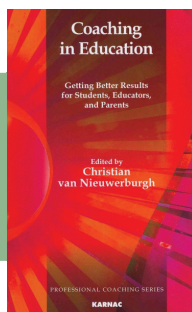
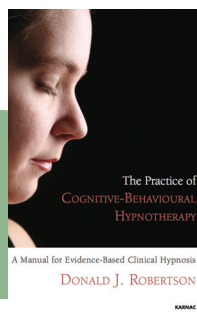
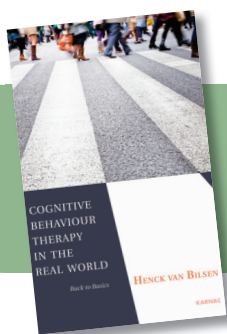


# KARNAC REVIEW

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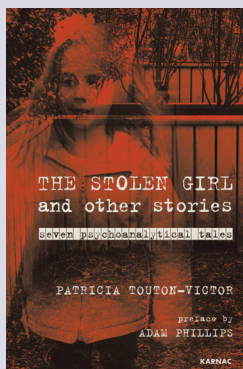
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## The Stolen Girl and Other Stories

### Seven Psychoanalytical Tales

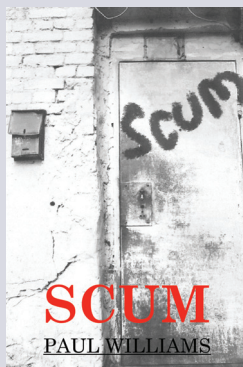
*Karnac Library Series*

By **Patricia Touton-Victor**, a French-born psychoanalyst who practises in Paris and London, a trained family mediator and a writer of fiction

*The Stolen Girl* is a collection of seven tales written in the genre of short stories. The narratives are fictionalised accounts based on the author's work as an analyst. They carefully open the door of the consulting room giving the reader a chance to glance at the psychoanalytical encounter and get an understanding of what therapy might be. Written in simple accessible language, these tales are aimed at a general public who enjoys fiction as well as to anyone interested in or considering psychotherapy. They will be of particular interest to current practitioners, students of psychoanalysis or individuals thinking of training in the profession. These short stories will also be a valuable tool for teaching programmes concerned with the clinical aspects and practice of the 'talking cure'.

'The seven stories told here are antidotes to the bewilderment of passion. Finding the pathways that people travel on is one thing, but finding the momentum that keeps them to these pathways is quite another. The stories in this book investigate these linkages – and the energy that maintains them.' – Professor **Bernard Burgoyne**, Lacanian psychoanalyst.

**Karnac Books, 2012, 102 pp, Pb 978-1-78049-110-3/£9.99**



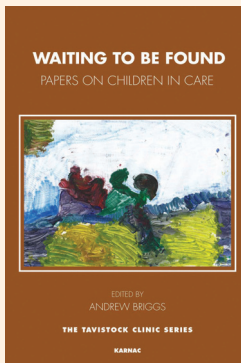
## Scum

By **Paul Williams**, Training and Supervising Analyst with The British Psychoanalytical Society, member of the Royal Anthropological Institute, and former Joint Editor-in-Chief of *The International Journal of Psychoanalysis*

'*Scum* is a masterfully written book in which Williams, by means of a particularly effective form of fragmentation of language, captures the disjunctive experience of a terrified boy. The life of the boy and the life of the sentences are lived entirely in the collision of the will to survive and the impossible demands of an incomprehensible, utterly senseless reality. There are no happy endings in Williams' books, but far more valuable is the vitality that is generated in his deft and original use of language.' – **Thomas Ogden**.

'In the elliptical prose of *Scum*, Paul Williams captures exactly the darting, panic-stricken mentation of the unloved, unlovely adolescent who was once himself. By great good luck this boy is led to France, where as he falls into step with the peaceful rhythms of everyday French life he begins to discover his own humanity. An impressive continuation of Williams' life story.' – **J.M.Coetzee**.

**Karnac Books, 2013, 120 pp, Pb 978-1-78049-174-5/£14.99**



## Waiting To Be Found Papers on Children in Care

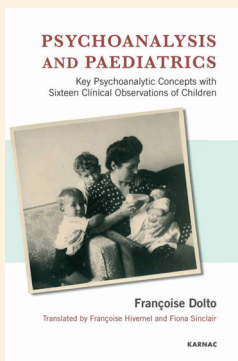
*Tavistock Clinic Series*

Edited by **Andrew Briggs**, Head of Child and Adolescent Psychotherapy in Kent and Medway NHS partnership Trust

This book is about children in State care and its title *Waiting to be Found* is derived from an observation about such children by the child psychotherapist Hamish Canham. In one of his early papers, Canham wrote that children's homes often reminded him of station waiting rooms with children waiting to move on to their next placement and staff waiting for the next shift, or working as a residential social worker in order to get experience before moving on to do something else or further training.

This book takes his comment about waiting rooms as its starting point, with each contributor building upon its central implications. The contributors to this book each explore the importance of relationship; whether between child and care system, child and clinician or other practitioner, practitioners with practitioners, or individuals with the organisation in which they work. Overall they demonstrate when attention is paid to any one of these relationships this determines emotional-psychosocial success for the child, and how – when this attention is missing – serious issues arise.

**Karnac Books, 2012, 352 pp, Pb 978-1-78049-066-3/£28.99**



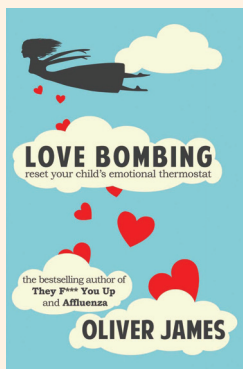
## Psychoanalysis and Paediatrics Key Psychoanalytic Concepts with Sixteen Clinical Observations of Children

By **Françoise Dolto**, an innovative French psychoanalyst and doctor who made original contributions to the understanding of psychosis, neonatology, female sexuality, education, and religion. Translated by **Françoise Hivernel & Fiona Sinclair**

This book is Françoise Dolto's 1939 medical thesis and is dedicated to medical practitioners, paediatricians, and parents without prior knowledge of psychoanalysis.

Françoise Dolto's aim was to sensitise people to the unconscious dimensions of many problems in children. She demonstrates here, through sixteen case studies, how often children's difficulties at school and at home – be they behavioural or due to impaired learning abilities – are the expression of psychological issues linked with their developing sexuality and castration anxiety, and result in physical symptoms such as enuresis and encopresis. Dolto points out that the awareness of the self and self-responsibility often develops for young people in families in which the parents do not know how to listen or even more importantly cannot be listened to with trust. There is also a summary of Freud's theories of the different stages of the evolution of the drives, as well as the central developmental role played by the castration complex, castration anxiety, and the Oedipus Complex.

**Karnac Books, 2012, 256 pp, Pb 978-1-85575-812-4/£23.99**



## Love Bombing Reset Your Child's Emotional Thermostat

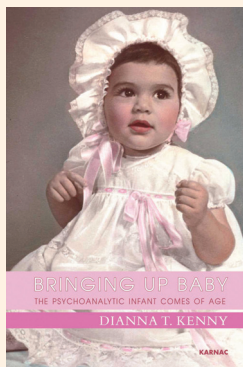
By **Oliver James**, who trained and practised as a child clinical psychologist and, since 1988, has worked as a writer, journalist, broadcaster and television documentary producer and presenter

'Love Bombing' is a radical new method for resetting the emotional thermostats of troubled children and their parents, setting them on a much happier trajectory. It is simple to do, easily explained and works for both severe and mild problems from aged three to early teenage. Many, if not most, parents feel that their children may have missed out in some way during the early years. Offering a simple, relatively trouble-free self-help method for putting that right is what parents are waiting for. Along the way, the author brings in scientific evidence regarding the issue, its

causes and solutions. 'The method works equally well whatever nation you are in because the fundamental needs of children are the same everywhere,' says James.

'Finally something that works that doesn't involve shouting, screaming or the tiresome "naughty step"! Love Bombing is a more pleasurable, interesting and intelligent way of getting any parent-child relationship back on track.' – **Imogen Edwards-Jones**, Journalist, Broadcaster, Novelist and Screenwriter.

**Karnac Books, 2012, 240 pp, Pb 978-1-78049-137-0/£9.99**



## Bringing Up Baby The Psychoanalytic Infant Comes of Age

By **Dianna T. Kenny**, Professor of Psychology at the University of Sydney and a member of the Australian and American Psychological Societies

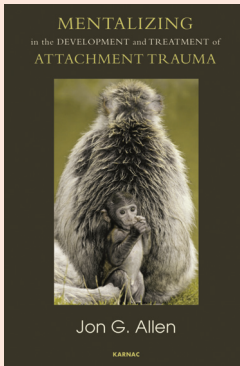
This is an important text that synthesises diverse literatures and theories on infant development into a coherent framework that illuminates the essence of infancy for all those who have infants, study infants, teach about infancy, make policy with respect to infant welfare, and work medically or therapeutically with mothers and their infants.

It brings together in one volume the principal theories of infant development, beginning with Freud's vision of the Oedipal infant, moving through the post-Freudian conceptualizations of the infant of Anna Freud, Melanie Klein, and the British Independents with Donald Winnicott as exemplar, then to the attachment theorists, the intersubjective theories, the cognitive developmental psychologists, examining the work of Jean Piaget and the neo-Piagetian cognitive theorists, concluding with the modern infant of developmental neuroscience and an examination of the neurobiology of attachment, stress, and care-giving.

This is a book that challenges cherished beliefs about the nature, capacities and developmental pathways travelled by infants into childhood and beyond and argues that our inner infant is never far from our adult selves. It will be useful for students of psychology, psychotherapy, child care and education; psychologists; social workers and infant and child policy makers; psychiatrists; and parents and anyone who has an interest in finding out what infants think and feel and how they relate to their world.

**Karnac Books, 2012, 352 pp, Pb 978-1-78049-043-4/£26.99**





# Mentalizing in the Development and Treatment of Attachment Trauma

*Developments in Psychoanalysis Series*

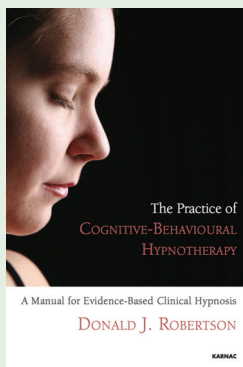
By **Jon G. Allen Ph.D.**, *Helen Malsin Palley Chair in Mental Health Research and Professor of Psychiatry*

This book brings together the latest knowledge from attachment research and neuroscience to provide a new approach to treating trauma for therapists from different professional disciplines and diverse theoretical backgrounds.

The field of trauma suffers from fragmentation as brands of therapy proliferate in relation to a multiplicity of psychiatric disorders. This fragmentation calls for a fresh clinical approach to treating trauma. Pinpointing at once the problem and potential solution, the author places the experience of being psychologically alone in unbearable emotional states at the heart of trauma in attachment relationships. This trauma results from a failure of mentalizing, that is, empathic attunement to emotional distress. Psychotherapy offers an opportunity for healing by restoring mentalizing, that is, fostering psychological attunement in the context of secure attachment relationships – in the psychotherapy relationship and in other attachment relationships. The book gives a unique overview of common attachment patterns in childhood and adulthood, setting the stage for understanding attachment trauma, which is most conspicuous in maltreatment but also more subtly evident in early and repeated failures of attunement in attachment relationships. For the first time, the burgeoning literature on mindfulness is integrated with the overlapping literature on mentalizing. Current research in neuroscience is linked to the main clinical concerns: attachment, mentalizing, mindfulness, and trauma. Creatively integrating these diverse perspectives, the author offers an up-to-date scientific explanation of trauma and treatment while writing in plain language without jargon for a broad audience. Thus the book is not only an essential resource for psychotherapists and counselors but also an ideal guide to give to clients to help them understand their condition and the process of healing.

'Jon Allen's latest book of trauma and attachment is his best yet. With a prose style of admirable clarity, he takes the reader on a journey through the history of attachment theory and its applicability to the treatment of those patients who have been traumatized. He writes with authority but never condescends to the reader. Clinicians who are challenged by patients who have been deeply wounded by adverse experience will find a great deal of wisdom in these pages. I heartily recommend it to both beginners and experienced clinicians.' – **Glen O. Gabbard, MD**, Clinical Professor of Psychiatry, Baylor College of Medicine.

**Karnac Books, 2013, 384 pp, Pb 978-1-78049-091-5/£29.99**



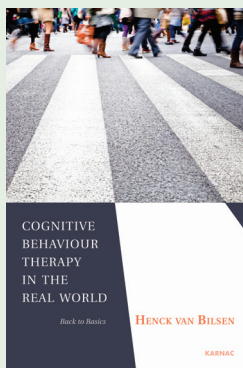
## The Practice of Cognitive-Behavioural Hypnotherapy

### A Manual for Evidence-Based Clinical Hypnosis

By **Donald J. Robertson**, a cognitive-behavioural therapist and specialist in clinical hypnosis with over fifteen years' experience in the therapy field

This is a comprehensive, evidence-based clinical manual for practitioners of cognitive-behavioural hypnotherapy, which is increasingly becoming the dominant approach to clinical hypnosis. At a theoretical level, it adopts a research-based cognitive-behavioural model of hypnosis. At a practical level, it closely integrates traditional hypnotherapy and cognitive-behavioural therapy techniques. This is the first major treatment manual to describe a fully integrated cognitive-behavioural approach to hypnotherapy, based on current evidence and best practice in the fields of hypnotism and CBT. It is the product of years of work by the author, Donald Robertson, a cognitive-behavioural therapist and specialist in clinical hypnosis, with over fifteen years' experience in the therapy field. This book should be essential reading for anyone interested in modern evidence-based approaches to clinical hypnosis. It's also an important resource for cognitive-behavioural therapists interested in the psychology of suggestion and the use of mental imagery techniques.

**Karnac Books, 2012, 464 pp, Pb 978-1-85575-530-7/£45.00**



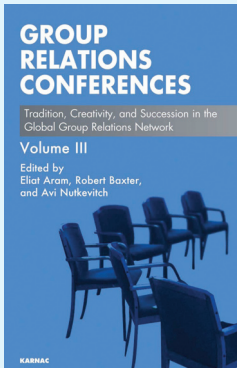
## Cognitive Behaviour Therapy in the Real World

### Back to Basics

By **Henck Van Bilsen**, Head of Programmes at St. Andrew's Healthcare in Essex and in private practice in the CBT-Partnership

This book is an introduction to cognitive behaviour therapy from a new perspective. The foundations are the underpinning theories of cognitive behaviour therapy (learning theories and cognitive psychology) in combination with a trans-diagnostic perspective on mental health problems. This book provides an overview of assessment and formulation strategies that enable therapists to compose individualised treatments for their clients. A range of CBT interventions is described in detail and these are linked with formulations. The book is full of clinical examples – with many verbatim transcripts – of basic and advanced CBT skills. The book is aimed at beginning cognitive behaviour therapists and more accomplished clinicians alike. CBT is brought back to its theoretical and scientific roots: learning theory and cognitive psychology. These theoretical and scientific roots of CBT are explicitly linked with the practice of CBT. This is a book focused on the practice of CBT in the front-line of delivery of psychological therapies. It achieves its aim by bringing CBT back to its origins, when theoretical and scientific foundations were used in the development of formulations and individualised intervention plans.

**Karnac Books, 2012, 272 pp, Pb 978-1-78049-029-8/£23.99**



## Group Relations Conferences Tradition, Creativity, and Succession in the Global Group Relations Network

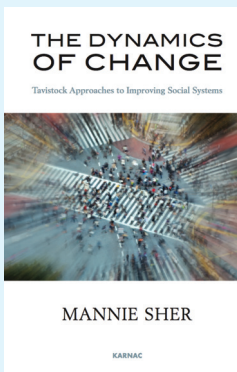
### *Group Relations Conferences Series*

Edited by **Eliat Aram**, CEO of the Tavistock Institute of Human Relations; **Robert Baxter**, Chair of the A.K. Rice Institute's Training and Certification Committee; and **Avi Nutkevitch**, a clinical psychologist, psychoanalyst and organizational consultant

This book is a compilation of chapters based on presentations at the third Group Relations (GR) international meeting in Belgirate, Italy in November 2009, plus a number of pieces from participants reflecting on their experience of the meeting. The book takes yet another step in continuing the discourse, which began in 2003, articulating the relevance of the GR conference method and the timelessness of its application globally. The chapters in the book deal with the personal as well as the organisational journeys of GR practitioners and examine these through the lens of tradition, succession and creative application. The authors are experienced Group Relations practitioners internationally and together they enrich further the tapestry of the GR model and its application and potential.

'As Group Relations has evolved into an international network of practitioners, the Belgirate Conferences have become its largest and most important hub. The sites of multiple intersections for those who plan, direct, consult, and think about conferences, they bring us together and provide invaluable help as we try to find our way into the future. Their influence and value is vastly extended by the publication of these papers.' – **Kenneth Eisold**, author of *What You Don't Know You Know*.

**Karnac Books, 2012, 320 pp, Pb 978-1-78049-001-4/£24.99**



## The Dynamics of Change

### Tavistock Approaches to Improving Social Systems

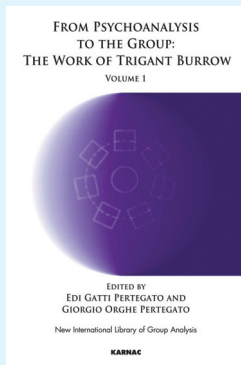
By **Mannie Sher**, Director of the Group Relations Programme and Principal Researcher & Consultant and Executive Coach at the Tavistock Institute of Human Relations

This book contains reflections of the most important theories and practices of the 'Tavistock tradition' over the past 80 to 90 years: psychoanalysis (the role of thought); socio-technical systems (the interaction between people and technology in workplaces); theories of leadership, research and evaluation methodologies; participant design and greater

democratization of the workplace.

**Karnac Books, 2012, 288 pp, Pb 978-1-78049-060-1/£24.99**





## From Psychoanalysis to the Group The Pioneering Work of Trigant Burrow

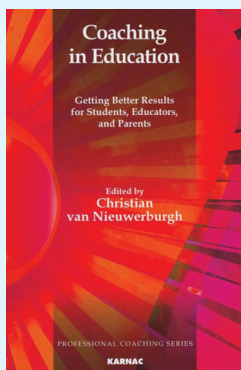
*New International Library of Group Analysis Series*

*Edited by* **Edi Gatti Pertegato**, a founder-member of the *European Journal of Psychoanalysis* and author of a number of articles and books on psychoanalysis and group analysis & **Giorgio Orghe Pertegato**, a psychiatrist, trained in psychoanalysis and group-analysis integrated by the phenomenological approach

The events that led Burrow from psychoanalysis to group analysis are reported in the editors' introductory essay. The book presents the richness and originality of the theoretic, clinical, and methodological themes developed by Burrow either in the psychoanalytic or the group analytic fields. Such themes are still questioned, especially the Principle of Primary Identification of the infant with the mother, which Burrow connected to the study of narcissism, homosexuality, and incest.

The book represents a work of significant value on the historical, epistemological, theoretic-clinical-methodological, and social aspect, as it evidences the relevancy and topicality of Burrow's research, from which one may draw new clinic-theoretic proposals to face the unsolved problems of our time.

**Karnac Books, 2012, 352 pp, Pb 978-1-78049-028-1/£26.99**



## Coaching in Education

### Getting Better Results for Students, Educators, and Parents

*Edited by* **Christian van Nieuwerburgh**, a highly sought-after executive coach, researcher, educational consultant, and keynote speaker with significant leadership experience in the public sector

Starting with a review of the existing literature and research into the area of coaching in education, the book goes on to consider the role of coaching educational leaders, coaching within the primary school setting and then secondary school settings.

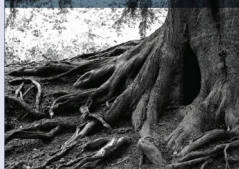
The notion of "mental toughness" and its relationship to coaching is also explored. The US and Australian perspectives on coaching in education are discussed in two chapters written by leading experts - instructional coaching in the US and the integration of positive and coaching psychology in Australia. This is followed by a chapter that focuses on coaching for parents, which is a growing area of interest. Finally, the book concludes with a practical consideration of creating "Coaching Cultures for Learning", proposing a number of models and next steps.

Written by academics and expert educational practitioners, Coaching in Education is set to become the standard text for anyone interested in studying the subject. Even more importantly, it can be used to support educators who would like to develop coaching cultures for learning for their own students.

**Karnac Books, 2012, 256 pp, Pb 978-1-78049-079-3/£23.99**

## UNDERSTANDING DUNBLANE AND OTHER MASSACRES

Forensic Studies of Homicide,  
Paedophilia, and Anorexia



Peter Aylward  
KARNAC

# Understanding Dunblane and other Massacres

## Forensic Studies of Homicide, Paedophilia, and Anorexia

By **Peter Aylward**, a psychoanalytic psychotherapist formerly specializing in forensic psychotherapy at Broadmoor Hospital

The book predominantly explores the psychic histories of patients who display their transgenerational conflicts/trauma through forensic acts.

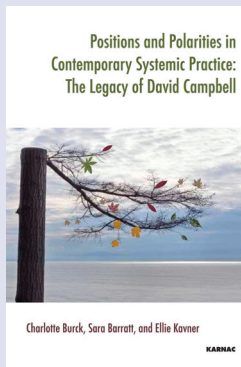
It establishes the need to consider the details of patient history in understanding the patient within both the therapeutic encounter and the treatment team milieu. There are many themes of contemporary interest including gang murders, sibling jealousy, fatal eating disorder, personality disorder, and the effects of exclusion and marginalisation within group and community dynamics and the global prevalence of mass murder. Peter Aylward describes the collapse into dyadic thinking and enactment that prevails when the third perspective, classically represented by the father within the Oedipal dynamic, is excluded or absent. Providing detailed case studies he shows how seemingly meaningless explosions of violence or perversion are attempts to master early experiences of trauma and/or exclusion, often passed down unconsciously through the generations. Using the theories of Matte Blanco and notions of the 'critical date' the chapters give unique insight into the timing and triggers of crimes, however apparently random.

The final chapter, on the Dunblane Massacre, illuminates the thinking in previous chapters about the crucial importance of triangulating to militate against exclusion/marginalization whose humiliating feelings can be the bedrock of not only the paedophilic and anorexic but – more strikingly – the murderous impulse. The significant implications for the penal, health and particularly the education system are discussed with recommendations suggested.

'Peter Aylward brings a moving mixture of compassion and forensic rigour to the examination of those violent offences that appal and baffle us. His wisdom and expertise are evident as he deftly dissects the complexity of human thoughts and emotions that are inevitably present in any action involving destruction and cruelty. He invites us as readers to be mindful of that which is hard to think about; and he challenges us as citizens to take seriously the evidence that unresolved childhood distress may be manifested in adulthood in dangerous ways. I have learnt so much from Peter as a colleague and supervisor; so I am glad that, by reading this book, others will have the opportunity to experience Peter's rich insights.' – Dr **Gwen Adshead**, consultant forensic psychiatrist and psychotherapist, Broadmoor Hospital, West London Mental Health Trust.

'Peter Aylward has made an important and unique contribution to understanding of the inner world of offenders from the perspective of his professional backgrounds in law enforcement and psychoanalytical training. His work has enriched the IAFP over the last decade and now others can also benefit. This essential book contains vivid clinical and mass media examples that comprehend the internal worlds of those who trespass, break, or act out against others or themselves in the most sensational events that can shock society to the point of paralysis. I urge everyone to read this book.' – Dr **Estela V. Welldon**, author of *Mother Madonna Whore* and *Playing with Dynamite*

**Karnac Books, 2012, 240 pp, Pb 978-1-78049-094-6/£23.99**



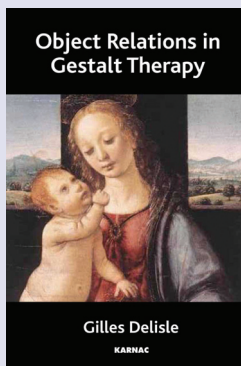
## Positions and Polarities in Contemporary Systemic Practice The Legacy of David Campbell

### *Systemic Thinking and Practice Series*

Edited by **Charlotte Burck**, a Consultant Systemic Psychotherapist, Trainer and Researcher in the Child and Family Department of the Tavistock Clinic, London, **Sara Barratt**, a Consultant Systemic Psychotherapist and team leader of the Fostering, Adoption and Kinship Care Team at the Tavistock and Portman NHS Trust & **Ellie Kavner**, a Consultant Family Therapist in the Child & Family Department of the Tavistock & Portman NHS Trust

This book provides a rich collection of the work that has been informed by the ideas of the eminent family therapist and clinical psychologist, Dr David Campbell, who died in August 2009. The book includes a range of important topics, key ideas which thread through contemporary theoretical frameworks, a research study into young people's experience of parental mental illness, and the application of Dr Campbell's use of semantic polarity theory in supervision, research and clinical practice. Interspersed with these chapters are David Campbell's own reflections concerning the development of his ideas and practice over time. The book shows the value of simply expressed ideas applied in complex circumstances and will be welcomed by many different readers to enrich their thinking and practice.

**Karnac Books, 2012, 288 pp, Pb 978-1-78049-087-8/£24.99**



## Object Relations in Gestalt Therapy

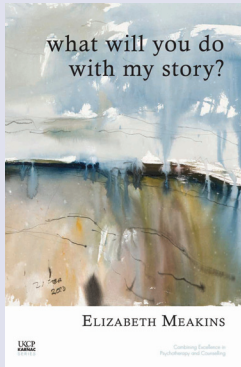
By **Gilles Delisle Ph.D.**, a clinical psychologist and associate professor of psychology at the University of Sherbrooke

In this book, the author of *Personality Disorders: a Gestalt Therapy Perspective* proposes a revision of Perls, Hefferline and Goodman's Theory of the Self in a way that brings it closer to contemporary issues in the area of Personality Disorders. Understanding splitting and projective identification that chronically lead to experiential impasses, is an essential feature of the psychotherapy of the more severe personality disorders. In order to do so within the Gestalt framework, the author integrates certain developmental concepts from object relations theory, especially those put forth by W.R.D. Fairbairn (1954).

This revised developmental perspective leads to an Object Relational Gestalt Therapy, in which the here-and-now therapeutic relationship is related to the there-and-then of the developmental past, as well as to the there-and-now of the client's current life situation.

This text contains the integral version of the author's doctoral thesis. The thesis as such is followed by chapters on ORGT as Evidence Based Practice, and on the neurodynamics of ORGT. Finally, three case analyses illustrate the theory in clinical context.

**Karnac Books, 2012, 272 pp, Pb 978-1-78049-035-9/£23.99**



## What Will You Do With My Story?

*United Kingdom Council for Psychotherapy Series*

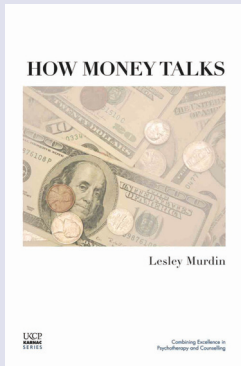
By **Elizabeth Meakins**, a psychoanalyst practising in North London

Psychoanalyst Elizabeth Meakins uses her popular columns from *The Independent* to explore the therapeutic process. Successful analysis, she argues, is less about following pre-formulated theory and more about being led by the experience of what is actually happening.

This book is a response to a question put to the author years ago when she was a trainee psychotherapist. Asked by a young woman who had been describing her traumatic experience of sexual abuse, her question was: 'what will you do with my story?'

'*What Will You Do With My Story?* is that unusual thing: a book that is at once useful and illuminating for both therapists and the people who seek their help. What Elizabeth Meakins reveals in her fascinating book is the variety, the subtlety, and the sheer pleasure of collaboration; and of the versions of psychoanalysis that make it possible.' – **Adam Phillips**, psychoanalyst and author of *On Balance*, *Side Effects* and *Going Sane*.

**Karnac Books, 2012, 158 pp, PB 978-1-85575-792-9/£16.99**



## How Money Talks

*United Kingdom Council for Psychotherapy Series*

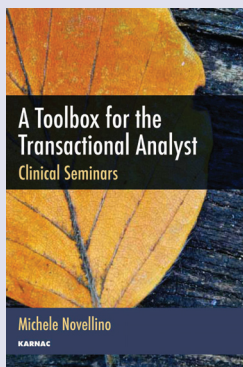
By **Lesley Murdin**, psychoanalytic psychotherapist and Chair of the psychoanalytic section of the Foundation for Psychotherapy and Counselling

Money speaks in everyday life and in literature of our greed and our generosity, our pride and our humiliation, and as it passes among us it shows our creativity and our ability to co-operate even while it can also lead us to fight to the death.

This book is for psychological therapists and for the general reader interested in human nature. Money has mattered since the first human attempts to symbolise value and enable people to wait for the return on their own labours. Since the financial crisis of 2008 its impact at a macro as well as a micro level is inescapable. It has become a means of exchange, much like language, and has opened up social mobility to factors other than birth.

This book looks at the origin of money and its history but most of all, what attitudes to money tell us about the way we connect to each other. The book begins with a fictional narrative of a woman who finds her own way through anxieties and guilt about money to a state of greater understanding about what it has meant in her career and her relationship with her husband. The second half of the book is a discussion of the wider meaning of money through its history and its current trajectory, as demonstrated by money in psychological therapy. The symbolic meaning of money has been familiar since Freud showed the small child's delight in achieving control. Carl Jung showed the alchemist's search for gold and its parallel in the work of the therapist. Jacques Lacan has given us new ways of theorising money and its attraction through following the ways in which we distort and change the signifiers of our communication, both those that we seek to hide and those that are in full view.

**Karnac Books, 2012, 208 pp, Pb 978-1-78049-067-0/£22.99**

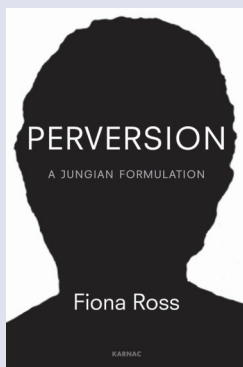


## The Transactional Analyst in Action Clinical Seminars

By **Michele Novellino**, *psychiatrist, psychologist, and teaching and supervising transactional analyst of the International Transactional Analysis Association*

This book represents a synthesis of more than thirty years dedicated to the spreading and teaching of transactional analysis, providing an up-to-date and complete idea of the current state of the analytic transactional methodology. The handbook describes the epistemological and methodological roots for a well-grounded psychotherapy with transactional analysis. TA is presented as a phenomenological branch of modern relational psychoanalysis. The major transactional analysis schools of psychodynamic TA, integrative psychotherapy, and redecision are summarized and compared. The author's theory of unconscious communication and of 'six steps' for the first interview are introduced. Many clinical cases help the reader to assimilate the different concepts. The topics are presented in a way to offer both students and psychotherapists an integrated version of what the current panorama of transactional techniques offers, in particular those of a psychodynamic orientation, but giving ample space to the redecisional techniques.

**Karnac Books, 2012, 192 pp, Pb 978-1-78049-070-0/£19.99**



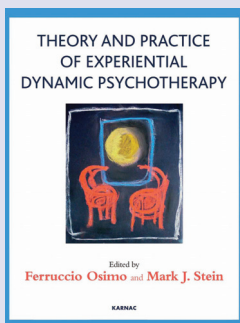
## Perversion A Jungian Approach

By **Fiona Ross**, *Jungian analyst, Professional Member of the Society of Analytical Psychology, and a Chartered Psychologist*

Theoretical understanding of perversion is neglected in analytical psychology, and narrowly developed in psychoanalysis, where it traditionally refers to sexual perversion. Etymological exploration of the word perversion, reveals a wider meaning than that adopted in psychoanalysis. The aim of the author is to revise the psychoanalytic model through the introduction of Jungian concepts that extend the understanding of perversion beyond the bounds of sexuality to a more general relational context. By describing the development of psychoanalytic thinking on perversion in detail, the author is able to highlight the central differences between the Freudian and Jungian interpretive traditions and to explain why Jungian ideas on perversion have remained underdeveloped. Jungian concepts, together with some from outside the psychoanalytic domain, are combined with psycho-analytic theory in the formulation of an integrated formulation in which perversion is presented as a response to early trauma with intrapsychic deception enacted relationally in the outside world through vengeful behaviour, that is not necessarily sexual, but is addictive and symptomatic of a defensive psychic structure that establishes and perpetuates self-deception. Illustrations are drawn from three biographies, exemplifying sexual, bodily, and emotional or cognitive perversion.

**Karnac Books, 2012, 160 pp, Pb 978-1-78049-030-4/£16.99**





## Theory and Practice of Experiential Dynamic Psychotherapy

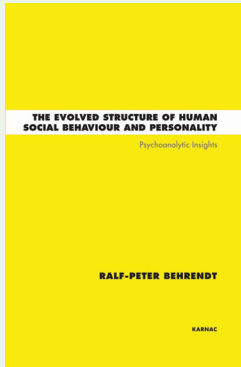
By **Ferruccio Osimo MD**, psychotherapist and president of the Italian EDT Association; and **Mark J. Stein Ph.D.**, registered chartered clinical psychologist at the Adult Psychological Therapies Service in Kirklees

The book opens with an introduction to and history of the experiential dynamic therapies (EDT) including the ground-breaking Intensive Short-Term Dynamic Psychotherapy (ISTDP) of Habib Davanloo and its subsequent development. The centrality of relationship in therapy is emphasised and the current state of the art and science described. Material from interviews with David Malan is presented, sharing some of his experiences, thoughts and insights over decades of clinical practice, research into and promotion of short-term dynamic therapies. The essential ingredients of experiential dynamic therapies are described, and the reader is orientated to the practice of EDT. Key characteristics of taking care of the real relationship, mirroring, history taking, and putting into perspective are also presented. In addition, high technical content, experiential-dynamic interventions, including defence re-structuring, emotional maieutics, anxiety regulation, dealing with the Super-ego, connecting corners of the Triangle of Others, and Self- and Other- Re-structuring are introduced and discussed. A coding system used throughout the clinical chapters to clarify the nature, and application, of therapist interventions is described. The conceptualization of 'character hologram' is explained in detail, and illustrated with clinical material.

Throughout the book, annotated extracts from real therapy sessions are presented to illustrate characteristics of EDTs in clinical practice and, wherever possible, follow-up is presented. The clinical chapters describe the application of experiential dynamic individual and group approaches within the UK National Health Service and Counselling Services, primarily, but also in other countries having similar public health services (Holland, Israel and Italy). The relevance of experiential dynamic approaches in providing case management and supervision, and in treating the more complex presentations of common mental health problems is discussed. A research chapter provides an overview of EDT-related research to date. It is argued that EDTs represent a promising integration of a number of therapeutic principles, and their place within current mental health policy in the National Health Service in the UK is outlined.

'This original and thoughtful book is distinctive in the way it emphasises that EDT is an over-arching term, embracing a number of therapeutic approaches. All of them, however, have a common conceptual core, which is outlined very clearly at the beginning. Ferruccio Osimo and Mark Stein, with a group of talented therapist colleagues (many working in the British NHS), have demonstrated how effective EDT can be with a range of patients in many settings. Impressively inclusive of a number of different techniques, each therapist gives a comprehensive, clear account of the methods that they are using, illustrating them with verbatim vignettes of actual therapies, all of which are touching stories in themselves. Additionally, the therapists explain as each therapy unfolds, why they made the interventions that they did, and do so in a refreshingly honest way that not only brings the whole process to life, but adds an important quality to the book as a whole.' – **David Malan**, DMFRC Psych, FRCPsych; IEDTA Emeritus President, Consultant Psychiatrist at the Tavistock Clinic, London (retired).

**Karnac Books, 2012, 462 pp, Pb 978-1-78049-063-2/£45.00**



## The Evolved Structure of Human Social Behaviour and Personality Psychoanalytic Insights

By **Ralf-Peter Behrendt**, who trained in psychiatry, specialising in psychoanalysis and neuropsychiatry, and now works as a consultant in old-age psychiatry

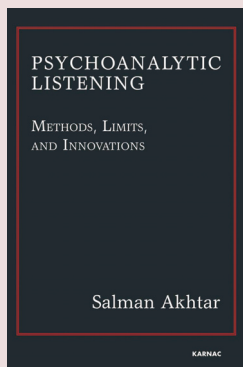
The book reviews psychoanalytic theory with the aim of developing a evolutionarily feasible model of social behaviour and personality that can help to bridge the gap between psychoanalysis and neuroscience.

In bringing together various psychoanalytic theories with aspects of ethology, sociology, and behaviourism, the book seeks to overcome the theoretical impasse faced by cognitive psychology and cognitive neuroscience in their endeavours to understand how the brain has evolved to organize complex social behaviour in humans. The book is of academic interest, addressing those working in behavioural sciences who want to gather what can be learned from the rich body of psychoanalytic theory for the sake of advancing the goal shared by all behavioural sciences: to elucidate the principles of regulation of social behaviour and personality and understand where and how we can find their neural underpinnings. It advocates that brain-social behaviour relationship can only be understood if we learn from and integrate psychoanalytic insights gained across the last century from clinical work by what are often considered to be rival schools of thought. The book should also be of interest to psychoanalysts looking for a systematic and integrative overview of psychoanalytic theories, an overview that reaches across ego psychology, object relations theory, attachment theory, self psychology, and Lacanian theory. The book is not, however, a critique of psychoanalytic theory or a review of its historical development; it emphasizes consistencies and compatibilities rather than differences between psychoanalytic schools of thought.

'This volume presents an original effort to construct a comprehensive developmental model of human personality and social behaviour, based on a combined neurobiological, evolutionary biological, psychodynamic, and social psychological perspective. In the process, psychoanalytic theory is employed as a basic, unifying set of theoretical propositions, and a wide spectrum of psychoanalytic proposals and clinical observations applied for this purpose. For the psychoanalytic reader, the juxtaposition of this broad body of psychoanalytic formulations may be surprising, and, at some points, puzzling, but always, given the scope of this project, stimulating and thought provoking.' – **Otto F. Kernberg**.

'In this deeply scholarly book, Ralf-Peter Behrendt breathes fresh life into the well-worked field of evolutionary psychology. Peppared with many memorable concepts ("phylogenetic ritualisation", "moral masochism"), his apparently effortless synthesis of philosophy, psychoanalytic theory, and emerging neuroscience is surely a worthy successor to Freud's Project for a Scientific Psychology.' – **Bill (KWM) Fulford**, Fellow of St Cross College and Member of the Philosophy Faculty, University of Oxford; Emeritus Professor of Philosophy and Mental Health, University of Warwick; and editor of *PPP – Philosophy, Psychiatry, and Psychology*.

**Karnac Books, 2012, 296 pp, Hb 978-1-78049-115-8/£45.00**



## Psychoanalytic Listening Methods, Limits, and Innovations

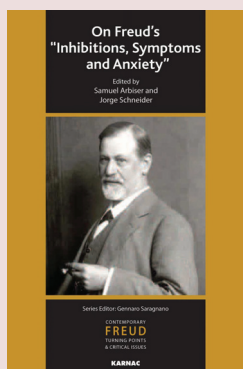
By **Salman Akhtar MD**, Professor of Psychiatry at Jefferson Medical College and a training and supervising analyst at the Psychoanalytic Center of Philadelphia

'Joseph Breuer's celebrated patient, Anna O., designated psychoanalysis to be a "talking cure". She was correct insofar as psychoanalysis does place verbal exchange at the centre stage. However, the focus upon the patient's and therapist's speaking activities diverted attention from how the two parties listen to each other. Psychoanalysis is a listening and talking cure. Both elements are integral to clinical work. Listening with no talking can only go so far. Talking without listening can mislead and harm. And yet, the listening end of the equation has received short shrift in analytic literature.

'This book aims to rectify this problem by focusing upon analytic listening. Taking Freud's early description of how an analyst ought to listen as its starting point, the book traverses considerable historical, theoretical, and clinical territory. The ground covered ranges from diverse methods of listening through the informative potential of the counter-transference to the outer limits of our customary attitude where psychoanalytic listening no longer helps and might even be contraindicated.'

– **Salman Akhtar**, from his Introduction.

**Karnac Books, 2012, 208 pp, Pb 978-1-78049-145-5/£22.99**



## On Freud's "Inhibitions, Symptoms and Anxiety"

*IPA – Contemporary Freud: Turning Points  
and Critical Issues Series*

Edited by **Samuel Arbiser MD**, Lecturer at the ApdeBA Mental Health University Institute (IUSAM); and **Jorge Schneider**, Training and Supervisory Analyst and Assistant Professor of Psychiatry

Besides constituting a fundamental milestone in contemporary Western thought, Sigmund Freud's monumental corpus of work laid the theoretical-technical foundations on which psychoanalysts based the construction and development of the comprehensive edifice in which they abide today. This edifice, so varied in tones, so heterogeneous, even contradictory at times, has stood strong because of these foundations. Indeed, this book attempts to show, through its various chapters written by psychoanalysts from different parts of the world and sustaining varied paradigms, this enriching heterogeneity coupled with the invisible thread which strings together the diversity lent to it by its Freudian foundations. One of the characteristics of the Freudian opus highlighted in this context is the fact that when we are able to study it in perspective, it is possible to glimpse a path of incessant improvement, where ideas and concepts are constantly reformulated and become more complex as clinical facts and methodological and epistemological resources call for it. *Inhibitions, Symptoms and Anxiety* is the irrefutable proof of this affirmation.

**Karnac Books, 2012, 288 pp, Pb 978-1-78049-097-7/£26.99**







PSYCHOANALYSIS AND POLITICS  
EXCLUSION AND THE POLITICS OF REPRESENTATION



Edited by  
LENE AUESTAD

KARNAC

## Psychoanalysis and Politics Exclusion and the Politics of Representation

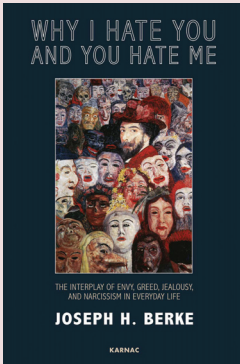
*Edited by Lene Auestad, Research Fellow in Philosophy at the University of Oslo*

The book poses the question of how psychoanalysis can be used to think about the invisible and subtle processes of power over symbolic representation, in the context of stereotyping and dehumanization: What forces govern the state of affairs that determine who is an 'I' and who is an 'it' in the public sphere?

Thinking in terms of 'containment', a communication which is denied a social space for expression can be said to be actively stripped of meaning. Through its original contribution of attending to, and interpreting material that so far had seemed meaningless, psychoanalysis demonstrates a capacity to reinstall meaning where none was before – but how are such acts performed on a social level?

When common responsibility is displaced onto a suitable class or group and its representatives, the end point is reached when the individual is objectified and the social aspects of the process are no longer recognized. His or her position becomes an illegitimate one from which to speak – the person's subjectivity is excluded. The book poses the question of how we can conceive of the 'how' and the 'why' of this phenomenon and of possible counter-actions.

**Karnac Books, 2012, 288 pp, Pb 978-1-78049-007-6/£23.99**



## Why I Hate You and You Hate Me The Interplay of Envy, Greed, Jealousy and Narcissism in Everyday Life

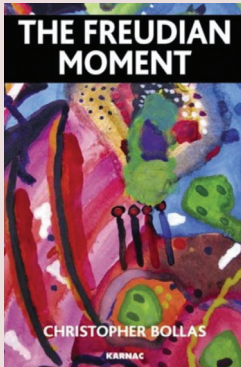
*By Joseph H. Berke, founder and director of the Arbours Crisis Centre, a pioneering psycho-social treatment facility in London*

'Man' himself is the source of the dark forces against which he is constantly struggling. The book shows how it is possible to transcend this basic malice by knowing how, what, why and when it arises. Envy, greed, jealousy and narcissism (the flip side of envy) are the essential components of the negative side of the self. Their positive counterparts are gratitude, generosity and compassion. Each element does not exist in isolation from the other. The interplay of these forces of hate and love create the underlying structure of our lives, which on a personal level is called 'character' and on the social level is called 'culture'. When malice predominates the result is murder and mayhem, vandalism and war. This encompasses the blind butchery of our environment and fellow creatures which permeates so many areas of the world, such as Libya, Ireland, Congo, Cambodia, or central London during recent demonstrations.

As always, love and hate, benevolence and malevolence are inexorably intertwined. The overall purpose of the book is to develop a detailed understanding of mankind's capacity for destruction, as well as for making good.

**Karnac Books, 2012, 272 pp, Pb 978-1-78049-032-8/£23.99**





## The Freudian Moment Second Edition

By **Christopher Bollas**, member of the British Psychoanalytical Society, the Los Angeles Institute and Society for Psychoanalytic Studies, and Honorary Member of the Institute for Psychoanalytic Training

This new edition includes a moving Preface by Andre Green, with a personal tribute to the work of Bollas and his long-standing friendship with the author.

Bollas eloquently argues for a return to our understanding of how Freudian psychoanalysis works unconscious-to-unconscious. Failure to follow Freud's basic assumptions about psychoanalytic listening has resulted in the abandonment of searching for the 'logic of sequence' which Freud regarded as the primary way we express unconscious thinking.

In two extensive interviews and follow-up essays we follow Christopher Bollas exploring his most recent and radical challenge to contemporary psychoanalysis. The Freudian Moment, Bollas argues, realizes a phylogenetic preconception that has existed for tens of thousands of years. The invention of psychoanalysis realizes this preconception and institutes a profound step forward in human relations.

With a new foreword by André Green.

**Karnac Books, 2013, 120 pp, Pb 978-1-78049-130-1/£14.99**



## The Girl who Committed Hara-Kiri and Other Clinical and Historical Essays

Edited by **Franco Borgogno**, Professor of Clinical Psychology at the University of Turin and Training and Supervising Psychoanalyst of the Italian Psychoanalytical Society

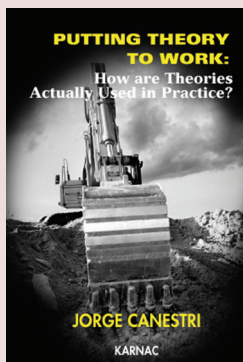
This book bears witness to the author's psychoanalytic journey from the years 1994/5 to the present, and as such is a completion and a continuation of his previous *Psychoanalysis as a Journey* (1999).

The book is divided into two parts: one clinical and the other theoretical. The two parts are connected to each other, since the concepts and authors on whom the second (theoretical-clinical) part are focused make up the 'tools of the trade' that the author utilises in the first part to describe his work with patients. In particular, Borgogno describes his work with 'M', who is the protagonist of many of these pages.

The first (clinical) part contains the text, more or less unmodified, of the analytic paper that the author presented fifteen years ago in order to be appointed a training and supervising analyst. The second (theoretical) part of the book groups together the subjects and mentors who have influenced his reflections throughout these years.

The author focuses, among others, on Freud, Ferenczi, and Winnicott, but also on Heimann, Bion, Alice Balint, Michael Balint, Enid Balint, and Little.

**Karnac Books, 2012, 480 pp, Pb 978-1-78049-077-9/£35.00**



## Putting Theory to Work How are Theories Actually Used in Practice?

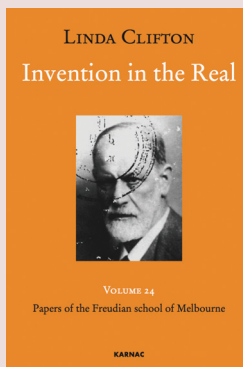
*Developments in Psychoanalysis Series*

*Edited by Jorge Canestri MD, psychiatrist, psychoanalyst, Training and Supervising Analyst for the Italian Psychoanalytical Association*

This book contains a continuation and expansion of the topics covered in the author's previous book, *Psychoanalysis: from Practice to Theory*, about the use of theories in analytic practice. As a member of the International Psychoanalytical Association (IPA) Conceptual Research Committee and Chair of the Working Party on Theoretical Issues, the author, who teaches at Nanterre University, has studied and taught on the subject for several years, as well as writing many articles on it. The book will be particularly useful for psychoanalytical and psychotherapeutic societies, as well as for research committees.

'There is no more important matter for a practising psychoanalyst to consider than his or her theory. We enact our theories whether we like it, or know it, or not. And there are few psychoanalysts outside this group assembled by Jorge Canestri more suitable for provoking our thoughts as to what we enact. This is a vital publication from one of the most important research groups in the field.' – **David Tuckett**, Training Analyst and Former Editor of the *International Journal of Psychoanalysis*, President European Psychoanalytic Federation (EPF), and Chair of the EPF Working Party on Comparative Clinical methods.

**Karnac Books, 2012, 224 pp, Pb 978-1-85575-587-1/£22.99**



## Invention in the Real Papers of the Freudian School of Melbourne, Volume 24

*Edited by Linda Clifton, a psychoanalyst and an Analyst of the School of Melbourne and current Editor of its Papers*

'This collection of papers is a perfect demonstration of the Freudian School of Melbourne's vitality. It seeks to prove the idea that Lacan posited at the end of his life: the reinvention of psychoanalysis by someone who has dedicated his life to it (as the title of the first chapter by David Pereira makes explicit). Consequently, these papers provide the most decisive Freudian and Lacanian outcomes (clearly distinguished), which are applied in a practice that takes account of the historical and social sphere in which they evolve. The universality of the few theoretical statements makes sense if and only if these statements are confronted with subjective and cultural particularities. These particularities are felicitously present throughout the book, giving it a character that might be sought in vain in other publications.' – **Guy Le Gaufey**, analyst in Paris, former member of the *École Freudienne de Paris*, co-founder of the first French Lacanian revue *Littoral*, and former director of the *École Lacanienne de Psychanalyse*.

**Karnac Books, 2012, 304 pp, Pb 978-1-85575-889-6/£24.99**



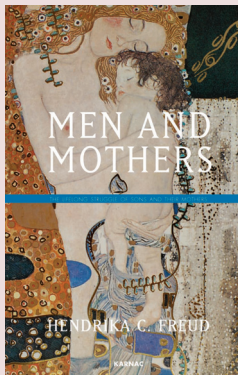
## Updating Midlife Psychoanalytic Perspectives (+ DVD)

*Edited by Alicia Mirta Ciancio de Montero, a clinical, training and supervising psychoanalyst, of the Argentine Psychoanalytic Association; Guillermo Julio Montero, a clinical, training and supervising psychoanalyst as well as a Magister in Psychoanalysis of the Argentine Psychoanalytic Association. & Liliana Singman de Vogelfanger, a clinical psychoanalyst and associate member of the Argentine Psychoanalytic Association*

Midlife is a concept used everywhere and from many different vertexes, though mostly imprecisely, even within the psychoanalytic paradigm. This book tries to settle its proper meaning through the challenge of laying the foundations for the development of a true psychoanalytic metapsychology for 'midlife', something that the editors believe was lacking in psychoanalysis. From this viewpoint, they invited fourteen renowned psychoanalysts to share their ideas about the issue. The outcome of that work is *Updating Midlife: Psychoanalytic Perspectives*, which, in addition to the various contributions, includes an introductory paper by the editors. This book is a true step forward in the development of a specific metapsychology for 'midlife'.

*The DVD is available in both PAL and NTSC formats. Please specify which format you require when placing your order. If no format is specified we will supply PAL format. Please note the Ebook version of this title does not include the DVD content.*

**Karnac Books, 2012, 192 pp, Pb 978-1-78049-085-4/£24.99**

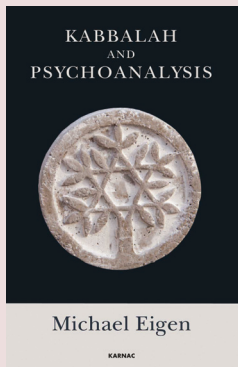


## Men and Mothers The Lifelong Struggle of Sons and Their Mothers

*By Hendrika C. Freud, teacher, supervisor and Training Analyst of the Dutch Psychoanalytic Society. Translated by Marjolijn de Jager*

Not all men vie with their fathers for the love of their mothers. In some families the mother becomes the central figure for her son – the father is excluded (or excludes himself) and does not come between mother and son. The main thesis of this book – using clinical vignettes and quotes from the work of Marcel Proust to illustrate the author's points – is that in these cases fantasies of matricide replace patricide. Men develop their male gender identity by being permitted to separate from their mother early on, but when a man does not resolve his infantile tie to his mother he risks remaining in a passive and/or dependent position towards her. Over-identification with the mother might ensue, hampering masculine development.

**Karnac Books, 2012, 256 pp, Pb 978-1-78049-076-2/£23.99**



## Kabbalah and Psychoanalysis

By **Michael Eigen**, bestselling author of *Toxic Nourishment and Contact with the Depths*

Wilfred Bion once said, 'I use the Kabbalah as a framework for psychoanalysis.' Both are preoccupied with catastrophe and faith, infinity and intensity of experience, shatter and growth of being that supports dimensions which sensitivity opens. Both are preoccupied with ontological implications of the Unknown and the importance of emotional life.

This work is a psychospiritual adventure touching the places Kabbalah and psychoanalysis give something to each other. Michael Eigen uses aspects of Bion, Winnicott, Akivah, Luria and Nachman (and many more) as colours on a palette to open realities for growth of experience.

Bion called faith 'the psychoanalytic attitude' and Eigen here explores creative, paradoxical, multi-dimensional aspects of faith.

Eigen previously wrote of psychoanalysis as a form of prayer in *The Psychoanalytic Mystic*. In *Kabbalah and Psychoanalysis* he writes of creative faith. Sessions as crucibles in which diverse currents of personality mix in new ways, alchemy or soul chemistry perhaps, or simply homage to our embryonic nature which responds to the breath of feeling moment to moment.

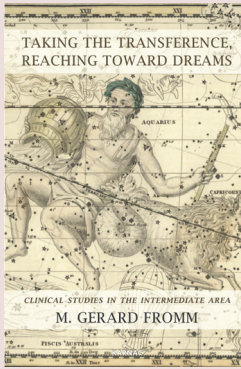
This book brings out ways that a sense of infinity interweaves with everyday life; at the same time it faces the destructiveness of life and human nature and attempts to work with it. Read these chapters and see where they take you. They are meant as personal support for your own inner work, touching nooks and crannies hungry for touch.

'Now that Bion's work is becoming more widely read and appreciated, growing interest has increasingly developed over his later work, which deals with mysticism. This new tack seems to represent a radical departure from his earlier, more conventionally scientific writings. The Hebrew Kabbalah was one of the principal mystical texts that captured Bion's rapt interest in his attempt to align psychoanalytic concepts with strikingly parallel revelations in mystical writings. Michael Eigen has done an important service in presenting, on the one hand, his highly articulate and readily comprehensible rendition of Bion's mystical venture into "Transformations in O", "Faith in O", and many other of Bion's associated ideas, and their correlations in the Kabbalah. The result is admirable. Eigen is no stranger to psychoanalysis nor to mysticism, and this beautiful work shows it. I was pleased with his ease of demystifying mysticism in Bion and in the Kabbalah. We learn that each body of work deals with different surges in our daily emotional lives. This is a must-read book.' – **James Grotstein**, author of *A Beam of Intense Darkness: Wilfred Bion's Legacy to Psychoanalysis and Kabbalistic Visions: C.G. Jung and Jewish Mysticism*

'Here we have an extraordinary book that dares to draw parallels and show similar lines of thinking between the foundations of Lurianic Kabbalah, the Hassidic teaching of the Baal Shem Tov and Rabbi Nachman from Bratslav and the most complex theories that psychoanalysis offers today: from Freud, Klein, Balint and Winnicott, to the depths of Bion.' – **Admiel Kosman**, Poet and Professor at University of Potsdam and Geiger College, Berlin

'Michael Eigen's Kabbalah and Psychoanalysis is a passionate journey into the world of the soul, one that lives, breathes and renews the Kabbalistic spirit for our time. Eigen brings the Jewish mystics into dialog with the theory and practice of psychoanalysis in a manner that resonates with and transforms the reader's own psyche and spirit.' – **Sanford Drob**, author of *Kabbalistic Visions: C.G. Jung and Jewish Mysticism*

**Karnac Books, 2012, 160 pp, Pb 978-1-78049-080-9/£16.99**



## Taking the Transference, Reaching Toward Dreams Clinical Studies in the Intermediate Area

*Edited by M. Gerard Fromm, Evelyn Stefansson Nef Director of the Erikson Institute for Education and Research at the Austen Riggs Center*

*"One of the aims of this game is to reach to the child's ease and so to his fantasy and so to his dreams." What a lovely description of an easy interplay between two people, leading to the communication of, even the creation of, inner life.*

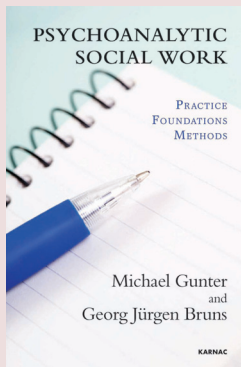
D.W. Winnicott was a theorist of the unnoticed obvious, as much in this statement about his squiggle game as in his recognition of the eternal phenomenon of transitional objects. But it is also a commonplace of clinical psychoanalytic practice that no sooner is inner life contacted, and a beginning link made to the external world, no sooner do both parties realize that the behavior that seemed so idiosyncratic actually has relational meaning, than something else happens: transference, and taking the transference becomes the new, vital and risky clinical problem.

This book reports on clinical work in, and at the boundaries of, the intermediate space between patient and therapist, perhaps the space between reaching toward dreams and taking the transference. Though the clinical work to be described here was influenced quite deeply by the writing of Winnicott primarily and then of Lacan, it is meant to stand for itself as the record of – and a set of stories about – one therapist's experiences and learning. The chapters that follow take up a range of clinical conditions (hopelessness, self-destructiveness, psychosis), clinical phenomena (regression, impasse, trauma), technical issues (interpretation, transference, free association) and related topics (dreams, creativity, the analytic setting). Most of this work took place at the Austen Riggs Center, a small psychiatric hospital in Stockbridge, Massachusetts, in which quite troubled patients are offered intensive psychoanalytic psychotherapy in a completely open and voluntary therapeutic community setting.

*'Gerard Fromm has worked most of his clinical lifetime at the Austen Riggs Center, and those of us who have been privileged to hear him present his work or discuss ideas have eagerly awaited this book. Fromm is, in my view, without equal in his integration of theories of psychoanalysis and clinical work; indeed, he takes his place alongside great American psychoanalysts such as Harold Searles, Bryce Boyer, and Peter Giovacchini, and thus renews a certain "voice" that is singularly American and deeply creative.'* – **Christopher Bollas**.

*'In this book, based on his decades of work at the prestigious Austen Riggs Center, Gerard Fromm illustrates technical concepts in the treatment of "difficult patients" and provides case reports. He is an excellent teacher. We learn from him how to examine and evaluate Donald Winnicott's fascinating observations and how to utilize them in a therapeutic setting. Above all, Fromm evolves as a role model for psychotherapists dealing with the most challenging of patients, as we read what he hears from them and how he responds. This book is a rare treasure.'* – **Vamik Volkan**, Emeritus Professor of Psychiatry, University of Virginia, Charlottesville, Virginia, and author of *Psychoanalytic Technique Expanded: A Textbook of Psychoanalytic Treatment*.

**Karnac Books, 2012, 240 pp, Pb 978-1-78049-056-4/£23.99**



## Psychoanalytic Social Work Practice – Foundations – Methods

By **Michael Gunter**, *Professor for Child and Adolescent Psychiatry and Medical Director in the Department of Psychiatry and Psychotherapy for Children and Adolescents at the University of Tübingen;* and **Georg Bruns**, *Professor of Medical Sociology at the University of Bremen*

This book represents the first systematic account of the theory and practice of psychoanalytical social work. For students and those entering the field of social work who are interested in psychoanalytical social work it offers an overview of the diverse fields of practice of psychoanalytical social work and combines this with a description of its history, relation to other areas of social work and relevant psychoanalytical theories.

The authors are convinced for this reason that both for students on degree courses and for social workers and social education workers in further training the book offers an important contribution and fills a gap in this field. Equally, it addresses practising social workers, social educationalists, psychiatrists or psychotherapists, offering comprehensive insight into this particular form of social work for those working in centres for counselling or early intervention or in social paediatrics.

**Karnac Books, 2012, 240 pp, Pb 978-1-78049-090-8/£23.99**



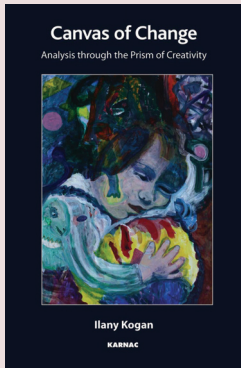
## Anatomy of Regret From Death Instinct to Reparation and Symbolization through Vivid Clinical Cases

By **Dr Susan Kavalier-Adler**, *a practicing clinical psychologist and psychoanalyst for over 35 years and Co-Founder, Executive Director, and Senior Faculty & Training Supervisor of the Object Relations Institute for Psychotherapy and Psychoanalysis*

*Anatomy of Regret* has a highly clinical focus, with cases that illustrate how critical psychic change can emerge from the mourning of the grief of 'psychic regret'. This book highlights the developmental achievement of owning the guilt of aggression, and of tolerating insight into the losses one had produced. The author uses the term 'psychic regret' to capture the essence of the process of facing regret consciously. This is in contrast to the split-off and persecutory dynamics of unconscious guilt.

*Anatomy of Regret* weaves the themes of psychoanalysis in its early days with those of current practice. It simultaneously offers vivid case examples, where theory becomes a retrospective way of organizing the progress in the clinical work, and in the lives of patients. Dr. Kavalier-Adler addresses both theoretical and clinical conundrums, as she offers the opportunity for readers to immerse themselves in the journey from internal emptiness to both internal and external richness.

**Karnac Books, 2012, 272 pp, Pb 978-1-78049-117-2/£23.99**



## Canvas of Change Analysis Through the Prism of Creativity

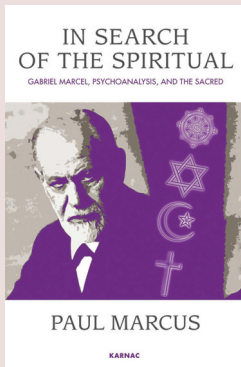
By **Ilany Kogan**, *Training Analyst at the Israel Psychoanalytic Society. For many years she has worked with Holocaust survivors' offspring*

This book presents a detailed account of two analytic case studies examined through the particular viewpoint of creativity. The first part of the book contains a review of the classical and contemporary literature on the source and function of creativity.

Creativity is then examined from the perspective of several analytic models: Freudian, Kleinian, and post-Kleinian. The second and third parts of the book present case illustrations that deal with the use of creative activity in analysis. The creative use of biblical stories in the case of David, or the use of paintings and poems in the case of Rachel, portrayed the inner reality of these patients. David's violent and incestuous biblical stories reflected his world of incestuous and destructive wishes towards his primary objects (and towards the therapist in the transference). Rachel's paintings and poems conveyed her unconscious conflicts, depressive fantasies and anxieties, stemming from her fusion with her mother who was a child Holocaust survivor.

Working through their relationships with their primary objects and their self-perception, as revealed by these creative activities in analysis, facilitated the patients' mourning.

**Karnac Books, 2012, 176 pp, Pb 978-1-78049-078-6/£19.99**



## In Search of the Spiritual Gabriel Marcel, Psychoanalysis and the Sacred

By **Paul Marcus Ph.D.**, *Supervising and Training Analyst at the National Psychological Association for Psychoanalysis*

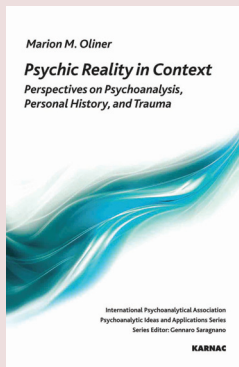
Gabriel Marcel (1889–1973), the first French existentialist and phenomenologist, was a world-class Catholic philosopher, an accomplished playwright, drama critic and musician. He wrote brilliantly about many of the classic existential themes associated with Sartre, Heidegger, Jaspers and Buber, prior to the publication of their main works.

Marcel regarded himself as a '*homo viator*' a spiritual wanderer: 'If man is essentially a voyager, it is because he is *en route*... towards an end which one can say at once and contradictorily that he sees and does not see.' As a self-described 'philosopher of the threshold' and 'an awakener', his stated goal was to shed some light on the nature of spiritual reality, those moments when one experiences an upsurge of the love of life.

In this book, Paul Marcus joins the best of Marcellian and psychoanalytic insights to help the reader develop an inner sensibility that is more receptive, responsive and responsible to the transforming sacred presences that grace everyday life, such as are experienced in selfless love, hoping beyond hope, and maintaining faith in the goodness of the world despite its harsh challenges.

**Karnac Books, 2012, 240 pp, Pb 978-1-78049-054-0/£23.99**





## Psychic Reality in Context Perspectives on Psychoanalysis, Personal History, and Trauma

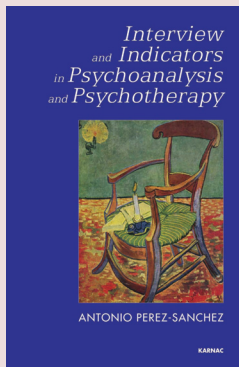
*IPA – Psychoanalytic Ideas and Applications Series*

By **Marion Michel Oliner**, member of the International Psychoanalytic Association and on the faculty of the New York Freudian Society

This book skilfully combines autobiographical stories with clear psychoanalytical theories. During her childhood, the author experienced the Holocaust and was left traumatised by it. It was her desire to confront this trauma that led her to psychoanalysis. For decades, the coherence of psychoanalysis seemed to be threatened by the conflicting thinking of many psychoanalytical colleagues about trauma and trauma affect, and also about the influence of external reality on the psychic reality discovered by Freud. However, Marion Oliner counters this potential conflict with her innovative theoretical integration, combined with remarkable conceptual outcomes and treatment techniques.

This book spans the author's work over the last fifteen years on the impact of external reality on psychic reality. During this period many analysts, especially in the English-speaking countries and Germany, where historic events loomed large in the lives of their patients, have turned from the exclusive emphasis on *psychic* reality to greater attention to the traumatic impact of external reality.

**Karnac Books, 2012, 192 pp, Pb 978-1-78049-126-4/£22.99**



## Interview and Indicators in Psychoanalysis and Psychotherapy

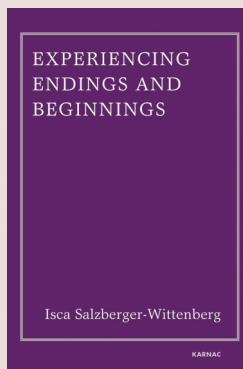
By **Antonio Perez-Sanchez**, training and supervisor of the Barcelona Institute of Psychoanalysis

The book deals with initial interviews in psychoanalysis and psychotherapy, suggesting the idea of special 'indicators'. These indicators relate to three main areas. Firstly, psychoanalytical understanding of initial interviews to evaluate the patient's suitability for a psychoanalytically based treatment, discussing the dynamics, aims and technique of the interview. Three areas to be explored in the interview are considered: psychopathological data, biographical data, and data arising from the interaction of the patient with the therapist in the interview itself.

Secondly, part of the book is devoted to the definition and description of what the author calls 'indicators' for the therapist to build a personality profile showing suitability for psychoanalytic treatment. The main theoretical bases of the book are Freud, Klein and Bion.

A third part deals with the controversial issue of the differentiation between psychoanalysis and psychoanalytic psychotherapy. The specificity of psychoanalysis is defined in comparison with psychotherapy. A specific psychoanalytic method and setting may be created as well as a specific psychotherapeutic method and setting.

**Karnac Books, 2012, 288 pp, Pb 978-1-78049-129-5/£24.99**



## Experiencing Endings and Beginnings

By **Isca Salzberger-Wittenberg**, *Consultant Psychoanalytic Child and Adult Psychotherapist, and former Vice-Chair at the Tavistock Clinic*

Throughout life we undergo many changes in our circumstances, beginnings and endings of relationships, gains and losses. The book highlights the emotional turmoil which, to a greater or lesser extent, accompanies these changes. It considers the nature of the anxieties aroused by a new situation and the ending of a previous state at various stages in life. Endings and beginnings are shown to be closely related, for every new situation entered into, more often than not, involves having to let go of some of the advantages of the previous one as well as losing what is familiar and facing fear of the unknown. The author shows how all these aspects of change evoke primitive anxieties, stemming from our earliest experiences of coming into this world. The book stresses the importance of examining the way these anxieties are dealt with by different individuals and those who look after them and what promotes or undermines mental, emotional, spiritual growth.

Karnac Books, 2012, 240 pp, Pb 978-1-78049-171-4/£23.99



## Freud's Lost Chord Discovering Jazz in the Resonant Psyche

By **Daniel Saper**, *who received his Ph.D., in Clinical Psychology from the Derner Institute of Advanced Psychological Studies at Adelphi University, and has a private, integrative psychotherapy practice in Long Island, New York*

'This is a timely and important book on the relationship of psychoanalysis and music. Its strength derives from Saper's command of both fields. Using psychoanalytic theorists such as Bion, Winnicott, Loewald, Meltzer, and Rycroft, Saper maps a rich concept of the unconscious as creative process. He then applies that concept to jazz, with special attention to the great work of Miles Davis and John Coltrane. Previous psychoanalytic studies of music have focussed on classical music. Saper makes out a brilliant case for jazz as the musical idiom that offers the richest possibilities for an art capable of exploring the dynamics of the unconscious. The book shimmers with fresh insights, both into psychoanalysis and into music.' – **Walter A. Davis**, Professor Emeritus in the Department of English at Ohio State University.

'A wonderful exploration of the interface and intermingling of music and psychoanalysis. Saper, a therapist-musician, brings out what music can do for psychoanalysis, not just what psychoanalysis can say about music. Music informs psychoanalysis, plays a role in rhythms of resonance and response, and much more.' – **Michael Eigen**, Training Analyst with the National Psychological Association for Psychoanalysis (USA); Associate Professor of Psychology, New York University.

'I am dazzled by how well Saper articulates the subtleties of the analytic process and its purposes, and into the nature, technical aspects, and multidimensional dynamics of improvisational music and their relevance to the question of emergent consciousness.' – **Lee Underwood**, Musician and author.

Harris Meltzer Trust, 2012, 256 pp, Pb 978-1-78049-012-0/£23.99





# If You Can't Trust Your Mother, Whom Can You Trust?

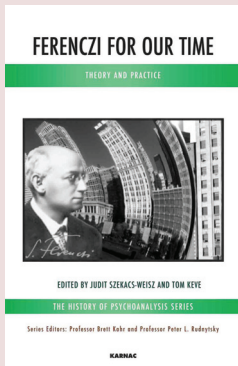
## Soul Murder, Psychoanalysis and Creativity

By **Leonard Shengold**, *Training Analyst and former Director of the Institute for Psychoanalytic Education, in private practice as a psychiatrist in New York City*

This new title, from a distinguished psychoanalyst, will inspire both those in the psychoanalytic field, and the general reader.

The main theme of this book concerns the continuing psychic centrality of parents for their children. Several chapters examine an author and his works, outlining that author's relationships with parents, good-and-bad, and making descriptive comments about these based both on information gleaned from the author's life and writings as well as from observations found in autobiographies, biographies and critical works. Since these studies in part concern stories of child abuse and deprivation, the book predominantly illustrates bad parenting that seems to have contributed to the child's psychopathology. Yet in most cases there has also been an evocation by the trauma and deprivation of adaptive and even creative reactions – this positive effect also of course largely attributable to concomitant good parenting – and yet there are some cases where little of this seems to have existed and yet the children still turn out to be able to make something of themselves.

**Karnac Books, 2012, 384 pp, Pb 978-1-78049-109-7/£29.99**



# Ferenczi for our Time Theory and Practice

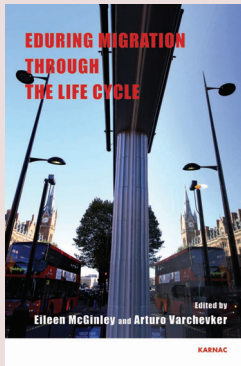
## *History of Psychoanalysis Series*

Edited by **Judit Szekacs-Weisz Ph.D.**, *Training Analyst of the Hungarian Psychoanalytical Society*; and **Tom Keve**, *scientist and Fellow of the Institute of Physics*

*Ferenczi for Our Time* presents contributions from British, French, American and Hungarian analysts of the second, third and even fourth generation, who deal with different dimensions of experiencing the external and internal world. These papers explore linkages between Ferenczi and

the works of Winnicott, Klein, Alice, Michael and Enid Balint, the British Independents, as well as French analytical thought related to Dolto and beyond. The reader will also become acquainted with original documents of a revived Hungarian psychoanalytical world and new voices of Budapest. 'The Balints' chapter invites the reader to listen to colleagues sharing memories, recollections and images – allowing a personal glimpse into the life and professional-human environment of these extraordinary personalities. The topics discussed here are wide-ranging: possibilities and impossibilities of elaborating social and individual traumata, child analysis and development, body-and-mind and clinical aspects of working with psychosomatic diseases. Functions and dysfunctions of societal and individual memory are explored as signifying 'blinded' spots in our vision of external and psychic reality as well as the vicissitudes of generational transmission of trauma.

**Karnac Books, 2012, 224 pp, Pb 978-1-78049-040-3/£22.99**

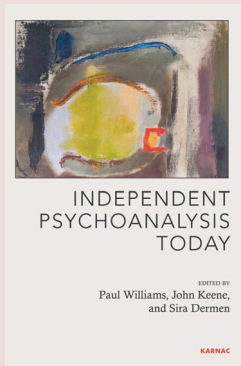


## Enduring Migration through the Life Cycle

Edited by **Arturo Varchevker**, a Fellow of the British Psychoanalytical Society; and **Eileen McGinley**, Member of the British Psychoanalytical Society and psychoanalyst in private practice

Migration in the last decades resulted in major conflicts in all aspects of society. This book addresses the psychological response to migration and explores the emotional response to both, the change of habitat and changes in life cycle. Quite often the migrant idealizes the new habitat and the country of origin is devalued and sometimes there is a swing in the opposite direction. Although other psychoanalytical concepts describe the emotional reactions and enduring pathological problems, 'Migrations' provide a wider and deeper understanding towards the capacity and possibilities of adaptation to a new situation. The chapters are structured according to the Life Cycle and in addition we have included chapters where the authors address socio-cultural issues. Freud and post-Freudian theories are further developed of our understanding of the function of the mind. The reader will become aware of the importance of internal migration. The exploration of the migration phenomenon enables a deeper and wider view of the emotional vicissitudes activated by significant moves or geographical changes or developmental changes. Migration highlights the sense of identity, psychic development and creativity. Psychoanalysis contributes to a deeper exploration of the mental functioning of migrants and internal migration and this has improved the therapeutic possibilities of helping individuals, couples and families.

Karnac Books, 2012, 288 pp, Pb 978-1-85575-782-0/£24.99



## Independent Psychoanalysis Today

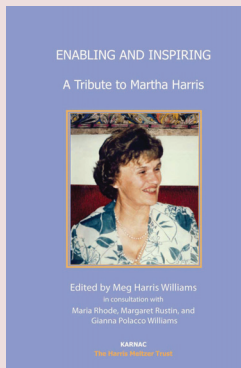
Edited by **Paul Williams, John Keene & Sira Dermen**, Training and Supervising Analysts of the British Psychoanalytical Society

*Independent Psychoanalysis Today* is a book that shows how contemporary Independent psychoanalysts think and work. There are three themes to the book: Independent thinking including the theory of technique; exploration of clinical concepts and demonstrations of ways of working by some of the most prominent Independent clinicians practising today; finally, the evolution and enduring impact of Independent ideas and the influence of past Independents on present ways of working.

'[T]he superb papers in this volume reflect the cutting edge of British thinking. I would highly recommend it to analysts throughout the world who seek an understanding of the current status of the Independent tradition. It will also serve as a stimulating teaching text for students.' – **Glen O. Gabbard**, former Joint Editor-in-Chief, *International Journal of Psychoanalysis*.

'[A]dds a new, stimulating chapter to the fascinating story of Independent psychoanalysis: a very particular phenomenon in the landscape of the psychoanalytic adventure, where love of and closeness to tradition and freedom of innovative investigation are creatively intertwined.' – **Stefano Bolognini**, President of the Italian Psychoanalytic Society.

Karnac Books, 2012, 464 pp, Pb 978-1-85575-737-0/£29.99

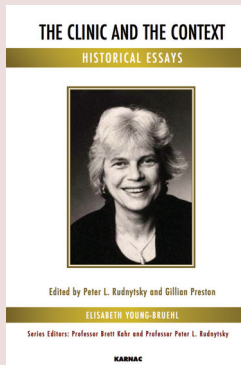


## Enabling and Inspiring A Tribute to Martha Harris

*Edited by Meg Harris Williams, writer, artist and teacher at the Tavistock Centre; in consultation with Maria Rhode, Professor of Child Psychotherapy; Margaret Rustin, Head of Child Psychotherapy at the Tavistock Clinic; and Gianna Williams, founder of the Eating Disorders Workshop at the Tavistock Clinic*

Martha Harris (1919–1987) was one of the most influential and also one of the most loved psychoanalysts of the generation that trained with Melanie Klein. She also worked with Wilfred Bion, and wrote many books and papers on psychoanalytic training and child development. Her colleague James Gammill cites Mrs Klein as saying: 'She is one of the best people I have ever known for the psychoanalysis of children... and she has a mind of her own.' Harris was responsible for the child psychotherapy training at the Tavistock Clinic from 1960 onwards, developing laterally the method founded on infant observation that had been put in place by Esther Bick. She established cross-clinic work discussion groups, a pioneering schools counselling course (in collaboration with her husband Roland Harris), and individual work with disturbed children in the school environment.

**Harris Meltzer Trust, 2012, 368 pp, Pb 978-1-78049-106-6/£29.99**



## The Clinic and the Context Historical Essays

*History of Psychoanalysis Series*

*By Elisabeth Young-Buehl. The author was a faculty member at the Columbia Center for Psychoanalytic Training and Research, and a practising psychoanalyst in Manhattan*

This book comprises a collection of the distinguished psychoanalyst Elisabeth Young-Buehl's papers, ranging from 'Psychoanalysis and Social Democracy', 'Civilization and its Dream of Contentment', 'Reflections on Women and Psychoanalysis' and 'Psychobiography and Character Study'.

'Like her precursors and teachers, Hannah Arendt and Anna Freud, in these papers, EYB enhances her legacy as a consummate teacher in both academic and psychoanalytic settings. She take us on a comprehensive intellectual journey, a journey meant to educate us in the potential for human self-realization and community by confronting the obstacles to self-recognition and progressive political action in their myriad forms. For her, the clinic was the place where we live, and the context the pressure of history, our human condition.' – **Murray M. Schwartz**, from the Foreword.

**Karnac Books, 2012, 256 pp, Pb 978-1-85575-894-0/£23.99**



# Attachment New Directions in Psychotherapy and Relational Psychoanalysis

*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.*



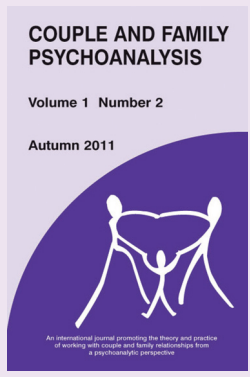
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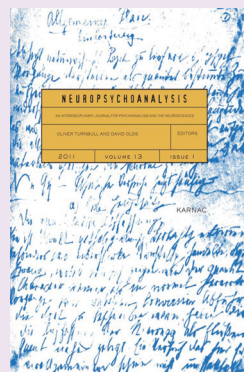
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in New York City and an adjunct associate professor in the School of Silver School of Social Work, New York University.

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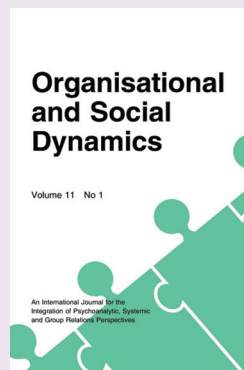
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