



**Dr. Kenneth Silvestri, Ed.D, CCH, RSHom**  
**Psychotherapist | Certified Classical Homeopath**  
drkennethsilvestri@gmail.com | 973.214.0540

## **COMPLETE LIST OF PUBLICATIONS**

**By Dr. Kenneth Silvestri**

*(As of September 27, 2022)*

Links to selected articles are available on my web site under Publications

### ***The Value of Poetic Expression***

Psychology Today, April 10, 2023,

<https://www.psychologytoday.com/us/blog/a-wider-lens/202304/the-value-of-poetic-expression>

### ***Steps to an Ecology of Self and Relational Fulfillment***

Psychology Today, December 27, 2022,

<https://www.psychologytoday.com/intl/blog/a-wider-lens/202212/steps-to-an-ecology-of-self-and-relational-fulfillment>

### ***The Purpose of Conflict***

Psychology Today, September 12, 2022,

<https://www.psychologytoday.com/us/blog/wider-lens/202209/the-purpose-conflict>

### ***The Value of "Warm Data"***

Psychology Today, July 22, 2022,

<https://www.psychologytoday.com/us/blog/wider-lens/202207/the-value-warm-data>

### ***Unpsychology: Issue 8: An Anthology of Warm Data***

Unpsychology, Summer 2022,

<https://www.unpsychology.org/>

### ***The Importance of the Aesthetic in Creativity***

Psychology Today, May 28, 2022,

<https://www.psychologytoday.com/us/blog/wider-lens/202205/the-importance-the-aesthetic-in-creativity>

***Our Relationships as the Source of Improvisational Possibilities***

Psychology Today, Mar 06, 2022,

<https://www.psychologytoday.com/us/blog/wider-lens/202203/our-relationships-the-source-improvisational-possibilities>

***What Your Legacy Can Tell You***

Psychology Today, Feb 06, 2022,

<https://www.psychologytoday.com/us/blog/wider-lens/202202/what-your-legacy-can-tell-you>

***Train Romance***, (Publisher: BookBaby) paperback, Jan 26, 2022

A collection of poems and images by Dr. Ken Silvestri, Cat Weaver and Natasha Rabin.

Publisher Link: <https://store.bookbaby.com/book/train-romance>

[https://www.amazon.com/dp/1667815199/ref=cm\\_sw\\_r\\_awdo\\_navT\\_g\\_9Z0A3VJAGWWAFTORDAQM](https://www.amazon.com/dp/1667815199/ref=cm_sw_r_awdo_navT_g_9Z0A3VJAGWWAFTORDAQM)

***The Use of Mutual Learning for Relational Self-Fulfillment***

Psychology Today, Dec 21, 2021,

<https://www.psychologytoday.com/us/blog/wider-lens/202112/the-use-mutual-learning-relational-self-fulfillment>

***Holograms, Acorns, and Self-Fulfillment:***

Psychology Today, Oct 13, 2021,

<https://www.psychologytoday.com/us/blog/wider-lens/202110/holograms-acorns-and-self-fulfillment>

***The Joy of Homeopathy: Mental and Emotional Healing.***

Selected Articles, 1997-2020, and Media Presentations

<https://8f38f40f-02df-488e-9883->

[b9c4b309d8e3.filesusr.com/ugd/4e5a6f\\_a95c70196c7d48e2b418399afa87fe33.pdf](https://8f38f40f-02df-488e-9883-b9c4b309d8e3.filesusr.com/ugd/4e5a6f_a95c70196c7d48e2b418399afa87fe33.pdf)

***Legacy Poems e-Book, By Kenneth Silvestri.***

Selected Poems

[https://8f38f40f-02df-488e-9883-b9c4b309d8e3.filesusr.com/ugd/4e5a6f\\_07f8238d0e614cef8215ee603ef1c966.pdf](https://8f38f40f-02df-488e-9883-b9c4b309d8e3.filesusr.com/ugd/4e5a6f_07f8238d0e614cef8215ee603ef1c966.pdf)

***The Holistic Benefits of Family Therapy: How individuality is defined by the context of our relationships.***

Psychology Today, Aug 21, 2021,

<https://www.psychologytoday.com/us/blog/wider-lens/202108/the-holistic-benefits-family-therapy>

***A Post-Pandemic Perspective Using "Warm Data":*** A process to address our emotional and relational needs.

Psychology Today, Jul 05, 2021,

<https://www.psychologytoday.com/us/blog/wider-lens/202107/post-pandemic-perspective-using-warm-data>

***Experience Walking Therapy: The value of harmonizing with nature.***

Psychology Today, Mar 07, 2021,

<https://www.psychologytoday.com/us/blog/wider-lens/202105/experience-walking-therapy>

***How to Harvest Possibilities: Learning From the Greatest  
A metaphorical lesson from Willie Mays.***

Psychology Today, Mar 01, 2021,

<https://www.psychologytoday.com/us/blog/wider-lens/202103/how-harvest-possibilities-learning-the-greatest>

***"How to Widen Your Lens and become a Systemic Thinker and Communicator: in memory of Paul Byers"***

Illumination | Medium, Jan 27, 2021,

<https://medium.com/illumination-curated/how-to-widen-your-lens-and-become-a-systemic-thinker-and-communicator-in-memory-of-paul-byers-276516bba6f0>

***“Weathering Paradoxes Through Poetic Healing:***

*A courageous way to understand and soothe yourself during times of crisis.”*

Psychology Today, Jan 04, 2021,

<https://www.psychologytoday.com/us/blog/wider-lens/202101/weathering-paradoxes-through-poetic-healing>

***“Why We Should Change the Noun “Gratitude” Into a Verb: Preparing for a Joyful Holiday in This Crazy Time.”***

Psychology Today, Nov 17, 2020,

<https://www.psychologytoday.com/us/blog/wider-lens/202011/why-we-should-change-the-noun-gratitude-verb>

***“Similia Similibus Curentur: The Gift of Homeopathy”***

Illumination | Medium, Nov 08, 2020,

<https://medium.com/illumination-curated/illumination-curated-alternative-healing-67eea34e38db>

***“Why and How to Be Part of Public-School Changes: Time to Go Beyond the Bake Sale.”***

Psychology Today, Oct 05, 2020,

<https://www.psychologytoday.com/us/blog/wider-lens/202010/why-and-how-be-part-public-school-changes>

***“It Is All About Relationships: What Family Therapists Should Know and Consider About Their Approach.”***

Perspectives | Family Therapy Magazine, Sept/Oct 2020,

[https://8f38f40f-02df-488e-9883-b9c4b309d8e3.filesusr.com/ugd/4e5a6f\\_a9be13b428014dd6977d02cf264af75e.pdf](https://8f38f40f-02df-488e-9883-b9c4b309d8e3.filesusr.com/ugd/4e5a6f_a9be13b428014dd6977d02cf264af75e.pdf)

***“Smooth Sailing: The Freedom of Forgiveness in this time of Crisis.”***

Illumination | Medium, August 22, 2020,

<https://medium.com/illumination/smooth-sailing-the-freedom-of-forgiveness-in-this-time-of-crisis-5796eb91ae55>

***“Healing and Strengthening Significant Relationships: An Ecological Framework for Couples Therapy.”***

Psychology Today, Aug 16, 2020,

<https://www.psychologytoday.com/us/blog/wider-lens/202008/healing-and-strengthening-significant-relationships>

***“How to Be in Harmony and Sustain our Interdependency. Lessons from Aikido.”*** Illumination | Medium, July 28, 2020,

<https://medium.com/illumination/how-to-be-in-harmony-and-sustain-our-interdependency-lessons-from-aikido-3d9ef4a41ba7>

***“An Ecology of Relationships. The importance of mutual learning.”***

Psychology Today, June 24, 2020,

<https://www.psychologytoday.com/us/blog/wider-lens/202006/ecology-relationships>

***“A Way to Create Needed Change: How to make and sustain a personal contribution to this time of transformation.”*** Psychology Today, May 24,

2020, <https://www.psychologytoday.com/us/blog/wider-lens/202005/way-create-needed-change>

***“Collaboration is Contagious: The rewards of mutual learning and understanding our interdependency.”*** Medium, Apr 05, 2020,

<https://medium.com/@drkennethsilvestri/collaboration-is-contagious-therewards-of-mutual-learning-and-understanding-our-interdependency-62a5393228ec>

***“The Map Is Surely Not the Territory: Implications of what we can learn from COVID-19.”*** Psychology Today, Mar 16, 2020,

<https://www.psychologytoday.com/us/blog/wider-lens/202003/the-map-is-surely-not-the-territory>

(Ongoing Column, #17)

***“Double Binds: Damned If You Dare and Damned If You Don’t,”*** Psychology

***Today***, Feb 09, 2020, <https://www.psychologytoday.com/us/blog/wider-lens/202002/double-binds-damned-if-you-dare-and-damned-if-you-dont>

(Ongoing Column, #16)

***“Dealing with Stress: More than ever, it is time to take care of ourselves and each other,”*** *Homeopathy Today*, Winter 2019-2020, pp 40-41.

***“Be Inspired to Stretch Your Perceptual Edges,”*** *Psychology Today*, Dec 30, 2019, <https://www.psychologytoday.com/us/blog/wider-lens/201912/be-inspired-stretch-your-perceptual-edges> (Ongoing Column, #15)

***“Surely, We Need Not Only to Be in Harmony But to Sustain it,”*** *Psychology Today*, Dec 01, 2019, <https://www.psychologytoday.com/us/blog/wider-lens/201912/surely-we-need-not-only-be-in-harmony-sustain-it>, (Ongoing Column, #14)

***“Ditch Linear Thinking”*** *Psychology Today*, Oct 20, 2019, <https://www.psychologytoday.com/us/blog/wider-lens/201910/ditch-linear-thinking>, (Ongoing Column, #13)

***“Overcoming Doubt, Understanding How It Comes About”*** *Psychology Today*, Sept 04, 2019, <https://www.psychologytoday.com/us/blog/wider-lens/201909/overcoming-doubt-understanding-how-it-comes-about>(Ongoing Column, #12)

***“Walking the Path of the Beginner’s Mind”*** *Psychology Today*, July 31, 2019, <https://www.psychologytoday.com/us/blog/wider-lens/201907/walking-the-path-beginner-s-mind>(Ongoing Column, #11)

***“Who Do You Think You Are?”*** *Psychology Today*, June 30, 2019, <https://www.psychologytoday.com/us/blog/wider-lens/201906/who-do-you-think-you-are>(Ongoing Column, #10)

***“The Tao of Self-Fulfillment: A systematic to better connect to our world,”*** *Psychology Today*, June 03, 2019, <https://www.psychologytoday.com/us/blog/wider-lens/201906/the-tao-self-fulfillment> (Ongoing Column, #09)

***“The Ecology of Improvisation: A way of mutual learning,”*** *Psychology Today*, May 01, 2019, <https://www.psychologytoday.com/us/blog/wider-lens/201904/the-ecology-improvisation> (Ongoing Column, #08)

***“Change Is Always Changing: Revisit how to create new possibilities,”*** *Psychology Today*, April 01, 2019, <https://www.psychologytoday.com/us/blog/wider-lens/201903/change-is-always-changing> (Ongoing Column, #07)

***“The Ecology of Breathing: Enhancing Your Cuddle Hormone,”*** *Psychology Today*, March 03, 2019, <https://www.psychologytoday.com/us/blog/wider-lens/201903/the-ecology-breathing-enhancing-your-cuddle-hormone> (Ongoing Column, #06)

***“Love: The Word is Not the Thing,”*** *Psychology Today*, January 28, 2019, <https://www.psychologytoday.com/us/blog/wider-lens/201901/love-the-word-is-not-the-thing> (Ongoing Column, #05)

***“Yes! Our World is Complex, But What Does That Mean?”*** *Psychology Today*, December 28, 2018, <https://www.psychologytoday.com/us/blog/wider-lens/201812/yes-our-world-is-complex-what-does-mean> (Ongoing Column, #04)

***“’Tis the Season for Forgiveness,”*** *Psychology Today*, November 19, 2018, <https://www.psychologytoday.com/us/blog/wider-lens/201811/tis-the-season-forgiveness> (Ongoing Column, #03)

***“Stress and the Organic Health Food Store,”*** *Psychology Today*, October 28, 2018, <https://www.psychologytoday.com/us/blog/wider-lens/201810/stress-and-the-organic-health-food-store> (Ongoing Column, #02)

***“How to Have a Wider Lens,”*** *Psychology Today*, October 8, 2018, <https://www.psychologytoday.com/us/blog/wider-lens/201810/how-have-wider-lens> (Ongoing Column, #01)

***A Wider Lens: How to See Your Life Differently***, (A Wider Lens Publication: Nyack, New York), 2018

***"The Consequences of Being Positive," Tuxedo Park Magazine***, June/July 2018, p. 23 (Ongoing Column, #11)

***"The Difference Between Being a Partner or a Collaborator," Tuxedo Park Magazine***, April/May 2018, p.14 (Ongoing Column, #10)

***"A Systemic and Ecological Basis for Homeopathy," Homeopathy in Practice***, Autumn/Winter 2017, p.21

Also published in [HOMEOPATHY FOR EVERYONE, Nov. 2019](#)

***"Love: The Word Is Not Necessarily What We Think It IS," Tuxedo Park Magazine***, February/March 2018, p.14 (Ongoing Column)

***"Self-Fulfillment," Tuxedo Park Magazine***, Holiday 2017, p.14 (Ongoing Column)

***"The Fate of My Maternal Side,"*** Editors Choice Award for the Allen Ginsberg Poetry Contest, Paterson Literary Review, Vol.46, 2018

***"Attention Deficit Disorder: It's Not Just a kid Problem," Homeopathy Today***, Autumn, 2017 pp. 18-23

***Living Life in an Evolving Context and the Ecology of Self***, in Monika Jaworska-Witkowska and Bateson, Nora, Eds., ***AFTER GREGORY BATESON: TOWARDS A NEW DISCOURSE AND APPLICATIONS***, Rocznik Naukowy Kujawsko-Pomorskiej Szkoły Wyższej w Bydgoszczy: Poland, 2017

***"Sundays as a Child," Paterson Literary Review, Issue #45***, Spring 2017

***"Mindfulness: Having a Beginners Mind," Tuxedo Park Magazine***, Spring 2017 (Ongoing Column #7)



Review of Nora Bateson's Book, ***"Small Arcs of Larger Circles: framing through other patterns,"*** *Journal of Systemic Therapies*, June, 2017

***"Self-Fulfillment through the Integration of Homeopathy, Coherent Breathing and Qigong,"*** *Homeopathy in Practice*, the Journal of the Alliance of Registered Homeopaths in the United Kingdom, winter/spring. 2017

***"Staying healthy by using your breath,"*** *Tuxedo Park Magazine*, Winter, 2016-17 (Ongoing Column #6)

***"What is Homeopathy,"*** *Tuxedo Park Magazine*, Fall, 2016 p. 45 (Ongoing Column #5)

***"The Gift Of Homeopathy,"*** *PTSD Journal*, Summer, 2016, p.18

***"Embracing Conflict,"*** *Tuxedo Park Magazine*, Spring, 2016, p.37 (Ongoing Column #4)

***"Tis the Season to Forgive,"*** *Tuxedo Park Magazine*, Winter, 2015-16, pp.44-45 (Ongoing Column #3)

***"Interview of Dr. Kenneth Silvestri,"*** by Katja Schutt, *Homeopathy For Everyone*, October 2015

***"ADD, Isn't Just a Kid Problem- It's Ours as Well,"*** *Tuxedo Park Magazine*, Fall, 2015 (Ongoing Column #2)

***"Determining Constitution and Temperament in Homeopathic Treatment Through the use of the Genogram,"*** *Homeopathy For Everyone*, June, 2015

***"The Stress Factor and the Organic Supermarket,"*** *Tuxedo Park Magazine*, Summer, 2015 (Ongoing Column #1)

***"The Use of Temperaments in the Healing Process,"*** *Homeopathic Links*, 2015; 28(3):150-158

***"Be Systemic and Mindful: An Integrative Process of Homeopathy and Psychotherapy for Self-Fulfillment," California Homeopath, 2014***

***"Oh The Zen Like Great Falls," The Great Falls: An Anthology of Poems about Paterson, New Jersey,*** Edited by Maria Mazziotti Gillan, published by the Poetry Center at Passaic County College, 2014

***"Looking for Appreciation and Peace: Jane's Case and the use of an integrated process of Psychotherapy and Homeopathy," Homeopathy-4-Everyone Online Journal, July, 2013***

***"Understanding How Context Moves Us and an Over Dependency On Content Sucks as a Means to Being Mindful," SelfGrowth.Com Online Newsletter, June, 2013***

***"Exploring Psychology and Forgiveness in Homeopathic Treatment," The American Homeopath, Volume 18, pages 92-95, December, 2012***

***"Integrating Psychotherapy and Homeopathy: A means to determining the needs of the vital force," Chapter in "Mental Health and Homeopathy,"*** published by Homeolinks, Stuttgart, Germany; edited by Harry van der Zee and Christopher Johannes, 2010

***"Dialogue to an Ecology of Self Peace," Forgive for Good Center, Montclair, NJ, 2010***

***"Sally's Story, Forgiving One's Self," Pennsylvania Psychological Association website, with Jed Rosen, Fred Luskin and Joanne Coyle, March 2010***

***"Conflict and Forgiveness: For those who hate confrontation," Going Bonkers Magazine, September 30th, 2009, by Ken Silvestri, Ed.D. Frederic Luskin, Ph.D. and Jed Rosen.***

***"Moving On and Forgiving," SelfGrowth.com online newsletter, September 2009***

[http://www.selfgrowth.com/articles/moving\\_on\\_and\\_forgiving?#](http://www.selfgrowth.com/articles/moving_on_and_forgiving?#).

**"Learning Forgiveness," *Psychotherapy Networker*, September 2009**

**"Forgiving Our Parents", *Going Bonkers Magazine*, Summer 2009, By Fred Luskin, Ph.D., Jed Rosen, M.S.W. and Ken Silvestri, Ed.D.**

**"Forgiveness Therapy for Couples", *International Hypnosis Research Institute, online newsletter*, August 19, 2009**  
<http://www.hypnosisresearchinstitute.org/index.cfm/2009/8/19/Forgiveness-Therapy-for-Couples>

**"Remedies for Forgiveness," *Homeopathy Today*, February 2009**

**"Steps to an Ecology of Self: Implications for Homeopathy,"**  
***Homeopathic Links*, Summer: Vol.21, 2008**

**"The Joy and Wisdom of Systemic Thinking: Teaching and Understanding the Aesthetic," *The Journal of Systemic Therapies*, Spring 2007**

**"Celebrating Homeopathy as an Ecological Process: A personal view,"**  
***Homeopathy Today*, June 2006**

**"Homeopathic Case Taking from a Communication Perspective,"**  
***The American Homeopath*, 2005 edition**

**"The Joy of Joining: The Wisdom and Need of Understanding the Aesthetic,"**  
personal memory of Paul Byers (available on my web-site under selected articles, <http://www.drkennethsilvestri.com> ), 2005

**"Dreams, Symbols, and Homeopathy: Archetypal Dimensions of Healing,"** by Jane Cicchetti; reviewed by Kenneth Silvestri Ed.D in  
***Homeopathy Today* May/June 2004**

**"The Art of Sustaining Change," *Simmillimum Journal*, Spring 2002**

**"Homeopathy and Psychotherapy: Natural Partners,"** *Family Therapy News*, January 2000

**"Homeopathy, Aikido, and Systemic Psychotherapy,"** *American Family Therapy Newsletter*, Spring 2000

**"Homeopathy and Aikido,"** *Aikido Today Magazine*, #76, 1998

**"Family Therapy and Homeopathy"** *Family-School Collaboration Associates*, Morristown, NJ 1997

**"Family-School-Community: Reform and Collaboration,"** *AFTA Newsletter*, Winter 1996-97, pp. 15-17, with C. Steinberger and E. Scambio

**"Collaboration and Reform",** *Family Therapy News*, December 1996, with C. Steinberger and E. Scambio

**"Get Schools and Families Together,"** *Star Ledger*, October 6, 1996, S. 10

**"How Parents Can Help Improve Their Children's School,"** *North Jersey Parent and Child*, April 1994

**"Connecting School, Family, and Community,"** *Family-School Collaboration Associates*, Morristown, NJ, 1993

**"Analysis and Assessment Of The Newark Literacy Campaign's Adult Tutorial Reading Program: A Report To The Ford Foundation,"** with Gordon Darkenwald,: *Newark Literacy Campaign, Inc.*, Newark, NJ (Ford Foundation Grant #915-0298), also ERIC: ED 354366, 1992

**"Families and Schools: Beyond the Bake Sale,"** *School Leader*, January 1991

**"Parent Involvement Goes To School: New Jersey's Public Policy and Schools Program: *Equity and Choice*,** Winter 1991

**“Toward A Partnership for School Improvement,”** *chapter in a book on School Change*, published by Network, Andover, MA, 1991

**“Preliminary Evaluation Report,”** (with Gordon Darkenwald), *Newark Literacy Campaign*, Newark, NJ, 1990

**“Beyond The PTA,”** *Making A Difference*, November 1989

**“Educating Parents for a Larger Role in School Improvement,”** *Educational Leadership*, vol. 47, #2, October, 1989

**“Need to Widen School Context,”** *The Family Therapy News*, Spring 1989

**“Reclaiming the Urban High School Through Collaborative Planning,”** *Educational Viewpoints*, Spring 1989

**“Preparing Parents to Make A Difference,”** *School Leader*, March 1988

**“Public Education,”** *Citizen’s Guide to Municipal Government*, Center for Analysis of Public Issues, Princeton, NJ, 1988, co-authored with Herb Green

**“Empowering Parents For School Improvement,”** *paper for the NJ Institute for Citizen Involvement in Education*, Rutgers University Graduate School of Education, New Brunswick, NJ, 1988, with Norm Fruchter and Herb Green

**“Family-School Counseling: An Approach to Resolving School Related Problems,”** *paper for the Regional Curriculum Service Unit – North*, East Orange, NJ, 1988

**“The Interfacing of Systems,”** *Continuing the Conversation*, Summer 1988

**“K-12 Education as a Community Activity: A Framework for Home-School Collaboration,”** *Community Education Journal*, July 1987, with Elena Scambio

**“Stories, Ecology and School Improvement: A Suggested Framework for Beginning School Improvement,”** *paper for the Academy for Educational Development, NY, NY, 1987*

**“Home and School Relations: A Forum for a Healthy Community,”** *N.J.S.A. Perspective, Spring, 1987, with Elena Scambio; also appeared in the Star Ledger, January 25, 1987*

**At-Risk Youth: A Resource Packet, Andover, MA,** *The Regional Laboratory for Educational Improvement of the Northeast and Islands, 1987*

**“The Re-Emergence of Alternative Education: Some Lessons,”** *Equity and Choice, Fall 1986, also published as a N.J.E.A. Paper, 1986*

**“School Improvement and the Role of the Family,”** *Scholar and Educator, Fall, 1986 (originally presented at the annual Council on Family Relations Conference, Princeton, NJ, 1984)*

**“Family and School Cooperation,”** *paper presented at the Society of Educators and Scholars annual conference, Fairleigh Dickinson University, Teaneck, NJ, 1985*

**“Public Policy and Public Schools: A Training Program for Parents,”** *Urban Education, July, 1985, with Norm Fruchter and Herb Green*

**“Concerns About the Effective Schools Movement,”** *paper for the Essex County Office of Education, East Orange, NJ, 1985*

**“Humanizing School Improvement,”** *School Leader, October 1984*

**Public Policy and Public Schools: A Training Program, Trenton, NJ,** *Schoolwatch, Inc., 1983*

**“The Single Parent Family Issue: A Need for Schools to Refocus on Family Patterns,”** *Educational Viewpoints, vol. 2, #2, 1982*

**Parent and Community Involvement: A Planning and Training Guide For Improving Home-School Relations, Morris Plains, NJ,** *Educational Improvement Center-North, East Orange, NJ, 1982*

**"The Paradox in School-Community Relations,"** *Star Ledger*, June 21, 1981

**The School-Community Education Paradox (Doctoral Dissertation),** *Teachers College, Columbia University, New York, NY, 1981, (Dissertation Abstracts International, vol. 42, #52, 1981)*

**"Revitalizing American Educational Reform,"** *Community Education Journal*, April 1980

**"Theoretical Conflicts Between 'School' and Community Education: A Basis for Understanding Structural Change,"** *paper presented for the annual Community Education Conference, Boston, MA, 1979*

**Providing Technical Assistance for Community Based Educational Development,** *The Institute for Community Schools and Alternatives in Education, Newark, NJ, 1972*