Healing, Robert Hopcke

A good introduction to a gay Jungian approach.

Same-Sex Love and the Path to Wholeness, Robert Hopcke et al, Ed.

From a Jungian perspective, the only anthology so far that is devoted in a positive way to gay love. A series of essays, some better than others, but all have their heart in the right place. You might want to read some of the basic Jungian stuff below before reading this.

Being Homosexual, Richard Isay

A psychoanalyst describing his theory in accessible terms about how sons fall in love with their fathers during the oedipal phase (4-6 years old), and the effects when the father does not handle this well.

Becoming Gay, Richard Isay

Same author as above, a more personal discussion of his efforts to bring a gay-affirmative approach into psychoanalysis, and how homophobic the field was until recently.

JUNGIAN PSYCHOLOGY

Memories, Dreams, Reflections, C.G. Jung

Jung's autobiography, by far his most accessible work, providing a very interesting introduction to his ideas and how they developed.

Ego and Archetype, Edward Edinger

A fascinating, classic introduction to Jungian psychology. A lot of Christian and literary references.

Inner Work, Robert Johnson

A very basic, clearly written how-to book on dream analysis and "active imagination."

The Inner World of Trauma, Donald Kalsched

A much more clinical, involved discussion of the "persecutor/protector complex" that people who've had trauma develop, with references to fairy tales and psychoanalytic ideas. For the most part, well written, though you might find it a little dense with multiple references to different theories.

GENERAL PSYCHOLOGY

Drama of the Gift Child, Alice Miller

Very helpful description of mother-child dynamics. Some of the theories she bases her work on (like those of Winnicott and Kohut) are described in more detail in the *Freud and Beyond* book below.

Healing the Shame That Binds You, John Bradshaw

The book that defined “toxic shame,” and offers good summaries of many psychological ideas, as well as practical techniques for inner work.

Freud and Beyond, Stephen Mitchell and Margaret Black

This is a unique book that elegantly describes all the major psychoanalytic theorists in a concise and clear manner. May be very helpful in getting a better understanding of early childhood dynamics with your mother especially, but father also.