



Claristrat Core Method Reference Bibliography

Last updated in July 2025.

Foundational Systems Thinking Texts

- **Ackoff, Russell L.** *Creating the Corporate Future: Plan or Be Planned For*. Wiley, 1981.
Main Concepts: Interactive planning, idealized design, purposeful systems, “messes” not isolated problems.
Relevance: Anticipates Claristrat’s Pathfinding and Aligned Visioning — designing forward from purpose.
- **Bertalanffy, Ludwig von.** *General System Theory*. George Braziller, 1968.
Main Concepts: Open systems, equifinality, interdependence.
Relevance: Ontological base for Claristrat’s Trust Foundation and Situational Analysis.
- **Checkland, Peter.** *Systems Thinking, Systems Practice*. Wiley, 1981.
Main Concepts: Hard vs. soft systems; Soft Systems Methodology (SSM).
Relevance: Mirrors Dynamic Meaning and Semantic Reframing — surfacing perspectives and reframing systemic dynamics.
- **Meadows, Donella H.** *Thinking in Systems: A Primer*. Chelsea Green, 2008.
Main Concepts: Feedback loops, delays, leverage points.
Relevance: Clarifies Iterative Transformation; develops leverage-point fluency for systemic change.
- **Senge, Peter M.** *The Fifth Discipline: The Art and Practice of the Learning Organization*. Doubleday, 1990.
Main Concepts: Systems thinking, personal mastery, shared vision, team learning.
Relevance: Supports Collaborative Sensemaking and Integration.
- **Snowden, Dave, and Mary Boone.** “A Leader’s Framework for Decision Making.” *Harvard Business Review*, 2007.
Main Concepts: Cynefin framework; adaptive stances for simple, complicated, complex, chaotic domains.
Relevance: Guides stance-shifts in Pathfinding and adaptive leadership.

Claristrat Core Method Bibliography (cont'd)

Applied & Organizational Systems Texts

- **Burke, W. Warner, and George H. Litwin.** "A Causal Model of Organizational Performance and Change." *Journal of Management*, 1992.
Main Concepts: 12 interdependent organizational variables.
Relevance: Diagnostic backbone for Claristrat's Situational Analysis and Systemic Reflection.
 - **Kilburg, Richard R.** *Executive Coaching: Developing Managerial Wisdom*. APA, 1996.
Main Concepts: Integrates psychodynamic, systems, and organizational behavior into a coaching model.
Relevance: Validates executive coaching as distinct from life coaching; theoretical foundation for Claristrat's integration of depth + system tools.
 - **Oshry, Barry.** *Seeing Systems: Unlocking the Mysteries of Organizational Life*. Berrett-Koehler, 1995.
Main Concepts: Predictable blind spots in systemic roles (Top, Middle, Bottom, Customer).
Relevance: Supports depersonalizing conflict and systemic decoding.
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Narrative, Identity & Development

- **Bruner, Jerome.** *Acts of Meaning*. Harvard University Press, 1990.
Main Concepts: Humans make sense of reality through narrative; stories create coherence.
Relevance: Anchors Self-Knowledge and Dynamic Meaning; coaching as narrative reframing.
- **Kegan, Robert.** *The Evolving Self* (1982); *In Over Our Heads* (1994). Harvard University Press.
Main Concepts: Stages of adult meaning-making; vertical development.
Relevance: Reinforces Iterative Transformation; leaders evolve by rewriting meaning at higher stages.
- **McAdams, Dan.** *The Stories We Live By* (1993); *The Redemptive Self* (2006).
Main Concepts: Identity as an evolving life story; "redemptive" narratives.

Claristrat Core Method Bibliography (*cont'd*)

Relevance: Strengthens identity coherence and narrative reframing in coaching.

- **Pennebaker, James.** *Opening Up*. Guilford Press, 1997.
Main Concepts: Expressive writing and narrative disclosure reorganize memory and reduce stress.
Relevance: Supports journaling and reflective practice in Claristrat learning loops.
 - **White, Michael, and David Epston.** *Narrative Means to Therapeutic Ends*. Norton, 1990.
Main Concepts: Narrative therapy; separating people from problem-saturated stories.
Relevance: Connects directly to Semantic Reframing — re-authoring organizational and identity narratives.
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Somatics & Embodied Presence

- **Feldenkrais, Moshe.** *Awareness Through Movement*. Harper & Row, 1972.
Main Concepts: Expanding movement options to create new behavioral possibilities.
Relevance: Mirrors Iterative Transformation — embodied expansion leads to leadership adaptability.
- **Hanna, Thomas.** *Somatics*. Da Capo Press, 1988.
Main Concepts: Sensory-motor amnesia; reawakening bodily awareness.
Relevance: Supports Claristrat's Awareness Mapping and adaptability.
- **Kabat-Zinn, Jon.** *Wherever You Go, There You Are*. Hyperion, 1994.
Main Concepts: Mindfulness-based stress reduction in everyday life.
Relevance: Accessible, evidence-based support for stress regulation and executive clarity.
- **Levine, Peter.** *Waking the Tiger: Healing Trauma*. North Atlantic Books, 1997.
Main Concepts: Somatic Experiencing; trauma completion through awareness and movement.
Relevance: Supports Self-Knowledge and restoring energy without pathologizing.
- **Porges, Stephen.** *The Polyvagal Theory*. W.W. Norton, 2011.
Main Concepts: Nervous system regulation, social engagement vs. defense states.
Relevance: Physiological basis for Trust Foundation and presence.

Claristrat Core Method Bibliography (cont'd)

- **Strozzi-Heckler, Richard.** *The Leadership Dojo* (2007); *The Art of Somatic Coaching* (2014).
Main Concepts: Embodiment and martial arts principles as leadership training.
Relevance: Practical bridge of somatics into executive coaching.
 - **van der Kolk, Bessel.** *The Body Keeps the Score*. Viking, 2014.
Main Concepts: Trauma reshapes body and brain; integration requires embodied practice.
Relevance: Anchors leadership presence in embodied wellbeing.
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Coaching Science & Professional Practice

- **Kimsey-House, Henry, Karen Kimsey-House, Phillip Sandahl, and Laura Whitworth.** *Co-Active Coaching: The Proven Framework for Transformative Conversations at Work and in Life*. Nicholas Brealey, 2018 (4th ed.).
Main Concepts: Presence, balance, designing alliances, evoking client-generated solutions.
Relevance: Baseline coaching framework; Claristrat builds upon it to expand competencies.
 - **Korn Ferry.** *FYI: For Your Improvement*. Korn Ferry Institute, multiple editions.
Main Concepts: Competency-based developmental guide; strengths, derailers, actions.
Relevance: Supports Claristrat's Stakeholder Navigation and Executive Development Planning.
 - **O'Neill, Mary Beth.** *Executive Coaching with Backbone and Heart*. Jossey-Bass, 2000.
Main Concepts: Balance of support ("heart") and challenge ("backbone"); systemic contracting.
Relevance: Reinforces Trust Foundation and Clean Authority principles.
 - **Reynolds, Marcia.** *Coach the Person, Not the Problem* (2020); *The Discomfort Zone* (2014); *Wander Woman* (2010).
Main Concepts: Curiosity, reframing, working at identity level.
Relevance: Anchors Self-Knowledge and Dynamic Meaning arcs; practical tools for reframing.
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Adult Development & Leadership Psychology

Claristrat Core Method Bibliography (*cont'd*)

- **Kegan, Robert.** *The Evolving Self* (1982); *In Over Our Heads* (1994). Harvard University Press.
Main Concepts: Stages of adult development; progressive complexity in meaning-making.
Relevance: Frames Iterative Transformation — leaders evolve by shifting how they construct meaning.
 - **Torbert, Bill.** *Action Inquiry: The Secret of Timely and Transforming Leadership*. Berrett-Koehler, 2004.
Main Concepts: Action logics; inquiry-in-action as pathway to leadership transformation.
Relevance: Practical method for developmental coaching and reflective leadership practice.
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Jungian & Depth-Oriented Coaching

- **Jung, Carl Gustav.** *The Archetypes and the Collective Unconscious* (1959); *Two Essays on Analytical Psychology* (1966). Princeton University Press editions.
Main Concepts: Archetypes, individuation, persona vs. shadow, symbolic life.
Relevance: Core to Claristrat's Self-Knowledge and Semantic Reframing arcs; surfaces unconscious drivers of leadership.
- **Hillman, James.** *The Soul's Code: In Search of Character and Calling*. Random House, 1996.
Main Concepts: The "acorn theory"; destiny and vocation as archetypal patterns.
Relevance: Aligns with Claristrat's North Star and Purpose arcs — vocation as developmental anchor.
- **Stein, Murray.** *Jung's Map of the Soul*. Open Court, 1998.
Main Concepts: Integrative overview of Jung's theory: self, shadow, persona, individuation.
Relevance: Provides practical scaffolding for bringing Jungian depth into coaching dialogues.