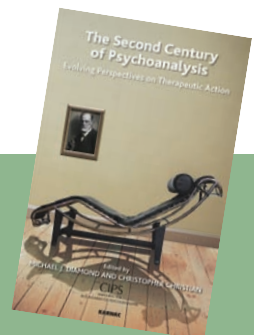
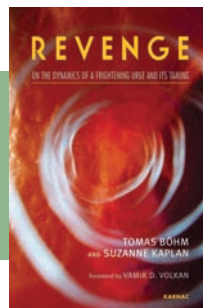
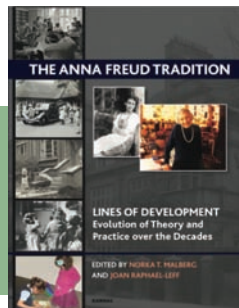


KARNAC REVIEW

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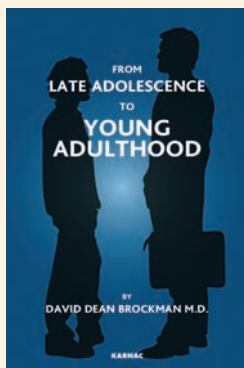
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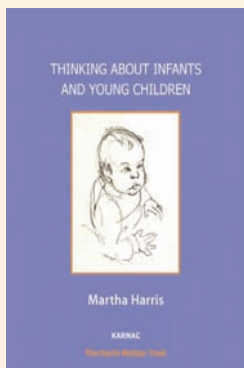
From Late Adolescence to Young Adulthood

David Dean Brockman is certified with the American Board of Psychiatry and Neurology, and the American Psychoanalytic Association. He is Training and Supervising Psychoanalyst and Emeritus Faculty at The Institute for Psychoanalysis of Chicago, and Clinical Professor at the University of Illinois Department of Psychiatry. He has had a clinical practice of psychiatry and psychoanalysis for over fifty years.

'By focusing on the transition from late adolescence to young adulthood, this innovative book makes a unique and valuable contribution to our understanding of a neglected area of development. Drawing on his extensive clinical experience with this age group as well as his understanding of the complex cultural and social forces that impinge on young people today, Brockman has produced that rarest of volumes: a work that is engaging, creative and wise while at the same time being eminently practical and useful. Addressing issues that are highly relevant to our older patients as well as our younger ones, this landmark book should be required reading for every mental health professional.' - **Theodore J. Jacobs, M.D.**

'Dr. Brockman takes us to unexplored terrain. His is a journey to a place where most of us have lived but never really investigated: our life from age 20 to the early 30s. It is always a pleasant surprise to look at something which has been so familiar and now is seen in a new light. Add to this the freshness of learning about Don Juan and Achilles in this particular period of their lives. This book is the best of guides to this land.' - **Arnold Goldberg, M.D.**

Karnac Books, 2011, 322 pp, Pb 978-0-82362-065-4/£24.99



Thinking About Infants and Young Children

Martha Harris (1919–1987) read English at University College London and then Psychology at Oxford. She taught in a Froebel Teacher Training College and was trained as a Psychologist at Guys Hospital, as a Child Psychotherapist at the Tavistock Clinic, where she was for many years responsible for the child psychotherapy training in the department of Children and Families, and as a Psychoanalyst at the British Institute of Psychoanalysis.

This book describes some of the important aspects of the development of infants and young children from birth to school age. It is illustrated by vignettes of scenes between parents and children and it touches on many of the questions and feelings evoked by the intense emotional relationship between parents and children.

'Psychic growth is a very complex process throughout childhood. There is no recipe for rearing a child, no good or bad way per se to treat him. Parents must be able to observe each of their children and think about them individually. In limpid language, Martha Harris gives many wonderful illustrations of this way of "observing and thinking".' - **Didier Houzel**, Psychoanalyst, professor of child psychiatry, a founder of the GERPEN mother-baby research group, Caen, France

Karnac Books, 2011, 130 pp, Pb 978-1-78049-010-6/£19.99



The Tavistock Model Papers on Child Development and Psychoanalytic Training

Martha Harris (1919–1987) worked as a Child Psychotherapist at the Tavistock Clinic, where she was for many years responsible for the child psychotherapy training in the department of Children and Families, and as a Psychoanalyst at the British Institute of Psychoanalysis. **Esther Bick** (1901–1983) worked closely with Melanie Klein and initiated the Child Psychotherapy Training at the Tavistock Clinic which Martha Harris continued to nurture following her retirement.

‘These papers span sixteen years of development. They illustrate the conviction that detailed observation, especially as taught by Mrs Bick, is the basis of learning about emotional life. Thus the first few papers, while ostensibly describing the training of a child psychotherapist, are actually a guideline for learning about one’s own emotional experience and hence of becoming a person. Mattie was very much inspired by Melanie Klein’s teaching but was aware of the basic assumption groupings that arise, both internally and externally, through idealization of a great figure and which are death to individual thinking. Bion was an especial influence on her, particularly his idea of learning from the experience of tolerating frustration, and eschewing memory and desire in order to focus on the present moment.

The majority of her papers link experiences of infant observation with descriptions of analysis of child or adult cases. Each paper describes new aspects of the experience required for the development of an alive character. They are written in the concise, even-handed style of Mattie’s personality and show her intense interest in the details that make each of us unique.’ - **Joan Symington**, Child psychiatrist and training analyst, Australian Psychoanalytical Society

Karnac Books, 2011, 432 pp, Pb 978-1-78049-009-0/£25.00



Engaging with Complexity Child and Adolescent Mental Health and Education

Tavistock Clinic Series

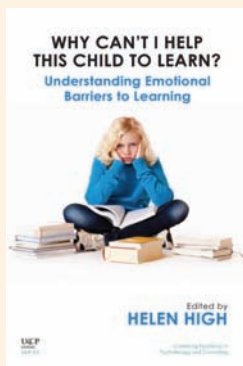
Edited by **Rita Harris**, CAMHS Director of the Tavistock and Portman NHS Foundation Trust, **Sue Rendall**, consultant child and educational psychologist and is Director of EP Initial and CPD Doctoral Training at the Tavistock and Portman NHS Foundation Trust, and **Sadegh Nashat**, consultant clinical psychologist and a systemic psychotherapist at the Tavistock and Portman NHS Foundation Trust.

Children and young people spend a great deal of their time in schools and other education settings. Consequently those working in such contexts have a huge impact and influence on the development, experiences and thinking of the children and young people with whom they interact.

‘These are narratives of courage from the educational “coalface” in a variety of European settings. The reader is engaged by observations of children, some of whom have been subject to unbearable loss and terror. There are no quick fixes here. This is careful work based on psychoanalytical and systemic principles. Through understanding past and present relationships staff and pupils are able to make sense of otherwise futile or destructive obstacles to learning.’

- **Sebastian Kraemer**

Karnac Books, 2011, 240 pp, Pb 978-1-78049-003-8/£20.99



Why Can't I Help this Child to Learn? Understanding Emotional Barriers to Learning

United Kingdom Council for Psychotherapy Series

Helen High is an Educational Psychotherapist and a Child and Adult Psychotherapist. Having retired from work in the National Health Service, she currently sees a small number of adult patients in private practice. She teaches and serves on the Training Committee of the Child and Adolescent Psychotherapy Training, at the British Association for Psychotherapists.

The book outlines theories of child development from the point of view of the kinds of relationships children make with adults and the effects of their relationships on their learning. In addition, anxieties that some children show about reading, writing and arithmetic are described. In exploring these issues the book draws on Attachment Theory and on psychoanalytic theories of emotional development. It includes detailed case studies to illustrate ways in which children's learning can be hindered by their difficulties in relating to teachers and the feelings and fantasies that some children have about words and letters. There has been recent political concern that children should all learn to read in their early years at school and extra help should be offered to those who are falling behind. The expectation in political circles seems to be, however, that straightforward extra help with reading will be sufficient, in all cases, to enable a child who has fallen behind to catch up. There has been no general recognition of the need to address underlying emotional problems in some cases, such as those described in this book.

Karnac Books, 2011, 176 pp, Pb 978-1-85575-787-5/£16.99



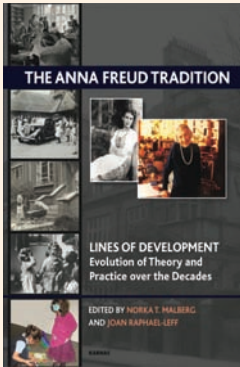
The Internal World of the Juvenile Sex Offender

*Through a Glass Darkly then Face to Face
Forensic Psychotherapy Monograph Series*

Dr Timothy Keogh currently works full time as a psychoanalyst and forensic and clinical psychologist in private practice in Sydney, Australia. He is a research fellow of the International Psychoanalytical Society and associate faculty member of the Centre for Behavioral Sciences in Medicine at the University of Sydney.

The book argues the case for the usefulness of an empirically based understanding of the internal world of juvenile sex offenders as a way of humanely relating to their difficulties. It details the extent and nature of juvenile sex offending and its impact on victims and provides an extensive psychoanalytically oriented description of this offender group. The background of these offenders is examined, focusing on their experience of abuse, especially sexual abuse. Attention is paid to the unique characteristics of these offenders, particularly their attachment difficulties. The value of attachment theory and the concepts of psychopathy and malignant narcissism are then explored as a means of viewing their internal world. This internal world is also viewed through an empirical lens, which reveals them to have impaired psychic representations of human relationship, different needs for relationship and, in the most psychopathic group, an obfuscation of that need. The implications of these findings are then considered.

Karnac Books, 2011, 200 pp, Pb 978-1-85575-862-9/£20.99



The Anna Freud Tradition

Evolution and Theory and Practice over the Decades

Lines of Development Series

Edited by Norka T. Malberg, child and adult psychoanalyst and a clinical consultant to the AFC in London. She is a faculty member of the continuing education section of the Western New England Psychoanalytic Institute in New Haven, Connecticut, and a clinical supervisor for the Child FIRST programme at the Clifford Beers Child Guidance

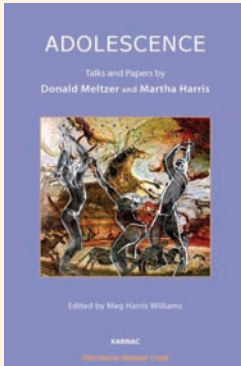
Clinic in New Haven, CT, and Joan Raphael-Leff, a psychoanalyst (fellow, British Psychoanalytical Society) and social psychologist, and leads the UCL/Anna Freud Centre academic faculty for psychoanalytic research.

This volume honours Anna Freud's work and legacy by providing a detailed summary of the Psychoanalytic Developmental Tradition and illustrations of its contributions to the field of child psychotherapy and beyond. Through the use of clinical, historical, anecdotal and outreach narratives, this book seeks to acknowledge how regardless of the evolution of child psychoanalytic theory and practice, and recent changes at the Anna Freud Centre in terms of a broad scope of trainings and interventions, the underlying psychoanalytic principles dolescent psychoanalysis that create a powerful demonstration of the Anna Freud Tradition. Their clinical immediacy and their clarity of explanation form a considerable part of that tradition. A number of additional, elegant accounts of clinical applications round out the picture of Anna Freud's continuing influence on the treatment of children. A marvellous book that will reward close reading.' - **Anton O. Kris**, MD, Training and Supervising Analyst, Boston Psychoanalytic Society and Institute, Clinical Professor of Psychiatry, Harvard Medical School

'This book puts the spotlight on Miss Freud's ongoing legacy. A chorus of voices from seven decades in Hampstead chronicle her achievements in the past and demonstrate her influence in the Anna Freud Centre of the present. May these pages lead to a revival of interest and appreciation for the richness and depth of the Anna Freud tradition!' - **Dr Denia Barrett**, President of the Association for Child Psychoanalysis, USA

'This impressive volume conveys both the breadth and depth of psychological work with children and adolescents undertaken over the years by the members of the Anna Freud Centre. It combines scholarly research with lively clinical discussion, maintaining throughout an awareness of the political, social, and community contexts within which their work takes place. This book illustrates how new developments are nurtured and grow from a well-established tradition in child psychoanalysis and developmental research.' - **Dr Louise Emanuel**, Consultant Child and Adolescent Psychotherapist, Department of Children and Families, Tavistock Clinic, London (Under Fives Specialist)

Karnac Books, 2011, 580 pp, Pb 978-1-78049-021-2/£39.99



Adolescence

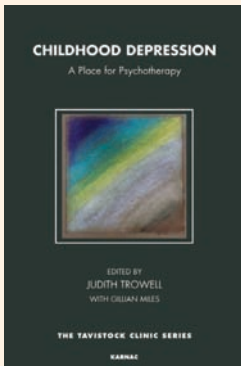
Talks and Papers by Donald Meltzer and Martha Harris

Donald Meltzer (1923–2004) is widely known as a psychoanalyst and teacher throughout Europe and South America. He is the author of many works on psychoanalytic theory and practice. **Martha Harris** (1919–1987) worked as a Child Psychotherapist at the Tavistock Clinic, where she was for many years responsible for the child psychotherapy training in the department of Children and Families, and as a Psychoanalyst at the British Institute of Psychoanalysis.

This volume contains a representative selection of talks and writings by Martha Harris and Donald Meltzer on the key developmental phase of adolescence, from their teachings both separately and together over many years. Similar books on this topic by these authors have existed for some time in Italian and in Spanish but not until now in English.

'This collection of the thought and work of Donald Meltzer and Martha Harris on adolescence is a potent witness to the devotion and enthusiasm with which they pursued their love of the psychoanalytic method and its sympathetic use at this most volatile age. The writing sparkles with wit and vigour and it is a great pleasure to hear again two voices which together express profound scholarship and virtuosic intuition.' - **Kenneth Sanders**, Fellow of the British Psychoanalytical Society; author, *Post-Kleinian Analysis*

Karnac Books, 2011, xxx pp, Pb 978-1-78049-011-3/£25.00



Childhood Depression

A Place for Psychotherapy

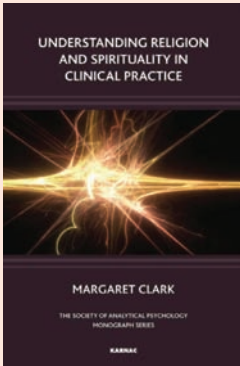
Tavistock Clinic Series

Edited by **Judith Trowell**, an Honorary Consultant Psychiatrist, Tavistock Clinic, and Professor of Child Mental Health, West Midlands NIMHE/CSIP and University of Worcester.

This title is based on the results of a project based at the Tavistock Clinic in London which set out to explore whether children and young people aged nine years to fifteen years suffering from depression could be helped using brief focused psychodynamic psychotherapy together with parent work and family therapy. There were also centres in Athens, Greece and Helsinki, Finland, and in this way the clinicians had sufficient subjects from which to compare the interventions and check for any possible cultural differences in the results. Most of the children and young people studied showed a noticeable improvement.

The book contains chapters by the clinicians involved describing their work as well as a section containing the scientific papers that emerged from the project. It is hoped that this may encourage the use of similar approaches to working in the field, especially in these days when there is such a demand for psychological therapies.

Karnac Books, 2011, 320 pp, Pb 978-1-78049-004-5/£24.99



Understanding Religion and Spirituality in Clinical Practice

Society of Analytical Psychology Monograph Series

Margaret Clark *trained as a psychodynamic counsellor and a psychoanalytic psychotherapist at WPF Therapy before she trained as a Jungian analyst at the Society of Analytical Psychology in London.*

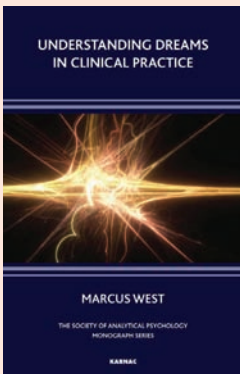
Here, Margaret Clark considers the difficulties clinicians may encounter when patients talk about God or about their spiritual life, and how necessary it is for therapists to examine their own image of God and their own understanding of spirituality, so that they can distinguish these from those of their patients. She emphasizes how varied are people's images and understanding of what "God" stands for, and how in healthy development these will change over time.

The book demonstrates, through numerous clinical vignettes, how clinicians can understand a patient's talking about religion or about God – hearing the voice of God, having a vision of God, or being convinced that God wants them to act in a particular way; or, equally, seeing the Devil.

The book differentiates between religion and spirituality, and between religious and spiritual aims and practices. It also distinguishes some mystical and spiritual experiences from those which are considered psychotic.

There is reference to major theorists throughout, particularly to Freud, Jung, and Winnicott.

Karnac Books, 2011, 118 pp, Pb 978-1-85575-870-4/£15.99



Understanding Dreams in Clinical Practice

Society of Analytical Psychology Monograph Series

Marcus West *is a Jungian analyst and professional member of the Society of Analytical Psychology; he works in private practice in Sussex, England. He has published papers, taught and given talks on a range of subjects including attachment theory, narcissism, envy, identity and dreams.*

This book presents a simple, effective and illuminating way of understanding and working with dreams in clinical practice. It describes the mechanisms through which the mind/brain processes our experience and forms symbols, which embody a rich network of associations. It demonstrates how the dream and this network of associations can apply on a number of levels and thus shows how the full richness and vital importance of dreams, their meanings and purposes, can be explored. The book also explores the history, theory and science of dreams and dreaming. It reviews the debates between, and contributions from, Freud, Jung and other psychoanalysts, as well as the developments and discoveries from neuroscientists and dream laboratories, bringing the subject right up to date. Whilst the book primarily uses Jungian terminology, and highly values Jung's insights and approach to dreams, it gives a critical, contemporary account of the whole field of dream work and will be useful to practitioners of all theoretical persuasions. The book is a valuable resource for the trainee counsellor or therapist who is just beginning to work with dreams, as well as the experienced practitioner who wants to re-evaluate and re-energize their practice. It explores the practical and theoretical difficulties and dilemmas, satisfactions and wonders of working dreams.

Karnac Books, 2011, 140 pp, Pb 978-1-85575-622-9/£15.99



The Social Unconscious in Persons, Groups and Societies

Volume 1: Mainly Theory

New International Library of Group Analysis

Edited by **Earl Hopper**, a psychoanalyst, group analyst and organisational consultant in private practice. He is a supervisor and training analyst for the Institute of Group Analysis, the British Association of Psychotherapists and the London Centre for Psychotherapy, and **Haim Weinberg**, a psychologist, group analyst and certified group therapist in private practice. Teaching at the Wright Institute, Berkeley, and the Alliant International University, Sacramento.

The social unconscious is vital for understanding persons and their groupings, ranging from families to societies, committees to organisations, and from small to median to large therapeutic groups, and essential for comprehensive clinical work. This series of volumes of contributions from an international network of psychoanalysts, analytical psychologists, group analysts and psychodramatists draw on the classical ideas of Freud, Klein and Jung, Bion, Foulkes and Moreno, and on contemporary relational perspectives, self-psychology and neuroscience. Volume I is concerned mainly with the theory of the social unconscious. It is focused on topics such as location, sociality, the social brain, identity, ideology, the foundation matrix, social psychological retreats, false collective self-objects, the collective unconscious and its archetypes and social dreaming.

'The clearest and most definitive statement about unconscious processes in social groups to date. A momentous volume that will define the field for decades to come; essential reading for all of us.' - **Peter Fonagy**, PhD, FBA, Freud Memorial Professor of Psychoanalysis, University College London

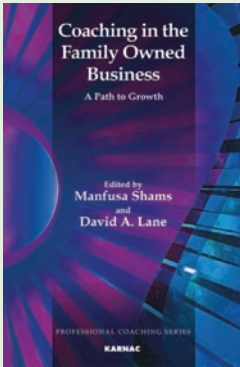
'This edited volume of erudite papers places the topic of the social unconscious in the framework of contemporary psychoanalytic and group theory. Compelling reading, stimulating, informative, and well written.' - **Richard Billow**, PhD, Clinical Professor and Director of the Group Program of the Derner Institute of Advanced Psychological Studies, Adelphi University, New York

'A major contribution to the literature about how we are governed by social and cultural forces that we glimpse mostly only in passing. This collection draws on the work of major contemporary theorists, and offers a definitive account of the social unconscious that will be of value to everyone working on the interfaces between psychology, psychoanalysis, sociology, social theory, and group analysis.' - **Stephen Frosh**, PhD, Professor of Psychology, Birkbeck College, London

'A collage of essays on overlapping and interdependent areas of theory and clinical application, which is accessible to the beginning clinician in individual or group work, and will extend the reach of the most sophisticated theoretician.' - **David Scharff**, MD, Clinical Professor of Psychiatry at the Uniformed Services University of the Health Services and at Georgetown University, Washington, DC

'Outstanding clinicians from four continents explore the concept and implications of the social unconscious, filled with information on the myriad of ways that psychic and social realities intersect, including socio-political structures and their effects on individuals.' - **Howard D. Kibel**, MD, Clinical Professor of Psychiatry, New York Medical College and Adjunct Clinical Professor of Psychiatry, Weil Medical College of Cornell University, New York

Karnac Books, 2011, 400 pp, Pb 978-1-85575-768-4/£29.99



Coaching in the Family Owned Business

A Path to Growth

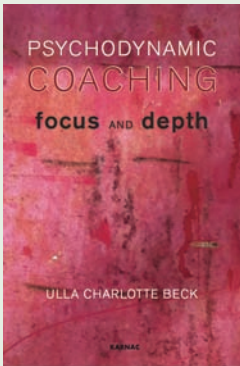
Professional Coaching Series

*Edited by **Manfusa Shams**, a Consulting Editor of The Coaching Psychologist, a Registered Chartered Psychologist, Chartered Scientist, and Associate Fellow of the British Psychological Society, and **David Lane**, a Chartered Psychologist and Director of the Professional Development Foundation.*

A scholarly work from leading coaching psychologists from all over the world that provides thoughtful analysis of group dynamics, family systems, and psychotherapeutic approach to family business coaching. The book provides both a theoretical groundwork and a practical application of group dynamic issues to family business coaching practices and will be a key reference for family businesses, practitioners, business coaches, researchers, postgraduate students, and coaching professionals.

'The book offers a fascinating insight into an under-researched area of coaching practice. It provides a useful source for those working in this area of practice and will be of interest to those interested in international perspectives as well as wide issues such as family dynamics.' - **Dr Jonathan Passmore**, Director of the Coaching Psychology Unit, University of East London, UK

Karnac Books, 2011, 168 pp, Pb 978-1-85575-788-2/£18.99



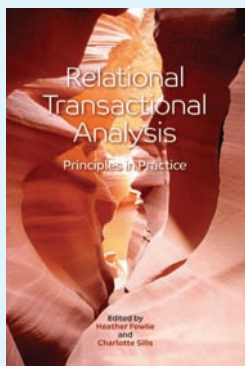
Psychodynamic Coaching

Focus and Depth

Ulla Charlotte Beck is a psychoanalytic group analyst, who has worked in organizational psychology for many years. She runs an independent consultancy company and is a lecturer and consultant. She is author, or coauthor, of several books on organizational psychology.

'This is an outstanding book written by someone who is an acknowledged leader in the field. Ulla Beck uses her extensive knowledge and experience to craft a volume that, from theory to practice and through to helpful and detailed examples, provides the reader with a great clarity of understanding of the process of psychodynamic coaching; and of the issues that arise in regard to coaching in general. It will be required reading and an essential reference point for all engaged in the extensive field of coaching; be they managers, prospective clients, or practising coaches.' - **Lionel Stapley**, PhD, organizational consultant and Director of OPUS

Karnac Books, 2011, 208 pp, Pb 978-1-85575-767-7/£20.99

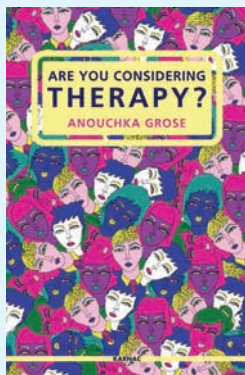


Relational Transactional Analysis Principles in Practice

Edited by **Heather Fowlie**, a teaching and supervising transactional analyst. She is head of the Transactional Analysis department at the Metanoia Institute in London. She also works in private practice in South West London as a full-time psychotherapist supervisor, and **Charlotte Sills**, a teaching and supervising transactional analyst, psychotherapist and supervisor in private practice, a senior tutor at Metanoia Institute, and visiting professor at Middlesex University.

Through different voices and styles of contributions, including papers, edited talks and panel discussion, this collection explores and applies the principles of relational transactional analysis. It sets them in social, cultural and political contexts, and considers a number of important implications of this particular relational turn in psychotherapy. The book advances relational transactional analyses and, in doing so, reflects the creativity and vibrancy of contemporary TA. The editors have skilfully brought together different generations of TA practitioners in an accessible and stimulating volume. I commend the editors and highly recommend the book.' - **Dr Keith Tudor**, author of a number of books and co-author of the article "Co-creative transactional analysis" in the *Transactional Analysis Journal*.

Karnac Books, 2011, 414 pp, Pb 978-1-85575-762-2/£29.99



Are you Considering Therapy?

Anouchka Grose is a practising psychoanalyst and member of the Centre for Freudian Analysis and Research, where she regularly gives lectures. A guidebook for people who are thinking about going into therapy but aren't quite sure where to start. It will look at the various aspects of choosing a therapist, from sorting through the numerous types of treatment on offer, to deciding whether an individual practitioner is someone you might want to work with. The book will not only explain the differences between a psychiatrist, a psychotherapist and a psychologist, say, but will also give people some sense of the sorts of things that might happen in a session - as well as looking at the many and varied notions of

'cure'. For example, while a behavioural counsellor might make it their mission to rid you of your symptom as quickly as possible, a Lacanian psychoanalyst may consider it their ethical duty to see you through an experience of subjective destitution. (The book would also explain what on earth this means.)

Are You Considering Therapy? will aim to treat all therapies equally, and to allow readers to make their own choices about what might suit them. As well as outlining different treatments, the book will explore the possibilities of going into therapy one-to-one, with a child or partner, or with a group. It will try to be as light-hearted as possible about this serious and often anxiety-provoking process, and to speak straightforwardly about a notoriously unstraightforward field.

'In Are You Considering Therapy?, Anouchka Grose leads us through the forests of available treatments, from the original theories of Freud, Jung, and fellow psychoanalysts to the proliferating schools of modern therapy. Grose writes with concision, with knowledge and balance, and what is a happy surprise in this territory of mind-control, she possesses an unbiased and delightful wit. An enjoyable read and a trustworthy map to all the new and newest therapies! At last!' - **Irma Kurtz**, Agony Aunt, *Cosmopolitan*

Karnac Books, 2011, 138 pp, Pb 978-1-85575-857-5/£9.99



Counselling...? Me?

A Guide to the Talking Therapies

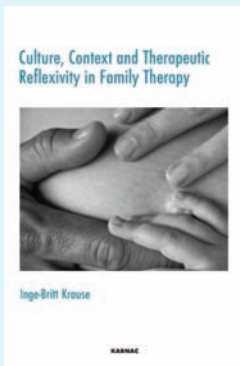
Jonathan Ingrams came to counselling following twenty-five years of making medical educational programmes for doctors and general audiences in the United States and Europe. Over the past fourteen years he has practiced as a psychotherapist with a broad spectrum of clients from the “worried well” to those suffering a range of mental illnesses of varying severity.

Although exact figures are hard to come by, statistical surveys suggest that as many as one in four of us in Britain suffer mental distress at some time in our lives. This is reflected in the increasing numbers who turn

to counselling for help. But for the majority of people considering this approach there is the added concern of not knowing what they might be letting themselves in for. How does this form of therapy work, and why? How do they choose a counsellor? What qualifications should the therapist have? What happens in a counselling session? How long does it take? What sort of results can they expect? When does it end?

This book sets out to address the most frequently asked questions about counselling to help readers decide whether this form of therapy could be helpful to them. Through an understanding of the processes involved, what they should expect from a counsellor, and the part they will need to play, they should be better placed to make an informed decision about the best course to take.

Karnac Books, 2011, 96 pp, Pb 978-1-85575-871-1/£6.99



Culture and Reflexivity in Systemic Psychotherapy

Mutual Perspectives

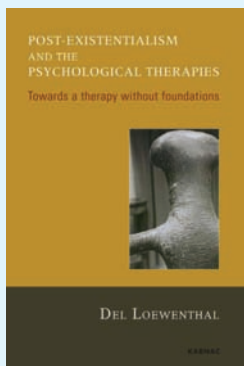
Systemic Thinking and Practice Series

Edited by **Inga-Britt Krause**, a social and medical anthropologist. She has carried out ethnographic work with high caste Hindus in Nepal and with British Sikhs. She is currently Training & Development Consultant in the Tavistock & Portman NHS Foundation Trust.

This book moves the issues of culture, race and equity into the centre of psychotherapeutic practice, including that which involves therapeutic encounters across culture, racial and ethnic divides. It develops an approach to cultural transference and demonstrates that thinking about culture, race and ethnicity does not belong at the margin.

A number of well-known thinkers and practitioners in the systemic field engage with these issues in the therapeutic relationship. The therapeutic relationship is increasingly becoming a central topic in systemic psychotherapy and cross-cultural thinking. By asking experienced systemic psychotherapist to offer their reflections and thoughts on this topic, the book has four aims: to develop this area of systemic practice; to place culture squarely at the centre of all systemic psychotherapy practice and a model for all psychotherapy practice; to encourage both trainees and experienced systemic psychotherapists to pay attention to race, culture and ethnicity as issues in their own and their clients' identities; and to inform researchers who use qualitative research techniques such as ethnography.

Karnac Books, 2011, 270 pp, Pb 978-1-85575-778-3/£21.99



Post-existentialism and the Psychological Therapies Towards a Therapy without Foundations

Del Loewenthal is Professor of Psychotherapy and Counselling at Roehampton University, where he directs the Research Centre for Therapeutic Education. He is an existential-analytic psychotherapist and chartered counselling psychologist.

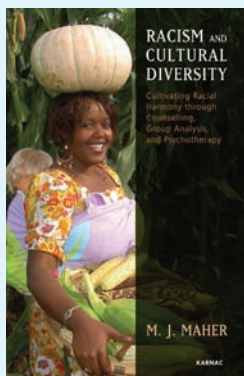
'A rigorous yet humane text, destined to become widely read, showing how "ordinary" relationships and contemporary existential therapy implicate each other. It's fascinating to see how a group of top-notch theorists put theory in its

place – for the benefit of their clients and patients.' - **Andrew Samuels**, Professor of Analytical Psychology, University of Essex

'This excellent collection of essays not only reminds us of the richness and power of existentialist thought but also gives new life to ideas that should be considered by everyone working in the field of psychotherapy. Through its reassessing, resituating, and developing of existentialist themes, it is a timely reminder of the importance of ethics and human subjectivity in our field.' - Professor **Darian Leader**, a founder member of the Centre for Freudian Analysis and Research

'A deliciously paradoxical collection in which the refoundation of existentialist ideas within therapeutic practice prepares the ground for the critical deconstructing of those very same foundations. This is a major contribution to innovative practice which refreshingly privileges the ethical, the relational, and not-knowing over the theoretical.' - **Dr Richard House**, Research Centre for Therapeutic Education, Roehampton University

Karnac Books, 2011, 228 pp, Pb 978-1-85575-846-9/£22.99



Racism and Cultural Diversity Cultivating Racial Harmony through Counselling, Group Analysis, and Psychotherapy

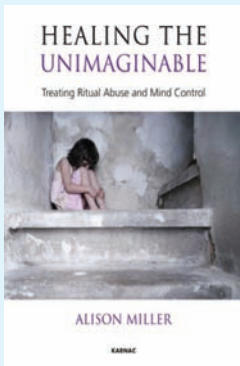
M.J. Maher was born in Zimbabwe, she worked for the NHS for twenty-three years as a psychiatric nurse and a group psychotherapist facilitating therapy groups and staff groups.

M.J. Maher writes for all those interested in the dynamics of racism, from professionals in counselling, group analysis, and psychotherapy working in multiracial and multicultural societies to those exposed to racism

who need help in dealing with the impact of their experiences. For people whose experience of broken attachments crosses racial lines, this book is possibly the first to use Bowlby's Attachment Theory as a framework for understanding racism.

'M.J. Maher makes an outstanding contribution which clearly reflects the insights of my father, John Bowlby, and his groundbreaking work on Attachment Theory. Maher's seminal work has thoroughly caught the spirit of how disrupted family bonds combined with racial discrimination can create such a lasting impact. I commend this book to all those involved in this most important field.' - **Sir Richard Bowlby**

Karnac Books, 2011, 456 pp, Pb 978-1-85575-630-4/£29.99



Healing the Unimaginable Treating Ritual Abuse and Mind Control

Alison Miller is a clinical psychologist in private practice in Victoria, British Columbia.

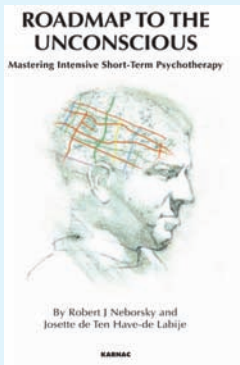
A practical, task-oriented, instructional manual designed to help therapists provide effective treatment for survivors of these most extreme forms of child abuse and mental manipulation.

'If you do not have a patient who has gone through these experiences, this is initially a deeply frightening book, as well as a crucial book. It is not a book that soft-soaps the reader along the grades of obscene hierarchy between "mild" trauma and major. It goes straight to the jugular of the worst realities that exist, and is not trying to

apologize for, or justify, their existence. Enough research has been carried out; enough survivors have come forward with their unique constellations of physical and mental pain. Alison Miller is writing for those who know what exists and want and need help in understanding it further.' - **Valerie Sinason**, Director of the Clinic for Dissociative Studies

'At last, a much needed contemporary exposition of the treatment of the sequelae of ritual abuse and mind control. Dr Miller has provided a systematic and demystifying guide for therapists who work with this challenging population.' - **Sandra Paulsen**, PhD, author of *Looking Through the Eyes: An Illustrated Guide for EMDR Therapists and Their Clients*

Karnac Books, 2011, 328 pp, Pb 978-1-85575-882-7/£24.99



Mastering Intensive Short-Term Dynamic Psychotherapy Roadmap to the Unconscious

Josette ten Have-de Labije is a registered psychologist-psychotherapist and clinical psychologist she currently works in private practice. **Robert J. Neborsky** is a psychiatrist in private practice in Del Mar, California, and a Clinical Professor of Psychiatry at UCSD School of Medicine as well as UCLA School of Medicine (Hon).

Over two decades, on two continents, Josette ten Have-de Labije and Robert J. Neborsky have struggled to define and perfect the therapeutic methods of Habib Davanloo. Between the two of them, they run active training groups in San Diego, Los Angeles, San Francisco, Washington, D.C., London, Amsterdam, Warsaw and Scandinavia. In individual practice, in teaching situations and in partnered study, they have worked carefully to translate the theory and application of the revolutionary clinician's approach. This textbook, *Roadmap to the Unconscious*, defines the terms: observing ego, attentive ego, punitive superego, transference, transference resistance, unconscious therapeutic alliance, working alliance, unconscious impulse, in very precise and clinically meaningful ways.

David Malan advised that Davanloo's technique needs to be modified and softened if it is to be accepted by the majority of therapists Readers will discover that ten Have-de Labije and Neborsky have surpassed Malan's advice and have taken the practice of Intensive Short-Term Dynamic Psychotherapy to a new plateau. *Mastering Intensive Short-Term Dynamic Psychotherapy* translates Davanloo's intuitive genius into precise language and operations that students can learn in a systematic and clear way. Thus, applying their methodology fulfills the promise of short term, effective, and safe psychotherapy for a broad spectrum of highly resistant psychoneurotic and characterologically disturbed patients.

Karnac Books, 2011, 528 pp, Pb 978-1-85575-821-6/£35.00

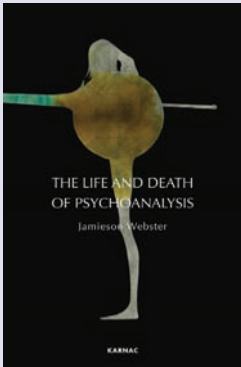


Lacan and Addiction An Anthology

Edited by **Yael Goldman Baldwin**, a psychologist and the chair and associate professor of psychology at Mars Hill College in Asheville, North Carolina, **Karen Malone**, a member of *Après-Coup* in New York City and a professor of psychology at the University of West Georgia and director of the Doctoral Program, and **Thomas Svulos**, a psychoanalyst and psychiatrist and adjunct professor of psychiatry and director of the division of psychoanalysis at the Creighton University School of Medicine in Omaha, Nebraska.

With chapters from Rik Loose, Fabian Naporstek, Patricia Gherovici, Bruce Fink, Thomos Svulos and many others, the anthology is for people interested in the topic of addictions, or in Lacanian psychoanalysis, and especially for those interested in how the two intersect. In the current climate, where addiction is mostly treated by variations of twelve step approaches and psychopharmacological “countermeasures”, it is all too easy to lose sight of the dimensions of addiction that render it not just a disease to be managed but rather a significant form of human suffering and a subjective responsibility, both of which are critical components of addiction treatment. More and more, addiction treatment is turning away from psychological and psychoanalytic theorization and towards psychopharmacological measures; this anthology attempts to rectify that situation.

Karnac Books, 2011, 256 pp, Pb 978-1-85575-851-3/£20.99



The Life and Death of Psychoanalysis

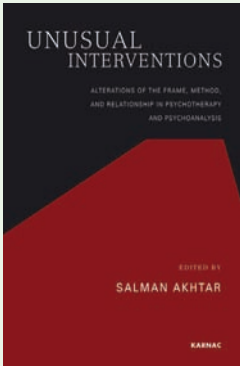
Jamieson Webster is a psychoanalyst in New York City. She teaches at Eugene Lang College and New York University. Her work focuses on clinical and theoretical psychoanalysis with an interdisciplinary focus on feminine sexuality, philosophy, and aesthetics.

'Jamieson Webster's reflections on psychoanalysis have a crystal clarity. As a writer, she introduces us time and again to the moment that inaugurates desire, including the desire for psychoanalysis. Her paragraphs move in a set of careful sequences that call into question their own possibility, registering at every juncture the seriality and detours of desire itself, a desire registered in psychoana-

lytic theory and practice, but also, clearly, in the practice of reading itself. Although she deftly and economically recapitulates the major philosophical questions implied by psychoanalytic practice, she also shows us why and how they dawn on us, what captures our attention, and what remains enigmatic. In this way, we are solicited to read with her, to follow a set of paths with no one outcome, and so to move away from dogmatic conceptions of psychoanalysis to an embodied and relational encounter with texts and the persistent and opaque desires they register. With great conceptual lucidity and argumentative edge, Webster brings us close to that passionate knowledge that is psychoanalysis and that defies every systematization.' - **Judith Butler**

'This unique book shows us how psychoanalytic writing can be reinvented. Neither traditional academic discourse nor clinical case, it pursues the question of desire through a perpetual process of unbalancing the boundary we might expect between form and content. Thought-provoking, unnerving, and spunky, it will interest anyone working in the field of psychoanalysis.' - **Darian Leader**

Karnac Books, 2011, 252 pp, Pb 978-1-85575-899-5/£20.99



Unusual Interventions Alterations of the Frame, Method, and Relationship in Psychotherapy and Psychoanalysis

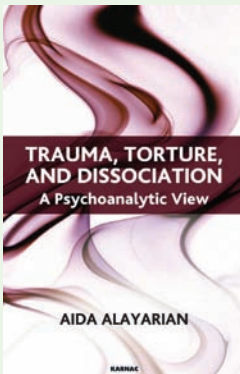
Salman Akhtar was born in India and completed his medical and psychiatric education there, currently, he is Professor of Psychiatry at Jefferson Medical College and a training and supervising analyst at the Psychoanalytic Center of Philadelphia.

Radical departures from the set and familiar rules of technique often become necessary in the course of psychotherapy and psychoanalysis.

These can include conducting a session outside the office, giving advice, not charging fees, talking about oneself, giving a gift to the patient, and so on. Such interventions have so far remained imbued with mystery or, worse, have been the staple of cocktail party conversations.

'This book is a godsend to those of us who view psychotherapy not as an orthodox technique but an art of the open mind and learned heart. Notions of "standard practice" are useful to therapists, especially early in our careers, but even more valuable are opportunities to learn how seasoned practitioners think, how they may translate their understanding of a person's suffering into creative exceptions to good general rules. In the heyday of psychoanalysis, a "classical" technique was idealized, sometimes whether or not the patient was helped. A current parallel to this elevation of means over ends is the pressure on clinicians of all orientations to manualize our work – as if one size should fit all regardless of a patient's unique personality or context. In this welcome volume, nine seasoned therapists describe clinical challenges that called for an exceptional response. Beginning practitioners will find inspiration in their honest, creative, and humane accounts. Experienced therapists, who will recognize the struggle that goes into the occasional throwing out of the rulebook, will find Unusual Interventions compelling and confirming.' - Nancy McWilliams, PhD, Rutgers University Graduate School of Applied & Professional Psychology

Karnac Books, 2011, 250 pp, Pb 978-1-85575-897-1/£20.99



Trauma, Torture and Dissociation A Psychoanalytic View

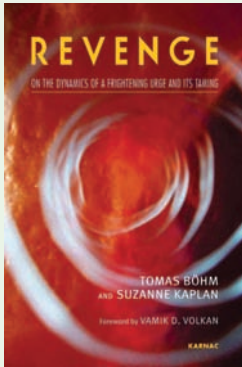
Aida Alayarian is a consultant clinical psychologist, child psychotherapist, and adult psychoanalytic psychotherapist. She is the founder and currently Clinical Director of the Refugee Therapy Centre.

'Dr Alayarian's work on dissociation is an important contribution to research rooted in the psychoanalytic tradition. Like Winnicott (1986) who discussed the splitting of the self as an achievement of personal growth in some circumstances, she sees healthy dissociation as a skill of survival for the traumatized. The research is the fruition of therapy with children and adults over decades and is valuable for those working with the increasing scope of trauma both in

the NHS and private practice.' - Lennox K. Thomas, Consultant Psychotherapist, British Association of Psychotherapists, Fellow UKCP

'While psychoanalytical approaches have largely not been seen as the most helpful when dealing with chronic PTSD and dissociation, Alayarian provides a full theoretical review of analytic thinking on trauma that will enrich practitioners from all approaches, as well as looking into the specific features that might identify those who would respond to such treatment or find alternative methods for those who do not.' - Valerie Sinason, from the Preface

Karnac Books, 2011, 352 pp, Pb 978-1-85575-876-6/£24.99



Revenge On the Dynamics of a Frightening Urge and its Taming

Tomas Böhm is a training psychoanalyst in private practice in Sweden and **Suzanne Kaplan** is a practicing child and training psychoanalyst, and a researcher at The Hugo Valentin Centre, Uppsala University, Sweden.

'In this book, where revenge as a theme is described in all its expressions, there is a leitmotif that turns up all the time and is discussed in every context: the authors view revenge as a reaction against trauma, shame, denigration, loss, and similar feelings of low self value. The revenge is directed towards an avoidance of this experience,

instead of acknowledging it and working it through. Therefore, Böhm and Kaplan never see revenge as a solution that can lead to real change and reconciliation, but instead it leads to a revenge spiral that will always play a part in the life of the victims. The authors discuss thoroughly how this principle expresses itself in real situations, in the playground, in couples' relationships, in sexuality, as a reaction against the Holocaust, in Rwanda, in former Yugoslavia, thus everywhere where revenge may play a part. Kaplan and Böhm show ways of how to further space for reflection, and what professional helpers can do, and also what they do, to help victims to reconcile with traumas that may lead to revenge, to acknowledge and to survive without revenge. Thereby both authors use their research experiences and their own lengthy work with survivors from several genocides that recently have been added to our history.' - **Marion Oliner**, psychoanalyst, New York, USA

Karnac Books, 2011, 238 pp, Pb 978-1-85575-827-8/£20.99



Phantoms of the Clinic From Thought-Transference to Projective Identification

Mikita Brottman is a psychoanalyst, author, and cultural critic known for her work on the pathological elements of contemporary culture, she is currently a professor of Humanistic Studies at the Maryland Institute College of Art.

As Freud predicted, there has always been great anxiety about the place of psychoanalysis in contemporary life, particularly in relation to its ambiguous and complicated relationship to the realm of science. There is also a long history of widespread resistance, in both academia and medicine, to anything

associated with the world of the supernatural; very few people, in their professional lives, at least, are willing to admit a serious interest in occult phenomena. As a result, paranormal traces have all but vanished from the psychoanalytic process - though not without leaving a residue. This residue remains, Brottman argues, in the acceptably "clinical" guise of projective identification, a concept first formulated by Melanie Klein, and widely used in contemporary psychoanalysis to suggest a different variety of transference and transference-like phenomena between patient and analyst that seem to occur outside the normal range of the sensory process.

In this book, Brottman considers the nature and implications of the connections between projective identification and thought-transference, as well as the slightly embarrassing associations between "ordinary" psychoanalysis and telepathy. Her project, then, is to adumbrate the implications of the psychoanalytic notion of projective identification, with particular reference to the ways in which this concept can be considered to be a "doorway" from the traditional realm of psychoanalysis into the realm of the occult and paranormal. In particular, she considers the connections between projective identification and mind-reading, clairvoyance, and other well-known paranormal phenomena.

Karnac Books, 2011, 158 pp, Pb 978-1-85575-881-0/£20.99



Psychoanalytic Reflections on a Changing World

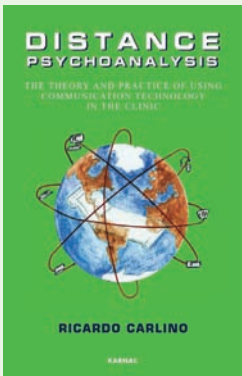
Edited by **Halina Brunning**, a Chartered Clinical Psychologist, Organizational Consultant and Executive Coach. She currently works as a freelance coach and consultant and runs her own international coaching practice in Europe.

The main purpose of this book is to look at a range of ubiquitous phenomena that make up our daily life and to ask not so much “whether” but “what” psychoanalytic thinking can add to our current understanding of these phenomena. Could there be another layer, below the obvious surface-layer, that needs to be explored further? And if so, can psychoanalytic light reflect upon and illuminate some of the new contours

and shapes perhaps previously not fully seen or appreciated? What interim conclusions can we reach as a result of this reflection upon our modern world?

This book is linked to its immediate predecessor *Psychoanalytic Perspectives on a Turbulent World* but it differs significantly in tone, light and composition. This new book no longer addresses itself to the complex and troubling issues such as war, conflict, the global financial crisis and our struggle with leadership, instead, it tends to focus on the lighter side of life.

Karnac Books, 2011, 280 pp, Pb 978-1-85575-886-5/£23.99



Distance Psychoanalysis The Theory and Practice of Using Communication Technology in the Clinic

Ricardo Carlino is a physician and psychoanalyst. He is also a full member of the *Asociación Psicoanalítica de Buenos Aires* and a full member of the *International Psychoanalytical Association*. Translated by **James Nuss**.

“Many analysts around the world have found themselves in a situation of continuing (or even beginning) psychoanalytic treatment from a distance - either by telephone or other means of communication. No one has found the courage, however, to recognize this as a formal method, as Ricardo Carlino does in this brave, honest, and rigorous book.”

‘Freud’s ingenious structure of the couch and chair was considered to be the only suitable format for more than one hundred years. Carlino’s lucid book takes into account the changes that have taken place in our daily lives, as the result of the resounding technological changes that have influenced our means of communication.

‘Carlino has had the courage to assimilate the changes that have come about in the modern world and argues that Freud’s psychoanalytic method can continue to be applied in this new setting. The analytic system, with a patient freely associating his/her occurrences, together with an analyst who listens in silence and communicates his/her interpretation, has remained unaltered. This is precisely what Carlino develops so thoroughly in this book. Although the *modus operandi* has changed, the spirit of the analysis remains the same as always.’

‘This is an interesting and thoughtful text that will allow for the spread of analysis to other areas, whenever circumstances force us to reformulate our task. It is a book worth reading and will, no doubt, bring about reflection, debate, and a fruitful exchange of ideas.’ - **R. Horacio Etchegoyen**

Karnac Books, 2011, 240 pp, Pb 978-1-78049-013-7/£20.99



The Uninvited Guest from the Unremembered Past

An Exploration of the Unconscious Transmission of Trauma Across the Generations

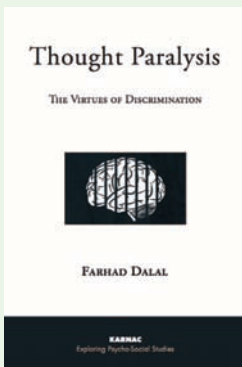
Prophecy Coles trained as a psychoanalytic psychotherapist at the Lincoln Clinic and is a member of the London Centre for Psychotherapy.

Freud wrote to Binswanger on the anniversary of his daughter's death, "We will remain inconsolable. I don't care for my grandchildren anymore, but find no joy in life anymore." The author poses the question in this book; what legacy does grief, loss, trauma have upon the second and third generations?

This book is a meditation on the ideas that have evolved in response to this question over the author's thirty years as a psychoanalytic psychotherapist. Her central thesis is that we must not ignore, in our psychoanalytic practice, the impact of our ancestral history, especially if our ancestors have suffered, for their anguish can return and haunt us. It is the anguished return of traumatic experience that repeats itself across the generations and affects the way the next generation is perceived.

'Prophecy Coles similarly explores neglected areas of clinical practice, focussing here upon the ongoing emotional presence of significant absences and other traumas in the child's early life. She highlights the continuing impact of such experiences as that of dead siblings, forgotten grandparents, abandoning parents and unremembered nannies and nurses. This book will be of interest and value to anyone with clinical responsibility for patients, and for those whose traumatic past is still echoing - often unrecognised - in the present lives.' - **Patrick Casement**, author of *On Learning from the Patient*

Karnac Books, 2011, 136 pp, Pb 978-1-85575-700-4/£14.99



Thought Paralysis

The Virtues of Discrimination

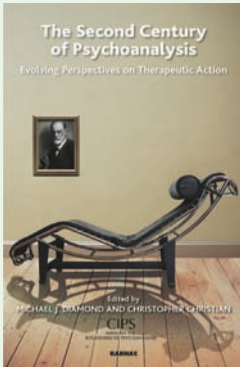
Exploring Psycho-Social Studies Series

Farhad Dalal works as a psychotherapist and group analyst in private practice. Now living and working in Devon, he is a training group analyst for the Institute of Group Analysis, London.

'Hurrah, and what a relief - at last, an intelligent argument for using judgement and discrimination against prevailing multiculturalist dogma and relativist orthodoxies. Thought Paralysis bravely takes on the "diversity peddlers" and "liberals of a certain persuasion", whose constructed taboos too often crush our capacity for discernment, silent criticism, and even suppress our thoughts. And all this is done without Farhad Dalal giving succour to racists or reactionaries, firmly keeping faith with the emancipatory project. Written in a refreshingly accessible way, using a myriad of everyday examples, we are offered a complex defence of Enlightenment values.' - **Claire Fox**, Director, Institute of Ideas; panellist, BBC Radio 4's *Moral Maze*

This book exposes the ideologues who fight against the principles and policies of equality, confronts the liberal left which has lost its cutting edge and opts instead for that happy pill, "diversity", and challenges those Britons of colour who are preoccupied with culture and do not address the issue of power and racism. Meanwhile, racism and bigotries blight lives and possibilities, endanger the future.' - **Yasmin Alibhai-Brown**, weekly columnist on *The Independent*

Karnac Books, 2011, 300 pp, Pb 978-1-78049-052-6/£22.99



The Second Century of Psychoanalysis

Evolving Perspectives on Therapeutic Action

CIPS Boundaries of Psychoanalysis Series

Edited by **Michael J. Diamond**, a training and supervising analyst and faculty member, Los Angeles Institute and Society for Psychoanalytic Studies and associate clinical professor of psychiatry, University of California, Los Angeles, and **Christopher Christian**, a member of Los Angeles Institute and Society for Psychoanalytic

Studies, assistant professor of psychology, New School for Social Research; and director of the New School/Beth Israel Center for Clinical Training and Research at the Beth Israel Medical Center in New York City.

This book focuses on the question of the theory of therapeutic action underlying the multiple perspectives in psychoanalysis. The question of how psychoanalysis effects therapeutic change and the methods by which this change is achieved is answered from the perspectives of: ego psychology and modern conflict theory, classical theory, contemporary object relations theory and neo-Kleinian theory, attachment theory, and self psychological theory, as well as total composite theory and pluralistic perspectives. The volume concludes with an exploration of how these theories of therapeutic action diverge and converge, and ultimately what holds these diverse approaches within the boundaries of psychoanalysis.

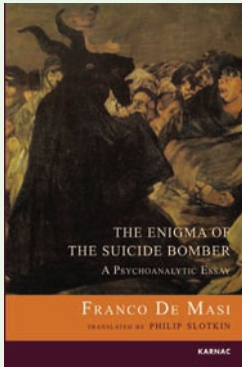
'This inspired collection of essays written by faculty members of the Los Angeles Institute and Society for Psychoanalytic Studies (LAISPS) reviews core issues of psychoanalysis through new lenses while having the energy and passion of discussions behind it. Of immediate use to many in the field while offering a major contribution to psychoanalytic studies, the book clearly celebrates this distinctive psychoanalytic society while bringing the renewing visions of West Coast psychoanalysis to the world of psychoanalysis at large.' - **Christopher Bollas**, Ph.D., author, *The Evocative Object World and The Infinite Question*

'Diamond and Christian have assembled a rich array of thoughtful and evocative clinical papers. The book is a marvelous collection of deep and thought provoking chapters, some of which alone are worth the price of the volume and more. Several chapters read like wonderful literature while at the same time adding significantly to our clinical understanding, while other chapters are so convincingly written that I found myself almost able to embrace ideas different from my own.' - **Steven J. Ellman**, Ph.D., author, *When Theories Touch: A Historical and Theoretical Integration of Psychoanalytic Thought and Freud's Technique Papers: A Contemporary Perspective*

'Europeans are used to thinking about North American psychoanalysis as an archipelago of groups rather isolated from one another. In this innovative and very interesting text, we see influential Californian psychoanalysts accomplishing a great choral work to integrate the different theoretical-clinical trends with convincing and deeply harmonious results.' - **Stefano Bolognini**, M.D., President, Italian Psychoanalytic Society and author, *Secret Passages: The Theory and Technique of Interspsychic Relations*

'The papers in this volume provide one of the best available overviews of contemporary thinking about therapeutic action. This book will engage and inform anybody who is interested in the current state of clinical theory in psychoanalysis and dynamic psychotherapy by challenging us to think about what we do, why we do it, and what effect we are having on our patients.' - **Jay Greenberg**, Ph.D., author, *Oedipus and Beyond: A Clinical Theory, and Object Relations in Psychoanalytic Theory* (with Stephen Mitchell), and editor, *The Psychoanalytic Quarterly*

Karnac Books, 2011, 394 pp, Pb 978-1-85575-800-1/£29.99



The Enigma of the Suicide Bomber A Psychoanalytic Essay

Franco De Masi is a Training and Supervising Analyst of the Italian Psychoanalytical Society. He is a medical doctor and a psychiatrist who worked for twenty years in psychiatric hospitals. He lives and works as a full time psychoanalyst in Milan.

This book explores the mental state that compels certain individuals to perform murderous, suicidal acts and emphasizes that, whereas a suicidal terrorist attack can be described as a crime against humanity, its protagonists cannot necessarily be classified as criminal or insane. There is no such a thing as a “typical” suicide terrorist - each attacker differs in age, sex, family status, culture, and even religion. Indeed, the common

elements in suicide terrorism should perhaps be sought not so much in the individuals concerned as in the dynamics rooted in their group, family history or country. It may be extreme situations experienced by the group situations that are either objectively extreme or perceived as such that give rise to paradoxical behaviour at individual level.

‘While De Masi is a committed psychoanalyst, his work is not that of the one-track missionary. His approach, on the contrary, is a humane antidote to zealotry. In keeping with this spirit, he is mindful of the risk that psychoanalysis may claim too much and too fervently, not least in applying itself to politics. I commend this perturbing, challenging, and highly contemporary book: it is a far cry from the twenty-four-hour cycle of rolling news sound bites, a culture to which we become too easily inured.’ - **Daniel Pick**, fellow of the British Psychoanalytical Society and professor of history at Birkbeck College, University of London; from the Preface

Karnac Books, 2011, 176 pp, Pb 978-1-85575-822-3/£17.99



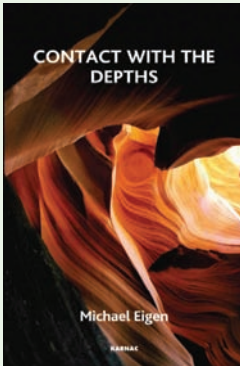
Eigen in Seoul Volume 2: Faith and Transformation

Michael Eigen is a psychologist and psychoanalyst. He is Associate Clinical Professor of Psychology in the Postdoctoral Program in Psychotherapy and Psychoanalysis at New York University.

Michael Eigen believes that “faith plays an important role in transformational processes in psychotherapy. I don’t mean ‘belief’. Belief may be a necessary part of the human condition but it tends to prematurely organize processes that remain unknown. For me, faith supports experimental exploration, imaginative conjecture, experiential probes. The more we explore therapy, the more we appreciate how much our response capacity can grow. We are responsive beings, for good and ill. Too often, our responses hem us in. We short-circuit growth of responsiveness. Yet it is possible to become aware of the rich world our responsive nature opens, places it takes us, feelings with as yet no name, hints of contact that may never be exhausted”.

‘Eigen has a rare common touch about uncommon matters, and the reverse. I can only imagine the joy Bion – and Winnicott – would have had if they had been able to converse with him. Utmostly, Eigen is the spokesman for humility, the sacred, intuition, and respect for differences. Eigen is sometime so lyrical in his prose that one may think he is speaking blank verse: “We have so many languages for cries from the heart. Each adds a variety, a nuance, a particular soul window.” When I finished reading this work, I not only realized how much I had learned, I also felt more centred. This is a remarkable and remarkably appealing book.’ - **James S. Grotstein**

Karnac Books, 2011, 124 pp, Pb 978-1-85575-770-7/£16.99



Contact with the Depths

Michael Eigen is a psychologist and psychoanalyst. He is Associate Clinical Professor of Psychology in the Postdoctoral Program in Psychotherapy and Psychoanalysis at New York University.

This book explores ways we make contact with the depths in ourselves and each other. We are deeply moved by contact we make with life, yet also puzzled by a need to break or lose contact, and often suffer wounds by failure of contact to be born. Our sense of contact is tenacious and fragile, subject to deformations, plagued with a sense of jeopardy. Chapters focus on ways we make-and-break contact in the wounded aloneness of addiction, the wounded beauty of psychosis, the importance of

not knowing and wordlessness, ways we transmit emotions, the need to start over, and harm we cause by trying to get rid of and misuse tendencies that are part of our makeup.

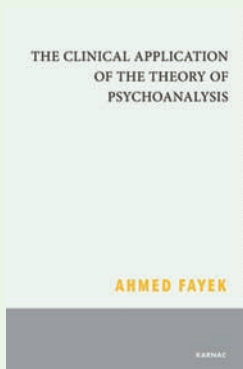
'Eigen invites us to dive into depths that open us to new colours and to the mystery. There is a sense of life taken in its globality, which goes beyond the beaten tracks of psychoanalytic books and reaches depths rarely met. One grasps here the beat of human existence. Here comes the authentic meaning of the probe of Bion, which continuously expands the very field it explores. Eigen shows us his extraordinary capability to pick up the interruption and the recovery of the communication within the analytic work and within one's self.' - **Antonino Ferro**, author of *The Analytic Field: A Clinical Concept*

'Like a flower slowly unfolding its petals to reveal its hidden mystery, Michael Eigen's Contact with the Depths shows us how moving, surprising, and joyous the therapy experience can be. He is a master clinician and a major thinker and this work will inspire for years to come.' - **Mark Epstein**, MD, author of *Thoughts without a Thinker*

'Michael Eigen's work is uncompromising in the best sense. He addresses problems that really matter to him, and he will accept nothing less than thinking and feeling a route through them that is thoroughly and uniquely his own. You don't add what he has to say to your store of knowledge so much as steep yourself in the experience of reading him, an experience that offers, and requires from the reader, a personally authentic sensibility that is sometimes mystical. He invites you to feel your way into a rapport with him, especially around his experience with patients, but also with what he conveys about his longstanding relationships with Bion, Winnicott, Buddha, Jesus, the Kabbalah, and others. Eigen manages to succeed in all these ways in a text that nevertheless remains accessible and expressive throughout, and therefore a real pleasure to read. The title of this fine and moving book, Contact with the Depths, is a description of what we gain from it: we contact Eigen's depths, and our own, and we are better for the experience. Eigen has produced another important contribution to the psychoanalytic literature.' - **Donnel B. Stern**, author of *Unformulated Experience and Partners in Thought*

'The "depths" referred to in the title of Eigen's latest passionately engaged book are not primarily those of psychosis but of not-knowing. The author gives us a substantive redigestion of his long experience as analyst, seminar leader, musician, and religious thinker who embraces the theological spectrum from Buddhism to the Old Testament with a wise and humble humanity. His personal psychoanalytic icons include Freud, Bion, and Winnicott, yet he models his work less on their theory and more on their immersion in the psychoanalytic process as something which "spontaneously orders itself". The quest is for an "opening" in which growth can occur as a result of "hard work and grace". It is a quest that has mutual repercussions for both patient and therapist, in different and individual ways. (Indeed from early days as a therapist, he recognized that the job was to "work on my attitude – a work that continues to this moment".) Eigen wears his knowledge lightly, and concentrates on locating the key moments of "surprise" that indicate the possibility of new growth – which he likens to the wordless, the unknown, the arrhythmic in the musical pulse of an intimate therapeutic relationship. It should come as no surprise however that the concluding word of Eigen's book is "love".' - **Meg Harris Williams**, author of *The Aesthetic Development*

Karnac Books, 2011, 160 pp, Pb 978-1-85575-847-6/£16.99



The Clinical Application of the Theory of Psychoanalysis

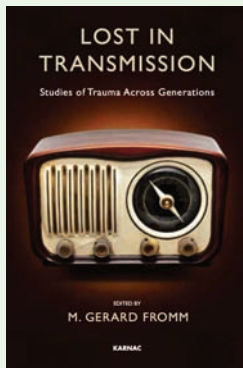
Ahmed Fayek is a psychoanalyst and clinical psychologist in Montreal.

The “catharsis theory”, which Freud formulated when he used hypnosis, is still the prevailing theory in psychoanalysis. Freud fitted his very significant discoveries from free association into that theory, causing psychoanalysis substantial theoretical and practising weaknesses. Psychopathology in that theory is based on two basic notions: conflict between acceptable and unacceptable impulses (ideas, desires, fantasies, etc.), and repression of the unacceptable impulses initiating the formation of symptoms. Clinical practice was, and still is in one form or another, based on abreacting the catharsis of the repressed and allowing it to be revealed.

However, the real breakthrough in psychoanalysis came to Freud in intuitions about matters from outside the field of pathology and the clinic, and without the help of hypnosis. They came from ordinary, even banal, phenomena like dreams, slips of the tongue, and jokes, where he discovered the working of the primary process and the formation of the systemic unconscious.

The author covers the difference between a modified theory of catharsis and a theory of psychoanalysis, in addition to dealing with the history and origins of our present debates in regard to the practice of analysis in the contemporary schools. He suggests that clinical problems stem from discounting the indelible influence of the catharsis theory, and the absence of psychodynamic diagnosis in the practice of psychoanalysis. The book includes clinical case models.

Karnac Books, 2011, 312 pp, Pb 978-1-78049-038-0/£22.99



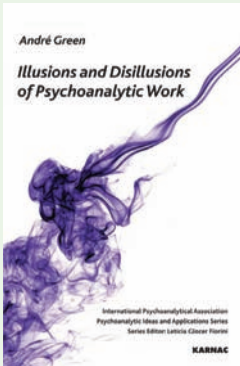
Lost in Transmission Studies of Trauma Across Generations

M. Gerard Fromm is the Evelyn Stefansson Nef Director of the Erikson Institute for Education and Research at the Austen Riggs Center and on the faculties of the Massachusetts Institute for Psychoanalysis, the Berkshire Psychoanalytic Institute, Harvard Medical School, and the Yale Child Study Center.

A central thesis of this volume is that what human beings cannot contain of their experience - what has been traumatically overwhelming, unbearable, unthinkable - falls out of social discourse, but very often onto and into the next generation, as an affective sensitivity or a chaotic urgency. What appears to be a person's symptom may turn out to be a symbol - in the context of this

book, a symbol of an unconscious mission - to repair a parent or avenge a humiliation - assigned by the preceding generation. These tasks may be more or less idiosyncratic to a given family, suffering its own personal trauma, or collective in response to societal trauma. This book attempts to address this heritage of trauma - the way that the truly traumatic, that which cannot be contained by one generation, necessarily and largely unconsciously plays itself out through the next generation - and to do so both from clinical and societal perspectives. We consider first the legacy of the Holocaust, the study of which broke ground for the new field of transmission studies; then the analysis and enactments of trauma in more ordinary clinical practice; and finally more recent, large-scale traumatic events within American society. Throughout, the links between the “little histories” of people and families and the “big history” of a society are illuminated and taken seriously.

Karnac Books, 2011, 256 pp, Pb 978-1-85575-864-3/£20.99



Illusions and Disillusions of Psychoanalytic Work

Psychoanalytic Ideas and Applications Series

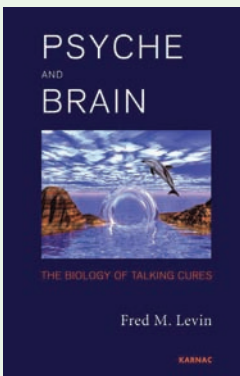
André Green is a psychoanalyst who lives and works in Paris. He is Past-President of the Paris Psycho-Analytical Society.

Illusions and Disillusions of Psychoanalytic Work recounts and explores the disappointing and sometimes tragic evolutions of the treatments of certain patients who are resistant to the effects of analytic work. In this book

Andre Green reports cases taken from his own experience and that of his collaborators. He points out moreover, that such cases have never been absent from the series of analysands that he has treated, from the early days of his practice up until today, without minimizing his counter-transference reactions or their possible impact on these disappointing evolutions.

'André Green's lucidity ... combined with his rigorous approach, underlies the elaboration of this book as well as that of his work in general, but it does not lead him to radical pessimism. On the contrary, it opens out on to a note of hope, for, after giving a lucid account of these disappointing and sometimes tragic evolutions, the author seeks to account for their causes. This also attests to the depth of his psychoanalytic and human commitment to these difficult patients, a commitment that he does not regret in spite of these evolutions of which he has "recollections of disappointing experiences, but not bad memories".' - **Christine Delourmel**

Karnac Books, 2011, 256 pp, Pb 978-1-85575-329-7/£20.99



Psyche and Brain

The Biology of Talking Cures

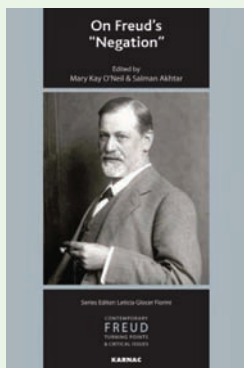
Fred Levin is Associate Professor of Clinical Psychiatry, Feinberg School of Medicine, Northwestern University, Chicago and Evanston, Illinois. He is a member of the International Psychoanalytic Association.

'This book provides a coherent, entirely readable account of an exciting new area of research regarding brain science and psychoanalysis. Comprehensive and groundbreaking, accessible to clinicians and scientists alike, Fred Levin's volume will become essential reading for anyone seriously concerned with the foundations of psychoanalysis. His study of neurobiology and human behavior

places both on equal footing while respecting the fundamental dignity of the patient in the clinical situation.' - **Bertram J. Cohler**, PhD, William Rainey Harper Professor of Human Development, the University of Chicago

'If one would call this a work of bridge building, then it is a Rialto Bridge upon which one may find jewels to buy. Fred Levin has not developed these ideas in isolation, however; instead he has refined them through presentations and collaborations with other theorists, clinicians, and investigators, to arrive at fresh insights into when and how to facilitate learning in psychoanalysis. He has built connecting islands perceived as the same city-state of mind and brain.' - **David Forrest**, MD, Clinical Professor of Psychiatry, Consultant to Neurology, and Faculty, Psychoanalytic Center, Columbia University College of Physicians and Surgeons, New York; and Past President of the American College of Psychoanalysts

Karnac Books, 2011, 352 pp, Pb 978-1-85575-877-3/£24.99



On Freud's "Negation" Contemporary Freud: Turning Points and Critical Issues

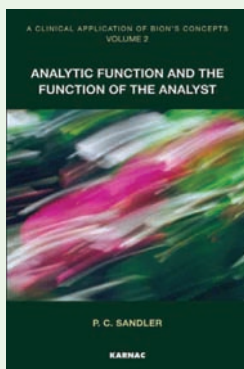
Edited by **Mary Kay O'Neil**, a Supervising and Training Analyst of the Canadian Institute of Psychoanalysis, is in private practice in Montreal, Quebec, and **Salman Akhtar**, Professor of Psychiatry at Jefferson Medical College and a training and supervising analyst at the Psychoanalytic Center of Philadelphia.

'This unique collection presents us with a variety of theoretical and clinical perspectives regarding Freud's 1925 paper on negation, articulated by well-known internationally based authors. Is negation just repression that didn't quite make it? How does

negative therapeutic reaction relate to negation? What about negation and creativity? The writing — including that by the editors — affirms, and then builds on, Freud's original thinking, thereby providing for the reader a clear intellectual grasp of the concept, as well as lowering the countertransferential hurdles we often encounter with analysts who seem to persist in saying "No".' - **Sarah Usher**, PhD, past President, Toronto Psychoanalytic Society

'Freud's paper "Negation" was published in 1925 amid the creative ferment produced by his introduction of a new paradigm for psychoanalysis, but because of its brevity and position among Freud's major writings, it has often been overlooked or underappreciated. Now, however, thanks to this volume of essays by a distinguished international group of leading contemporary psychoanalytic scholars, it should assume its rightful place, not only as a contribution to analytic technique, but as an important preliminary step in Freud's conceptualization of the creation and maintenance of reality sense and a foundational essay in the development of his theory of thinking.' - **Howard Levine**, MD, training and supervising analyst, Psychoanalytic Institute of New England-East

Karnac Books, 2011, 304 pp, Pb 978-1-78049-025-0/£24.99



A Clinical Application of Bion's Concepts

Volume 2: Analytic Function and the Function of the Analyst

Paulo Cesar Sandler is a Training Analyst at the Sociedade Brasileira de Psicanálise de São Paulo and author of several books.

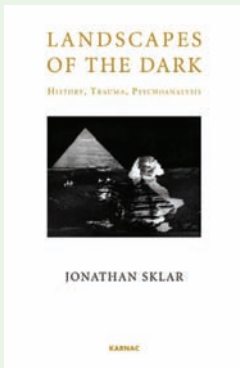
'In this magisterial work Paulo Sandler continues to distinguish himself as a foremost scholar on the works of Bion. Already well known for his encyclopedic zeal, this present book continues Sandler's tireless search of Bion's contributions by this noteworthy clinical application of Bion's ideas.

A major feature of Sandler's approach to studying Bion has been to contextualise the background of Bion's assumptions. In so doing, he extensively investigates the cultural and historical antecedents, especially including the philosophical and scientific points of view. From them Sandler selects Romanticism and its dialectical relationship with the Enlightenment. Among the many characteristics of Romanticism is imagination, at best creative, but also idealisation and hyperbole.

Sandler discusses Bion's way of being "scientific", one notable aspect of which is his distinctive use of theories, which he distinguishes from models.

Sandler has written another brilliant textbook on Bion's thinking that constitutes a highly useful and practical handbook on the subject.' - **James S. Grotstein**

Karnac Books, 2011, 240 pp, Pb 978-1-78049-008-3/£20.99



Landscapes of the Dark History, Trauma, Psychoanalysis

Jonathan Sklar is a training analyst and fellow of the British Psychoanalytic Society. Originally trained in psychiatry at Friern and the Royal Free Hospitals, he worked for four years in psychotherapy at the Tavistock Clinic in London. For many years he was consultant psychotherapist and head of the psychotherapy department at Addenbrookes and Fulbourn hospital in Cambridge. He now works in full time analytic practice in London.

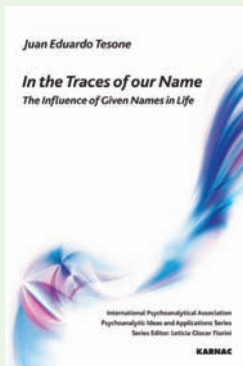
In this important new collection of essays, Jonathan Sklar argues that the founding tension between Freud's commitment to interpretation and Ferenczi's extra parameter of 'being in the experience' has a central place/key role to play in contemporary psychoanalytic debate, and that this tension can best be understood by returning to the place of trauma in psychoanalysis. Taking this debate into the heart of the clinical setting, a set of extensive, penetrating and often disturbing case studies examine the evocation of the real as early trauma for many patients and its subsequent mental development - a case of schizophrenia, a man with a severe Tic (spasmodic Torticollis), and a neurotic with a somatic resistance to ending a long analysis.

'In this marvellous work, Jonathan Sklar achieves the rare feat of integrating a highly sophisticated and scholarly treatment of key concepts of clinical psychoanalytic theory, as argued by many contributors to the field including Freud, Ferenczi, and Sklar himself, with the most elegant clinical vignettes, demonstrating the arduous work of everyday clinical practice.'

Many of the theoretical arguments are based on the work of European (primarily British) thinkers, and analysts not as familiar with them will find a superb synthesis of their positions. It is hard to imagine, however, that every psychoanalyst - from the most seasoned to the beginner - would not benefit from the study of this book. Beautifully written and richly textured, I would advise savouring a few pages at a time, not only for the sheer pleasure of enjoying the material, but also in order to be able to assimilate the wealth of insights contained in each paragraph. This is a book to come back to over and over again.' - **Edward Nersessian**, MD, Clinical Professor of Psychiatry, Weil-Cornell Medical College, Training and Supervising Psychoanalyst, The New York Psychoanalytic Institute

'Landscapes of the Dark is a meditation on the meanings and practice of psychoanalysis which reaffirms free association and history in the clinical encounter and beyond. Jonathan Sklar's concern is trauma in the individual as it makes itself felt in psychotic moments or "enactments", in "flitting thoughts" or silence; manifestations of the transfer of thought from unconscious to unconscious in the consulting room, which shape and determine the patient's movement through daily life and which stem from the tension between real event and trauma in the mind of the analysand. The analyst listens, pays patient attention to several temporal dimensions at once, and his capacity to bear the powerful emotion which fills the room - like a symphony, a poem, or sometimes a dark, cold, landscape - are his contribution to the arduous work of analysis. Here are insights to cherish: who can forget the woman who left the scarlet handkerchief pinched between two doors; the child alone downstairs in the lounge while her mother continually "took to her bed"; or, indeed, the analyst enduring despair? Sklar reflects on real events that scar modern history. His work in the European Psychoanalytic Federation (which now includes the Middle East, parts of Africa and more) demonstrates the ways in which inner and outer worlds are indissolubly linked. Everyone interested in how the mind works should read Landscapes of the Dark; Sklar breathes new life into its tensions, faultlines, and sources of creativity.' - **Sally Alexander**, Emeritus Professor of Modern History, Goldsmiths, University of London

Karnac Books, 2011, 208 pp, Pb 978-1-85575-892-6/£20.99



In the Traces of our Name

The Influence of Given Names in Life

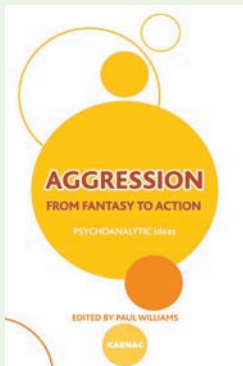
Psychoanalytic Ideas and Applications Series

Dr Juan Eduardo Tesone is a Full Member and Training Analyst of the Argentine Psychoanalytic Association and is a Professor at La Pitié-Salpêtrière Medical School, University of Paris VI Pierre et Marie Curie.

The book is grounded in psychoanalytic thinking, but it is also placed at an intersection of several fields of thought: linguistics, anthropology and literature. The focus of the book is the primary importance for the constitution of the child's subjectivity of the first or second names chosen by the parents, the scaffolding of the child's future identity and a legacy offered and attributed to children by those who precede them. This book is above all the result of psychoanalytic reflection developed through the clinical work of a psychiatrist and psychoanalyst of children and adolescents.

'When we wish to preserve our patients' anonymity, we refer to them as Mr or Mrs X or we call them an imaginary given name – Hans or Dora, for example – as if a false first name could replace the proper name without consequences. Psychoanalysts have written a good deal about the influence of the patronym but very little about that of the given name. We must be grateful to J.E. Tesone for dedicating an original and very well documented study to a subject that actually calls upon us in every psychoanalytic cure. His great clinical experience and double Argentine and French culture enable him to address this theme with high clinical finesse and all the wealth of his cultural sources. This work offers its reader a goldmine of reflections that can easily be applied to clinical practice and to a deeper understanding of the effects of transmissions of family symbolism.' - Professor **Daniel Widlöcher**, full member of the French Psychoanalytical Association, past-President of the International Psychoanalytical Association

Karnac Books, 2011, 208 pp, Pb 978-1-78049-027-4/£22.99



Aggression

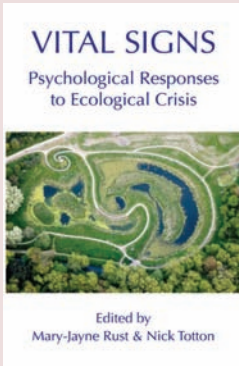
From Fantasy to Action

Psychoanalytic Ideas Series

Paul Williams is a training and supervising analyst with The British Psychoanalytical Society and a member of the Royal Anthropological Institute. He lives and practises in Hampshire, UK.

This book is a result of the 2nd International Psychoanalytic Conference: "Aggression: From Fantasy to Action", held in May 2010. It contains papers that were delivered to the conference, together with edited summaries of discussions from the floor that followed each paper. The standard of the papers given was extremely high. What was noticeable from the outset of the conference was the intensity of focus on understanding the origins of aggression and violence, from a psychoanalytic perspective. This intensity persisted throughout the two days, leading to a number of the fascinating discussions that are summarized in this book.

Karnac Books, 2011, 256 pp, Pb 978-1-85575-891-9/£20.99



Vital Signs

Psychological Responses to Ecological Crisis

*Edited by **Mary-Jayne Rust**, an art therapist and Jungian analyst. Alongside her private practice she writes, lectures and facilitates workshops in the field of ecopsychology, and **Nick Totton**, a therapist and trainer with nearly thirty years experience. Originally a Reichian body therapist, his approach has become broad based and open to the spontaneous and unexpected.*

“Vital signs” are, of course, the basic physiological measures of functioning which health practitioners use to assess the gravity of a patient’s predicament. This anthology focuses not so much on our physical predicament, with so many of the Earth’s systems severely stressed and beginning to fail – there are plenty of other places to read about this. Instead we focus on our psychological predicament, as news of the situation slowly penetrates our defences and we struggle as individuals and as a society to find an adequate response. By “vital signs” we also mean signs that such a response is beginning to take shape: signs of hope, signs of healing.’

We feel that ecopsychology in Britain has a distinctive voice and unique contributions to make. In doing so, we hope to facilitate debate and dialogue within the field, in the hope that this will lead eventually to more developed theory and practice. Things are still at quite an early stage in the construction of ecopsychology as a discipline, and the articulation of relationships of compatibility or incompatibility between various approaches. It will take time for the field to reach maturity, to agree on terminology (or agree to use different terminologies), and to develop organisational forms. This is a familiar process for any new way of looking at things.

At the same time as recognising this slow maturation, we are of course equally aware of the extraordinary urgency of the external situation which it is one of the missions of ecopsychologists to address. While there would in theory still be an important role for ecopsychology if we were not facing environmental meltdown - exploring the complex relationships between human and other-than-human, and the therapeutic value of bringing the two together - in practice ecopsychology has been completely shaped by a sense of catastrophic loss, of the irreversible destruction of complexity and the impending threat to the systems which sustain life on this planet.

From this point of view, ecopsychology is part of a much larger movement seeking to develop awareness of climate change together with all the other developing ecological crises (pollution, over-consumption of resources, destruction of habitats, etc). What distinguishes ecopsychology from many of the other players in this larger movement, however – apart from the psychological focus itself – is a very widespread perception of human beings as just one element in the global ecosystem; and an agreement, both ethical and practical, that humanity cannot save itself by throwing other species out of the sledge. The ecosystem stands or falls as a whole, human, other-than-human, and more-than-human; and a failure to recognise this is itself a symptom of our culture’s dissociation from its place in the larger whole, which is one of the causal factors leading to our current situation.

Among people who have been working in this area for some time, there is a growing question: what if we fail? What if our society does not manage a transition to a carbon-free economy – and all of the other transformations of culture and practice which are required alongside this? In all probability time is getting extremely short; considerable damage to global ecosystems is already certain, and runaway “tipping point” effects are predicted by many scientists. Although awareness of this crisis is far greater than it was a decade ago, there is still little sign of a serious shift in public attitudes. Indeed in the UK, and elsewhere, ecological concerns have been eclipsed by the recent economic crisis with seemingly little recognition that of course ecological, social and economic crisis are completely interwoven. While the future can never be predicted with certainty, there is not much concrete basis for optimism. What then? - From the Introduction

Neuropsychanalysis

The official scientific journal of the "International Neuropsychanalysis Society"

Edited by **Oliver Turnbull**, Professor/Head of College of Health and Behavioural Sciences, Bangor University, and **David Olds**, Clinical Professor of Psychiatry at Columbia College of Physicians and Surgeons.

The journal serves on-going research and scientific discussion in the field. It provides biannual reports of the Neuropsychanalysis groups worldwide, plus reviews of selected readings. It is the discussion forum for researchers in neuroscience and psychoanalysis.

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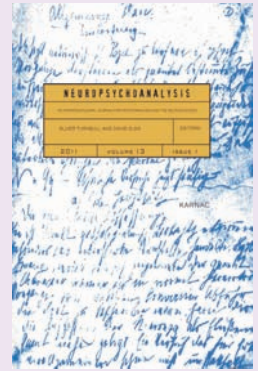
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Organisational and Social Dynamics

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The aim of the International Journal *Organisational & Social Dynamics* is to contribute to the development of a deeper understanding of organizational and social processes and their effect on the individual. It provides an innovative forum in which writers from psychoanalytic and systemic perspectives can address emerging issues in societies and their institutions. Papers range from case studies, features and reviews of contemporary social and political events, to personal polemics or reflections.

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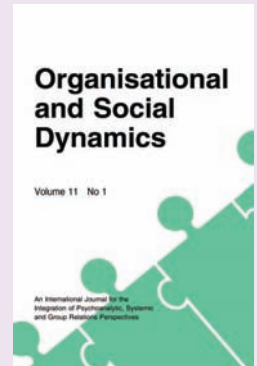
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Attachment

Edited by **Kate White**, a member of the Centre for Attachment-based Psychoanalytic Psychotherapy, formerly senior lecturer at South Bank University where, in the Department of Nursing and Community Health Studies, she has used her extensive experience in adult education to contribute to the innovative psychotherapy curriculum developed at CAPP.

A leading edge journal for clinicians working relationally with their clients; it is a professional journal, not an academic journal, featuring cultural articles, politics, reviews and poetry relevant to attachment and relational issues; an inclusive journal welcoming contributions from clinicians of all orientations seeking to make a contribution to attachment approaches to clinical work.

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Couple and Family Psychoanalysis

Sponsored by the British Society of Couple Psychotherapists and Counsellors, the Professional Association of the Tavistock Centre for Couple Relationships

Edited by **Molly Ludlum**, a psychoanalytic psychotherapist with couples, individuals, and parents in private practice and with clinical teams at the Scottish Institute of Human Relations.

Aims to promote the theory and practice of working with couple and family relationships from a psychoanalytic perspective. It seeks to provide a forum for disseminating current ideas and research, and for developing clinical practice.

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