

MARCH 2007

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FOOD FOR THOUGHT: Frights of Passage

LIKE MOST MEN, at some point in their lives, I once attempted to grow a beard. Just as there is a language of flowers, so there is a language of beards. The Spada, the Van Dyke, the Goatee, and the Norseman's Chin-strap all speak of their bearers' aspirations - the desire to re-create the Self, perhaps, or just disguise the social stigma of a 'weak' chin.

In my case, when the time came to hirsutely go forth, it was merely because I had grown tired of shaving. Which is not to say that I did not entertain hopes. I had in mind a beard not unlike the one sported by Freud in his forties: A quietly luxuriant affair that would add gravitas to my otherwise unexceptional and somewhat moony physiognomy.

O Cruel World! After months of enduring 'designer stubble' (at a time when it was neither pleasurable nor profitable) what finally emerged was a patchy, parti-coloured thing, of such wispieness that it was apt to disappear in strong sunlight. If I had smeared my chin with treacle and dipped it in a bowl of watch springs I could have saved myself much time and grief.

It was a joy and an experience to shave the wretched business off. Firstly, because of the stranger it revealed in the bathroom mirror: a lean and slightly sinister changeling got up in my duds. And secondly, for the absurd comments which my debarbing drew from friends and acquaintances. "Are you OK? You look a bit pale" - "New haircut?" - "You've lost weight, old boy" - etc.,etc.

The best response, however, came from my girlfriend of the day. Four hours or so after I had razored off my facial fungus, she suddenly gawped and said "What happened to your beard?".

Think about it. Just how many things can 'happen' to a beard? On impulse I told her it had been stolen, while I was held at knife-point, by a gang of rogue wig-makers. A mugging in the truest sense of the word.

She thought it over for a while, and then declaimed: "That must have been really hairy".

"Not so," I replied. "Just a bit of a close shiv".

MALCOLM'S TOP TEN

1. 'False Self: The Life of Masud Khan' by Linda Hopkins (Cat. No. 16270, £24.50, Other Press)
2. 'The Analysand's Tale' by Robert Morley (Cat. No. 24511, £19.99, Karnac)
3. 'Innovations in the Reflecting Process' edited by Harlene Anderson & Per Jensen (Cat. No. 24833, £19.99, Karnac)
4. 'Supervision in the Helping Professions: Third Edition' by Peter Hawkins & Robin Shohet (Cat. No. 25337, £23.99, Open University Press)
5. 'Spirit, Mind, and Brain: A Psychoanalytic Examination of Spirituality and Religion' by Mortimer Ostow (Cat. No. 24583, £19.00, Columbia University Press)
6. 'Feeling Matters' by Michael Eigen (Cat. No. 23328, £19.99, Karnac)
7. 'Coaching, Mentoring and Organisational Consultancy: Polishing the Professional Mirror' by Peter Hawkins & Nick Smith (Cat. No. 25329, £23.99, Open University Press)
8. 'Attachment from Infancy to Adulthood: The Major Longitudinal Studies' edited by Klaus E. Grossmann et al (Cat. No. 25120, £17.99, Guilford Press)
9. 'Mentalization-based Treatment for Borderline Personality Disorder: A Practical Guide' by Anthony Bateman & Peter Fonagy (Cat. No. 24525, £19.99, Oxford University Press)
10. 'Lectures on Violence, Perversion and Delinquency' edited by David Morgan & Stanley Ruszczynski (Cat. No. 23330, £19.99, Karnac)



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ISSUE 1/2007 - MARCH 2007

Guest Editor's Message

Dear Readers,

Welcome to the first Karnac Review issue of 2007.

At Karnac we pride ourselves on our customer service. We have received lots of comments from customers so far this year, ranging from the very good - "your customer service is excellent!!! Thank you very much, a satisfied customer" - to the very bad - "how could [you] have screwed up so royally?". Fortunately we receive many more comments like the former but I have included the latter to show that all comments are treated as equally important and help us maintain our high level of service. If you tell us what we are doing well we will continue to do it well and if you tell us what we are doing badly we will try our utmost to improve so that we do it well the next time. As the Editor wrote in the last issue of the Review, we rely on each and every one of our customers and we hope you will continue to let us know how we are doing.

This issue features our usual array of new titles, all available at a discount to Review readers for a limited time online and in our two shops in London. The many and varied articles in this issue include Robert Morley on psychotherapy from the viewpoint of the analysand, a brief history of the Portman Clinic and its work by Stan Ruzsyczynski, and an interesting Karnac Forum piece by Valentine Davies on new communication technology and its impact on (the life and) work of the therapist. We hope all our readers will find something of interest in the selection and we thank all the authors for their contributions.

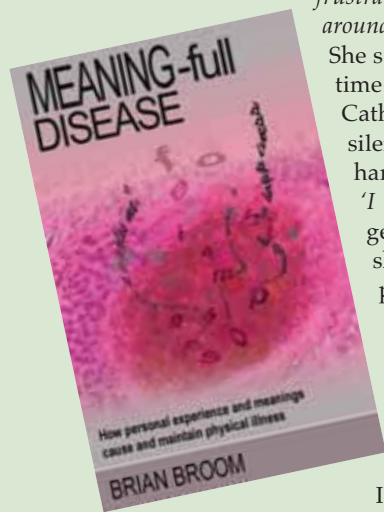
Alex Massey
Sales Director

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HEALTHCARE in the developed world is dualistic, reductionistic, nonholistic, cripplingly expensive, and promises answers for many physical diseases, which it is very unlikely to deliver on because it ignores non-physical elements crucial to the very existence of these disorders. It needs reformation, part of which must be the emergence of a genuine 'mindbody' orientation. A 'story' offers the briefest entry to what I mean by this.

Z. was referred to me having suffered eight-twelve mouth ulcers continuously for five years. There was no satisfactory medical explanation or treatment. I asked her my 'smorgasbord' question: 'What was the most interesting, memorable, significant, troublesome, problematic, difficult, stressful, worrisome, frustrating, or hard thing that happened around the time this problem started?'



She said the ulcers began around that time her daughter left the Roman Catholic Church. After a moment's silence I asked her what was the hardest thing about that? She said: 'I can't talk to her about it.' I suggested she talk with her daughter; she did so, and the ulcers disappeared. This woman, and many others with chronic diseases poorly responsive to biomedical treatments, do not need a special 'psychosomatic' clinic, but, rather, a clinician with a 'mindbody' orientation.

I do not work in a designated 'psychosomatic' clinic. I am an internist in Allergy and Clinical Immunology, and I am a psychotherapist. Patients are referred to me as an internist. I listen as an orthodox physician and as a psychotherapist. Repeatedly I uncover subjective elements that predispose to, precipitate, and perpetuate physical illness. I commonly offer 'mindbody'-oriented psychotherapy, and, very frequently, people with chronic illnesses unresponsive to conventional medical treatments get well against the run of their illnesses. I got overloaded in the early 1990s, so I referred patients out to skilful psychotherapists and found that patients often did not do as well as I anticipated. The problem seemed to be that the psychotherapists distanced themselves from the patients' physicality: they often would not respond to patient talk about physical symptoms; most did not feel entitled to discuss bodily issues; typically they suggested that patients discuss physical symptoms with their doctors, effectively silencing any psychosocial exploration of symptoms.

I solved the problem by forming mindbody psychotherapy supervision groups, which enabled two emphases: the first was nurturance of an effective 'mindbody' orientation in these therapists; the second was 'holding' the therapists medically. With this way of working, patients with mindbody problems seemed to do well. I have continued this model now for twelve years, and I refer all patients needing a mindbody approach to therapists within such groups.

There are many clinicians who subscribe *in principle* to a 'mindbody' orientation, yet, when faced with a clinical opportunity are unable to respond adequately. The question becomes whether a useful 'mindbody' orientation can be performed in ordinary clinical practice, and not merely in specialist clinics.

The problems are clearly both paradigmatic and practical. We have THE 'mind/body problem' in the conceptual realms of philosophy and neuroscience, and we have clinicians struggling with the mind and body aspects of patient realities in ordinary day-to-day work. This latter *clinical* problem is rooted partly in the former, with its assumption of dualistic division of subjectivity and physicality. The vast majority of us (psychotherapists and doctors) dualistically divide persons, and in the hurly-burly of clinical practice we express this dualism in a clinical reductionism, preoccupying ourselves with either mind or body, effectively rendering one or the other 'invisible.'

When challenged on this, clinicians typically defend themselves on a variety of grounds. Some stand strong in a dualistic scepticism regarding the relevance of mind or body to their respective disciplines. Others protest a lack of skills in one territory or the other: the 'scope of practice' defence. Yet others, constrained by time, perceived priorities, sensitivity to power structures and systems, and by 'ethical' obligations to confine themselves to that which they have been trained in, will protest that a more holistic approach to the patient is impractical. Others simply take the opportunities granted those willing to conform to the dualistic and reductionist structures of power and reward within medical and psychotherapeutic culture, and frequently profess no idea as to what we are talking about. Thus, an unbiased observer might conclude that the mindbody clinical problem is really about doctors and therapists, their favourite models, their institutional structures, and where the power lies, rather than the needs of patients.

It is not enough to proclaim the need for a 'mindbody' orientation. What matters is whether clinicians can maintain 'mindbody' approaches in the cauldron of the clinical session. Achieving an ability to respond to the person as an integrated 'mindbody' in the same clinical time/space is a huge challenge for most doctors and psychotherapists. One-off work-shops, and inspiring conferences are not usually enough. But with ongoing 'mindbody' supervision, clinicians slowly achieve the requisite attitudes and skills.

Facing the wider question as to how we can generalise a mindbody approach in ordinary clinicians throughout New Zealand, we have done two things. The first is to develop a biennial, multidisciplinary, national MindBody Conference. This is proving a crucial gathering 'place' for the many New Zealand clinicians who are attempting to be more integrative in practice. The second is the development of a post-graduate multidisciplinary MindBody Healthcare training programme at the Auckland University of Technology. The students are experienced clinicians, from medical, allied health, and psychotherapy traditions, and they wrestle together with what it means to translate 'mindbody' theory and skills into very diverse practices. Recently the group focused upon the question 'What characterises the mindbody attitude?' From this discussion I have composed an outline of what is entailed in the 'MindBody Orientation':

Amongst clinicians there will be variations in emphasis, and disagreement regarding the nature of certain categories, but by using the term 'mindbody' we include many dimensions of being, and diverse influences, commonly captured in terms such as mind, body, soul, spirit, consciousness, relationship, family, community, culture, and ecology.

The 'mindbody' orientation suggests a unitary view of persons, and a rich unitary view of the world, with each dimension of the

whole being represented in other elements through systemic connectivity. For the professional or clinician, this is a 'spacious' place to stand with the sufferer who is seeking help.

'Mindbody' healthcare rests on a conviction that a concern for, an orientation to, the 'whole' and multiple dimensions is crucial to providing an optimal healing environment.

A 'mindbody' clinician is open to multiple dimensions of being, and is disinclined to any automatic privileging of one dimension or another, whilst recognising that there may be practical and good therapeutic reasons from one clinical situation to another why a certain dimension may be privileged. Thus, the 'mindbody' orientation resists excessive or dominant dualism and doctrinaire reductionism. Oneness and separateness are held in tension.

Professional openness to the 'whole' is characterised by a variety of attitudes: Because reality (and the person) is multidimensional, there is a deep respect for complexity, and a sense of mystery rather than mastery, and this deep respect characterises clinical action and behaviour.

The professional knows that the 'part' reveals the 'whole,' and thus can be confidently curious about what this or that expression of a dimension of being may be 'saying,' and 'saying' about the whole.

The 'mindbody' professional has a comfortable relationship with multiple dimensions of being in the same time/space, and is able to focus on one dimension (e.g. the body) one moment and another dimension (e.g. the mind) the next, all the time holding a sense of unity for the sufferer. In this sense the professional is always integrating the dimensions, and is 'aperspectival' in the sense of refusing to disconnect from one dimension or another.

The 'mindbody' orientation acknowledges that it is not finally possible to come to the world (and to patients and clients) without prior experience, and without theory, but retains a respect for the rich complexity and mystery of being. There is a recognition that theory always tends to reductionism, and to combat this the professional is determinedly grounded in the patient/client's data or phenomenology, in a desire to see 'what is' rather than too quickly impose the professional's own patterns (theories) on the phenomenology. This is not to deny experience, wisdom, expertise, or simple practicality—but there is a humility of always being in discovery mode around the richness of being.

Such discovery is achieved within a professional framework of generous, kind, balanced, energetic, meaningful, determined,

loving relationship, which is both warmly holding and intimately confrontational.

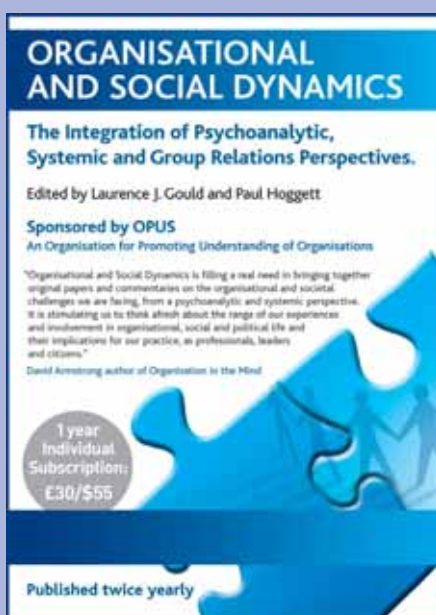
For most clinicians, developing a clinically useful 'mindbody' orientation is a huge challenge. Most cannot achieve it unsupported. Workshops and conferences raise clinician self-expectations, often followed by a sense of disempowerment on the return to the clinical space where it all seems too hard.

But clinicians can achieve 'mindbody' clinical competence over time, if exposed to on-going paradigmatic re-education and supportive supervision, and introduced to the enormous satisfactions of therapies that are more holistic. Our medical schools, psychology faculties, and psychotherapy traditions train clinicians towards 'mindbody' dualism and reductionism. The only thing likely to change that is research evidence that the 'mindbody' orientation produces better clinical results, and health funders see that it saves money.

It may seem utopian to imagine that Western healthcare will develop a 'mindbody' orientation. 'Mindbody' illness is a massive problem, and biomedical approaches are failing many patients. Informed commentators predict that current dualistic, reductionistic approaches are economically untenable. Mindbody approaches do work, and clinicians of all kinds can be trained to be 'mindbody'-skilled in ordinary clinical practice. We need more exemplary clinics producing research evidence that 'mindbody' approaches are of value in many costly chronic diseases poorly responsive to biomedical treatments or traditional psychosomatic approaches. A key new factor may be the crisis in healthcare funding. Once value is shown healthcare funders will be interested, the direction of funding should change, and then we should see a wider 'me-too' adoption of the 'mindbody orientation'.

BRIAN BROOM leads the post-graduate programme in MindBody Healthcare at the Auckland University of Technology, Auckland, New Zealand His other book is "Somatic Illness and the Patient's Other Story". "A Practical Integrative Mind/Body Approach to Disease for Doctors and Psychotherapists" (Free AssociationBooks, 1997. He works as consultant physician, psychotherapist, and mindbody specialist, at the Arahura Health Centre, Christchurch, New Zealand.

MEANING-FULL DISEASE by Brian Broom (213 pages, Cat. No. 25029) is available at £19.99



SUPPOSE we had only patients' and analysands' accounts as source material to tell us about their therapy and treatment. What would it tell us, and how different would our understanding of the therapeutic effectiveness of psychotherapy be? To help the exploration of these questions, in this book I have gathered together a number of published accounts written by *patients* about their experiences with analysts and therapists during the past 100 years. They include some stories by patients of both Freud and Jung, as well as with other eminent and not so well known therapists. Issues raised in any discussions of patients' accounts is not only about how truthful and authentic they might be, but also that they are not corroborated. The issue of corroboration is easily

dealt with since the analyst's or therapist's account is also uncorroborated, and cannot be either independently attested or replicated. So far as their truthfulness is concerned a study by Ward and his collaborators in 1997 displayed how flimsy was the claim for the truthfulness of professional case studies. So why are the patients' stories so suspected?

I believe that it is because the therapists think of themselves as being in possession of esoteric knowledge only understood by cognoscenti, and unavailable to the general public. This was certainly

true of Eissler who objected on

exactly those grounds to the publication of Obholzer's conversations with the Wolf-Man until after the Wolf-Man had died. Of the stories in this collection very few were written by completely uninitiated, lay patients, and a larger number have been written by those in training to become analysts or therapists. The latter can hardly be accused of being unacquainted with ideas and practice. What is striking is that the stories written by professionals as patients are quite unlike those they might write in their professional roles.

One important similarity between the professionals writing *qua* patients and the lay patients is that both attest to what I have called a 'discordant agenda' between themselves and their analysts. What I mean is that as patients, in almost every case, they protest about the analyst's attempts to fit them into theoretical explanations and interpretations which they find alien.

This is true of both professional and lay analysands. The discordant agendas of analyst and analysand give rise to resistances which are different from those which arise from the unconscious as the proper subject of interpretations which do not produce a sense of not being heard, even if they are theoretically driven. These discordant agendas may give rise to resentment, and sometimes to withdrawal from treatment. Winnicott was very aware of this problem. In a letter to Melanie Klein (November 1952) he wrote "I personally think that it is very important that your own work should be restated by people discovering their own way and presenting what they have discovered in their own language." (Newman 1995). Winnicott is also alleged to have said, although I have not been able to verify it in his writing, that theories were for the therapist and not for the patient. They give the therapist a sense of security while s/he listens to the patient with a

mind as open as possible, making sure that s/he (the therapist) remains awake and alert.

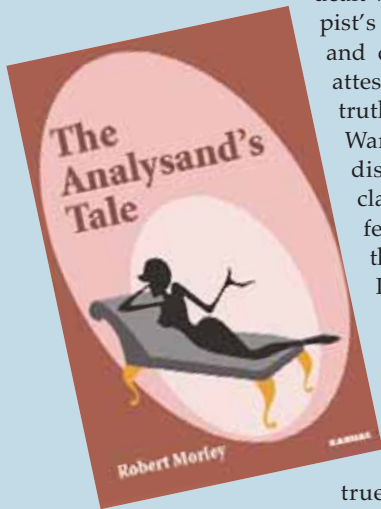
So can these analysands' accounts be taken as a true report of the events in their sessions? Whether their writers are professionally sophisticated or not, I believe these stories have a ring of truth. Some of the events related here are so startling as to be unlikely to have been manufactured. For example, the account by H.D. of the occasion when Freud's consulting room, where he always kept a dog, was invaded by Anna's dog, and a fight between them ensued, while Freud, Anna and a maid-servant struggled to separate them. After order was restored apparently no mention of the incident was ever made again. Similarly, in the only published story by one of Jung's patients, a woman who kept shorthand notes made during her sessions, there are accounts of many extra-curricular meetings and social events between the patient and her two simultaneous analysts, Jung and Toni Wolff. Jung and Wolff even attended the wedding of the patient's daughter. There were also discussions during her sessions with Jung of the idiosyncrasies of Wolff's psycho-logy.

In some of other analysands' accounts there are interruptions by external events, such as Anna Freud's request to her patient, Couch, to investigate a fire that had started in the Anna Freud Centre, on the other side of the road. In Blanton's case, Freud on more than one occasion, used part of his session to see Mrs Blanton (a fact attested by Mrs Blanton herself), but apparently the implications of this for Blanton were never explored with him in the remainder of the sessions. For Jeffrey Masson there were many gross examples not only of bad practice, but also of abuse. On the other hand Marie Cardinal's account of her interaction with her almost silent analyst seems to me to be one of the most persuasive and beautiful accounts of a therapy, leading, not without difficulty, to a most satisfactory outcome.

Perhaps the most striking difference between these analysands' accounts, and what therapists write in their case notes and published papers about therapy is the conspicuous absence, or the marginality, of theoretical and conceptual issues in the patients' own stories. It may be that the professional material is written with a different intention. The actual events reported are intended to show how they illustrate, and perhaps give evidence for, the truth of the theories. This was almost certainly true of Freud's famous paper about the Wolf-Man, which he said was addressed only to those already convinced about the concepts, demonstrating their effectiveness as therapy. The stories in this book may give rise to discussion about what is effective in therapy aside from the concepts used. It is evident that where the patients did not feel abused in the process, despite any criticisms they may have had of the interpretations of the therapist, they were not only respectful of them but frequently felt very warmly about them. That was another common theme. I wonder if the important element of all therapy may be that feeling of being attached to a warm and caring individual, irrespective of the theories and actual practices that the therapist espoused. This may be the reason why all psychological treatments, whatever their theoretical foundations, have much the same degree of success.

ROBERT MORLEY is a couple and individual therapist. He has been Director of The Family Welfare Association until he retired. He now works in private practice with couples.

THE ANALYSAND'S TALE by Robert Morley (303 pages, Cat. No. 24511) is available at £19.99



The Bi-sexuality of Daniel Defoe:



A Psychoanalytic Survey of the Man and His Works

Abse, Leo.
Catalogue No. 23329
Karnac
Price: £19.99

Leo Abse deploys his forensic skills as a distinguished criminal lawyer and reforming parliamentarian to present an intriguing and novel Freudian overview of all Defoe's major works. Weaving the anecdotal and the personal with profound revelatory explorations of the psychodynamics and psychopathology of Defoe, his conclusions, strikingly relevant to today's political dilemmas, will precipitate debate in university English departments, startle many literary critics and be of absorbing interest to psychoanalysts, psychotherapists, criminologists and all working in the field of mental health.

Lacanian Ink 27: The Names-of-the-Father



Ayerza, Josefin (Ed).
Catalogue No. 25091
Lacanian Ink
Price: £13.99

Issue contents: Josefina Ayerza: 'To resume again...'; Jacques-Alain Miller: 'Introduction to Reading Jacques Lacan's Seminar on Anxiety (II)'; Jacques-Alain Miller: 'The Names-of-the-Father'; Alain Badiou: 'The Formulas of L'«tourdit»; Mehdi Belhaj Kacem: 'On Giorgio Agamben's Profanations'; Slavoj Zizek: 'The Fundamental Perversion'; Slavoj Zizek 'Lacan as Reader of Hegel'; Robert Gober '1978-2000'; Cathy Lebowitz interviews Josefina Ayerza: 'Catherine Opie'.

Recovery of the Lost Good Object

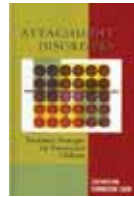


Brenman, Eric.
Catalogue No. 24430
Routledge
Price: £20.99

"Recovery of the Lost Good Object" brings together the hugely influential papers and seminars of Eric Brenman, revealing his impact on the development of psychoanalysis and

allowing a better understanding of his distinctive voice amongst post-Kleinian analysts. Gathered together for the first time in one volume, Eric Brenman's papers give the reader a unique insight into the development of his clinical and theoretical thinking. They highlight many issues which are relevant to the present debate about psychoanalytic technique, including: The Narcissism of the Analyst; Hysteria; The Recovery of the Good Object Relationship; Meaning and Meaningfulness; Cruelty and Narrowmindedness; and, The Value of Reconstruction in Adult Psychoanalysis. The second half of the book documents three of the clinical seminars and covers the transgenerational transmission of trauma, the analysis of borderline pathology and the psychoanalytical approach to severely deprived patients. This collection will be welcomed by all psychoanalysts and psychotherapists, and other members of the helping professions interested in investigating the valuable contribution that Eric Brenman has made to contemporary psychoanalysis.

Attachment Disorders: Treatment Strategies for Traumatized Children



Cain, Catherine.
Catalogue No. 24916
Jason Aronson
Price: £19.99

"Attachment Disorders Treatment Strategies for Traumatized Children" is an essential resource for therapists, parents, social workers, DCS workers, foster parents, educators, and child care providers who are faced with the many challenges of working with traumatized children who have attachment issues.

Learning From Life: Becoming a Psychoanalyst



Casement, Patrick.
Catalogue No. 24680
Routledge
Price: £17.99

All of life can be a resource for our learning. In his fourth and most personal book, Patrick Casement attempts to understand what he has learned from life, sharing a wide range of those experiences that have helped shape the analyst he has become. He shares various incidents in his life to demonstrate how these helped lay a foundation for his subsequent understanding of psychoanalysis. These examples from his life and work are powerful and at times very moving, but always filled with hope and compassion. This unique book gives a fascinating insight into fundamental questions concerning the acquisition of analytic wisdom and how personal experiences shape the analyst's approach to clinical work. It will be of great interest to all psychoanalysts and psychoanalytic psychotherapists.

The Matrixial Borderspace



Ettinger, Bracha.
Catalogue No. 22940
University of Minnesota
Price: £17.50

A groundbreaking intertwining of the philosophy of art and psychoanalytic theory. Artist, psychoanalyst, and feminist theorist Bracha Ettinger presents an original theoretical exploration of shared affect and emergent expression, across the thresholds of identity and memory. Ettinger works through Lacan's late works, the anti-Oedipal perspectives of Deleuze and Guattari, as well as object-relations theory to critique the phallicism of mainstream Lacanian theory and to rethink the masculine-feminine opposition. She replaces the phallic structure with a dimension of emergence, where objects, images, and meanings are glimpsed in their incipency, before they are differentiated. This is the matrixial realm, a shareable, psychic dimension that underlies the individual unconscious and experience. Concerned with collective trauma and memory, Ettinger's own experience as an Israeli living with the memory of the Holocaust is a deep source of inspiration for her paintings, several of which are reproduced in the book. The paintings, like the essays, replay the relation between the visible and invisible, the sayable and ineffable; the gaze, the subject, and the other.

Touch Papers: Dialogues on Touch in the Psychoanalytic Space



Galton, Graeme (Ed).
Catalogue No. 22717
Karnac
Price: £22.50

For the first time, the controversial issue of physical contact in the consulting room is explored by distinguished psychoanalysts and psychotherapists representing a diverse range of psychoanalytic viewpoints. The contributors focus on the unconscious meanings of touch, or absence of touch, or unwelcome touch, or accidental touch in the psychoanalytic clinical situation. There are plenty of clinical vignettes and the discussions are grounded in clinical experience.

Attachment from Infancy to Adulthood: The Major Longitudinal Studies



Grossmann, Klaus E. et al (Eds).
Catalogue No. 25120
Guilford Press
Price: £17.99

This volume provides unique and valuable first hand accounts of the most important longitudinal studies of attachment. Presented are a range of research programs that have broadened our understanding of early close relationships and their role in individual adaptation throughout life. In addition to discussing the findings that emerged from each study, leading investigators offer rare reflections on the process of scientific discovery. Themes addressed include the complexities of designing studies that span years or even decades; challenges in translating theoretical constructs into age-appropriate assessments; how Bowlby's original models have been refined and expanded; and how attachment interacts with other key influences on development.



Building the Bonds of Attachment: Awakening Love in Deeply Troubled Children: Second Edition



Hughes, Daniel A.
Catalogue No. 24936
Jason Aronson
Price: £19.99

Suitable for social workers, therapists, and parents, this work is a composite case study of the developmental course of one child following years of abuse and neglect. It focuses on both the specialized psychotherapy and parenting that is often necessary in facilitating a child's psychological development and attachment security. "Building the Bonds of Attachment" is the second edition of a critically and professionally acclaimed book for social workers, therapists, and parents who strive to assist poorly attached children. This work is a composite case study of the developmental course of one child following years of abuse and neglect. This work focuses on both the specialized psychotherapy and parenting that is often necessary in facilitating a child's psychological development and attachment security. It blends attachment theory and research, and trauma theory with general principles of both parenting and child and family therapy in developing a model for intervention. This work is a practical guide for the adult - whether professional or parent - who endeavor to help such children.

Unconscious Fantasies and the Relational World



Knafo, Danielle & Feiner, Kenneth.
Catalogue No. 24626
Analytic Press
Price: £36.50

What is the role of unconscious fantasies in psychological development, in psychopathology, and in the arts? In "Unconscious Fantasies and the Relational World", Danielle Knafo and

Kenneth Feiner return to these interlinked questions with a specific goal in mind: a contemporary appreciation of fantasy in its multiform relational contexts. To this end, they provide detailed examinations of primal scene, family romance, and castration fantasies, respectively. Each category of fantasy is pushed beyond its "classical" psychoanalytic meaning by attending to the child's ubiquitous concerns about sexual difference and feelings of incompleteness; her perception of the parental relationship; and the multiple, shifting identifications that grow out of this relationship. Evocative clinical examples illuminate the manner in which patients and analysts play out these three core fantasies in the form of symptomatic acts and enactments, and especially in the transference/countertransference.

Lacan's Medievalism

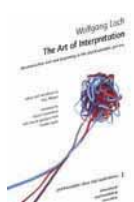


Labbie, Erin Felicia.
Catalogue No. 23818
University of Minnesota
Price: £17.50

One of the foundational premises of Jacques Lacan's psychoanalytical project was that the history of philosophy concealed the history of desire, and one of the goals of his work was to show how desire

is central to philosophical thinking. In "Lacan's Medievalism", Erin Felicia Labbie demonstrates how Lacan's theory of desire is bound to his reading of medieval texts. She not only alters the relationship between psychoanalysis and medieval studies, but also illuminates the ways that premodern and postmodern epochs and ideologies share a concern with the subject, the unconscious, and language, thus challenging notions of strict epistemological cuts. Lacan's psychoanalytic work contributes to the medieval debate about universals by revealing how the unconscious relates to the category of the real. By analyzing the systematic adherence to dialectics and the idealization of the hard sciences, "Lacan's Medievalism" asserts that we must take into account the play of language and desire within the unconscious and literature in order to understand the way that we know things in the world and the manner in which order is determined.

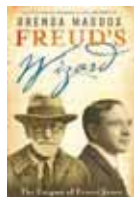
The Art of Interpretation: Deconstruction and New Beginnings in the Psychoanalytic Process



Loch, Wolfgang.
Catalogue No. 24566
IPA
Price: £19.50

While Freud opened the door on the formative and motivating power of sexuality, contemporary psychoanalysts, with some notable exceptions, have consigned sexuality to the psychoanalytic closet. This book not only re-opens the door on the broad subject of psychosexuality, but also provides fresh insights into heterosexuality, bisexuality, homosexuality, Gender Identity Disorder, transvestism and transsexualism. This publication brings together some of the leading psychoanalytic authorities from around the globe to consider in depth the complex interweaving of identity, gender and sexuality from theoretical, clinical, historical and research perspectives. I strongly recommend Identity, Gender and Sexuality to those looking for a book that does not pull punches. The reader will find a debate about the relative merits of clinical, empirical, and conceptual research, critical assessments of interdisciplinary findings from infant and child development research, Embodied Cognitive Science, academic psychology, neurobiology, genetics, ethology, and other fields of inquiry, and honest and illuminating psychoanalytic case studies.

Freud's Wizard: The Enigma of Ernest Jones



Maddox, Brenda.
Catalogue No. 24735
John Murray
Price: £25.00

Ernest Jones was a born empire builder, who imported the intellectual ferment of early twentieth-century European analysis to our shores. In 1938 he daringly flew to Vienna to rescue Freud from the Nazi threat. With the media frenzy that greeted Freud's arrival in England, psychoanalysis hit the mainstream. When Jones subsequently wrote the definitive, three-volume biography of his mentor, Freud's trailblazing reputation was secured. Jones himself was a remarkable man, mercurial and quixotic. The son of a colliery clerk in South Wales his insinuation into the inner circle of psychoanalysis is an improbable story. Likewise, the devastating, if dubious, sexual success he enjoyed with female patients caused intrigue among his contemporaries. As Jones' analytic reputation reached new heights, rumours as to what Freud dubbed his 'dark inconsistencies' grew. Award-winning biographer Brenda Maddox insightfully and gracefully breathes life into this enigmatic character. "Freud's Wizard" is a riveting resurrection of a critical, heretofore overlooked, architect of our modern intellectual landscape.

Beyond Lacan



Mellard, James M.
Catalogue No. 24562
SUNY
Price: £47.00

In "Beyond Lacan", James M. Mellard traces psychoanalytic literary theory and practice from Freud to Lacan to Zizek. While Freud effectively presupposes an unconscious that is textual, it is Lacan whose theory all but articulates a textual unconscious as he offers the epoch a cutting-edge psychoanalytic ideology. Mellard considers this and then asks, Which Lacan? Is there one or many? Early or late? As Zizek counters the notion of a single, unitary Lacan, Lacanians are asked to choose. Through Lacanian readings of various texts, from novels like Ellison's "Invisible Man" and O'Connor's "Wise Blood" to short stories by Gaspell and Fitzgerald, Mellard shows that in critical practice Lacanians produce a middle Lacan, between early and late.

On Aggression and Violence: An Analytic Perspective



Mizen, Richard & Morris, Mark.
Catalogue No. 92265
Palgrave
Price: £20.99

Working with aggressive and violent patients is an increasing concern for psychotherapists, counselors and other mental health professionals. The shortcomings of many existing models means that phenomena such as hate, aggression, cruelty and violence are often conflated. In this important new book Mizen and Morris critically review and synthesise current and classic psychoanalytic literature in the area as well as presenting their own coherent and highly practical new model. With its clear clinical focus and emphasis on issues of managing violence in therapy in a range of settings, this book will be essential reading for practitioners and trainees.

Girl in a Freudian Slip: A Memoir



Oliver, Frances.
Catalogue No. 81948
Perron Press
Price: £8.99

Novelist Frances Oliver's parents, Richard and Edith Sterba, were pioneer Viennese psychoanalysts who trained with Sigmund and Anna Freud. When the Nazis occupied Austria the Sterba family fled and eventually settled in the American Middle West, where Richard continued to practice his beloved violin and both parents to practice Freudian theory on their daughters as well as their patients. The Sterbas were successful but never became part of the society around them, where their behaviour seemed as bizarre as their theories radical. Frances, their older daughter, tried in vain to bridge the gap between the nostalgic Viennese oasis of her home and the world outside. This is a funny, frank but affectionate memoir of a colourful eccentric childhood in a vanished age.

Adult Attachment: Theory, Research, and Clinical Implications



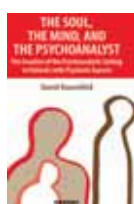
Rholes, W. Steven & Simpson, Jeffrey A. (Eds).
Catalogue No. 25047
Guilford Press
Price: £21.00

With contributions from leading investigators, this volume presents important theoretical and empirical advances in the study of adult attachment. Chapters take stock of the state of knowledge in the field and introduce new, testable theoretical models to guide future research. Major topics covered include stability and change of attachment orientations across the lifespan; influences of attachment on cognitive functioning; and implications for the ways individuals experience intimacy, conflict, caregiving, and satisfaction.

ALL TITLES AVAILABLE AT A 5% DISCOUNT UNTIL THE END OF MARCH 2007



The Soul, the Mind, and the Psychoanalyst



Rosenfeld, David.
Catalogue No. 23324
Karnac
Price: £19.99

This book is based on various cases whose common factor is how the psychoanalytic setting is created: the internalization and realization inside the patient's mind: with the feeling of fixed hours and the

Mind from Brain: Emotional Problems in Primary Care - A Psychoanalytic View



Sanders, Kenneth.
Catalogue No. 24574
Westcombe
Price: £25.00

This book is a contribution to the problem of how best to approach emotional distress as it presents in primary care. The chapters contain conversations noted down during the author's year as a family doctor, to which he has now added commentaries from his contemporary psychoanalytic point of view. As the balance of opinion begins to shift towards conversational and psychological methods of approach to these problems, a model of the mind - as distinct from the brain - is needed, and the psychoanalytical model described here is one that has evolved in a line of development from Freud through Melanie Klein to the post-Kleinian model of Bion and Meltzer.

Attachment Handbook for Foster Care and Adoption



Schofield, Gillian & Beek, Mary.
Catalogue No. 24657
BAAF
Price: £24.95

This comprehensive and authoritative book provides an accessible account of attachment concepts. It traces the pathways of secure and insecure patterns from birth to adulthood, exploring the impact of past experiences of abuse, neglect and separation on children's behaviour in foster and adoptive families. It then explains, from an attachment perspective, the dimensions of parenting that are associated with helping children to feel more secure and to fulfil their potential in the family, with peers, at school and in the community. Finally, it tackles the key role which keeping attachment in mind can play in a range of areas of family placement practice, including contact. Vivid case examples are used to make connections with the reality, both the challenges and the rewards, of daily life in foster and adoptive families.

Psychoanalytic Collisions



Slochower, Joyce A.
Catalogue No. 24577
Analytic Press
Price: £33.99

"Psychoanalytic Collisions" details the various ways in which the analyst's wishes (both professional and personal) collide with the less-than-perfect actualities of everyday clinical work. The collisions in question are often rooted in the analyst's own illusions: illusions of therapeutic possibility in the face of ordinary human existence or illusions of therapeutic selflessness in the face of one's "immutably self-centered humanity." Such collisions may complicate nonclinical professional activities such as writing, in which the analyst's desire to develop a personal idiom collides with self doubt and the imagined rebuff of teachers and colleagues. Other collisions coalesce dyadically in the consulting room. They may reflect sharp dissonance between what the patient needs the analyst to feel and what the latter actually feels, as in discrepant experiences of erotic desire. They may grow out of colliding idealizations of analyst and patient, each of the other. And they may arise in the wake of traumatizing life events that destroy the shared illusions on which treatment has rested.

Sigmund Freud



Steadman, Ralph.
Catalogue No. 24594
Firefly Books
Price: £12.99

Bursting defiantly and gleefully beyond the bounds of orthodox biography, Sigmund Freud is a wildly humorous exercise in bending, stretching and speculating on the activities of the so-called Father of Psychoanalysis. Ralph Steadman wields his shrewd wit and fierce pen to highlight the movements of Freud's life and career, from early childhood to the moment of death. But there's a twist. Through a masterful interplay of text and illustration, each scene is transformed into a "joking situation," which the artist hilariously examines according to the techniques discussed by Freud himself in his 1905 book, Jokes and Their Relation to the Unconscious. The result is a fantastic Freudian festival of visual and verbal puns, unexpected insights, and sheer intellectual enjoyment.

The Self Psychology of Addiction and its Treatment: Narcissus in Wonderland



Ulman, Richard B.
Catalogue No. 23125
Routledge
Price: £24.99

Until recently, psychoanalysis has failed - on either a theoretical or clinical level - to keep pace with the significant changes in the type of patient seeking psychoanalytically-oriented psychotherapy. This book provides new ideas - on both a theoretical and clinical level - to fill the void left by the therapeutic collapse en route to contemporary psychotherapy. The Self Psychology of Addiction and Its Treatment presents an evolved self-psychological model of addiction, including emphasis on clinical approaches to treat challenging narcissistic patients with major forms of addiction. This is done via an in-depth study of the state of psychoanalysis and an introduction to the model and its place within the therapy of addicted patients. Cases are used to represent and illustrate analytic therapy with the five major forms of addiction.

Denial, Negation, and the Forces of the Negative



Ver Eecke, Wilfried.
Catalogue No. 25043
SUNY
Price: £12.50

It is often the case that painful truths emerge first in the form of denial; one needs to create distance from what is painful. In "Denial, Negation, and the Forces of the Negative" Wilfried Ver Eecke constructs a comprehensive, lucid account of denials psychological and philosophical dimensions while using Freud, Hegel, Lacan, Spitz, and Sophocles to help us understand this unavoidable aspect of human existence. He acknowledges Hegel's claim that the road to truth is not a path of doubt, but a highway of despair, and argues, via Hegel's ontology of the person, that denial can be understood as a desiring beings defense against despair. By examining the role of no-saying in children, Freud's claims about freedom of the will and its necessary prerequisites, and Sophocle's "Oedipus", Ver Eecke demonstrates the idea that denial is connected with situations in which the self-image of a person is threatened. He concludes with a colleagues autobiography to highlight the deep, tragic experiences that denial covers, and the enormous psychic work required to overcome profound denial, with the ultimate reward of experiencing oneself as the fulfillment of the promise of life.

How to Read Lacan



Zizek, Slavoj.
Catalogue No. 23984
Granta
Price: £6.99

The only thing of which one can be guilty is of having given ground relative to one's desire. - Jacques Lacan. Is psychoanalysis dead or are we to read frequent attacks on its theoretical 'mistakes' and clinical 'frauds' as a proof of its vitality? Slavoj Zizek's passionate defence of Lacan reasserts the ethical urgency of psychoanalysis. Traditionally, psychoanalysis was expected to allow the patient to overcome the obstacles which prevented access to 'normal' sexual enjoyment; today, however, we are bombarded from all sides by different versions of the injunction 'Enjoy!' Lacan reminds us that psychoanalysis is the only discourse in which you are allowed not to enjoy. Since for Lacan psychoanalysis itself is a procedure of reading, each chapter uses a passage from Lacan as a tool to interpret another text from philosophy, art or popular ideology. Lacan is read with Hegel and Hitchcock, with Shakespeare and Dostoevsky.

Interrogating the Real



Zizek, Slavoj.
Catalogue No. 22335
Continuum
Price: £12.99

"Interrogating the Real" is the first volume of the collected writings of Slavoj Zizek - undoubtedly one of the world's leading contemporary cultural commentators, and one of the most inspiring, provocative and entertaining cultural critics at work today. Drawing upon the full range of his prolific output, the articles here cover psychoanalysis, philosophy and popular culture, reflecting the remarkable breadth and depth of Zizek's interest in politics, culture and philosophy, and also showcasing his entertaining style. A full and clear sense of Zizekian philosophy emerges, derived from Hegelian dialectics, Marxist politics and Lacanian psychoanalysis. At the same time, Zizek's witty and accessible approach to his subject and his choice of exemplars from pop culture ensure that this is a consistently fresh and surprising body of work. The book includes a new preface by Zizek himself, as well as an introduction by the editors and a helpful glossary for those coming to Zizek's work for the first time.



FEELING MATTERS! It matters whether we feel and how we feel. It matters to what degree and with what quality we can credit our sensitivity to ourselves and others, our sensitivity to life. So many forces mitigate against connecting with what we most value, compromising our capacity to do justice to experience of life. At times it is difficult to affirm that what one feels makes a difference even to oneself, let alone society.

In *Feeling Matters*, I write of personal struggles many undergo in order to face the shame of being a feeling person. Experience is an endangered species. More and more of experience is fabricated, canned, made up by corporate

and political lies for the sake of power strategies. There is widespread sensitivity shame. A politician who was asked how he felt about losing an election answered, "I cut off my nerve endings long ago."

It is chilling to think of leaders with severed emotional nerves guiding the lives of millions. I've heard current leaders of my country make fun of feeling, as if being a fully feeling person is wimpy, weak. The strong man imposes his will, his dominance, and does not show weakness. Political leaders are forced to act more whole

and complete and strong than they possibly can be. A president who might say, after the destruction of the World Trade Center, "I need time to see what to do," commits political suicide. Better to murder. At least for a time killing makes one seem strong.

Murder is always self-traumatizing and traumatizing to the social body, although trauma may be masked by pride of power and show of strength. The very *jouissance* of killing boomerangs and makes us into caricatures of ourselves. We deform ourselves by our deforming solutions to injury and injustice. We can't escape the horror of what we do. But for a time we may feel justified and try to look the other way.

What a wide range of feeling worlds we live. I begin *Feeling Matters* in a much more gentle key than what I've hinted at so far: a spiritual experience I had at Yosemite National Park in California. The nucleus of this park is made of giant boulders from ancient times, an awesome vision, an experience so intense I began to feel a Yosemite God. A silent God in the rocks, the great rocks going back to a time before words. You feel wordless timelessness through them. The park resonates with this profound timelessness without words. A wordless mysterious sense that brings deep relief, as if skins of self shed. An essence that is taboo in daily life comes forward, a permeating reality that the world shies away from. One stands naked before oneself and breathes fully. One breathes pure life, full life. One breathes a holy sense at the core of one's being, of everyone's being. A sense that gives rise to rapt awe before another person, a desire to do justice to the other, to oneself, to life. A caring. Ethics grows from sensitivity, a caring will, a mutuality. It is a relief to be able to feel one wants to do good and to find the good core in the soul of one's partner.

Is this pristine state sustainable? I think in face of trauma *it* sustains *us*. We experience hints of it in a multitude of

ways, e.g., in dreamless sleep, the void beneath images, or in a sense of goodness, the will to do good, a thrill in its own right, as Kant felt when he spoke of ethical perception as more thrilling than the starry night.

And yet, if we can be sure of anything, we can be sure that life is traumatizing. Trauma hits and keeps on hitting. It is part of who we are. Our very personalities have self-traumatizing aspects which, in positions of great power, deform aspects of the larger world. Often there is a fit between childhood abuse and societal trauma, as if the two resonate and call to each other. My chapter, "Election Rape" dramatizes such a fit.

My patient felt raped by the 2000 presidential election in my country, in which the highest court of the land stopped the real vote count and awarded the win to a political crony. If the highest court in the land is unjust, what model is set for the rest of the populace?

Many forms of election abuse took place in order to strong-arm the winning candidate (the one who actually had more votes) into a losing position, while jettisoning the loser into a declared winner. My patient felt a crime against the land was committed. As in ancient times, crimes of leaders are expiated by the land as a whole. To unconscious logic, the decimation of the World Trade Center that followed was of a cloth with violence committed upon the land by election deformation. The continued political abuse gave the word "democracy" a chilling aura.

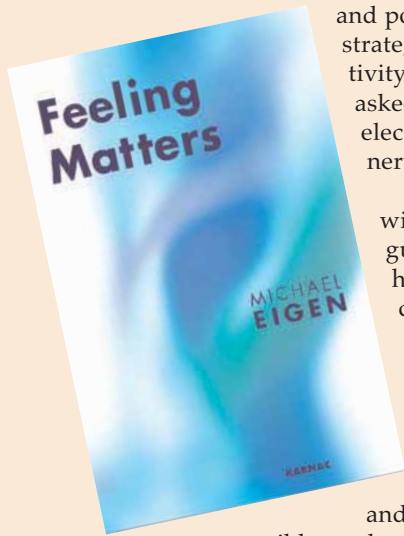
Our sessions oscillated between my patient reliving abuses of early childhood and her adult sense of societal trauma perpetuated in the present, a fit across time. Self-justifying attitudes of wounding caretakers in infancy interlock with winning lies of leaders—both try to justify impacts that might horrify.

Lies of leaders work like mommy saying, "All better," so patriotic children no longer feel the open wound. But there comes a breaking point, a point where pain reaches a critical mass and disgust and horror obtrude. As with parents, so with leaders: wounds hide in disbelief. For many, it takes time to realize that something wrong is happening. One can't believe it. The traumatizing aspect of power—whether heads of state or family—counts on the time lapse between disbelief and horror, between the horror that leads to disbelief, and the horror that awakens realization of one's condition.

My book examines many permutations of our feeling life, from a basic sense of affirmation to a sense that we have been annihilated (at least partially so). For we manifest genuine caring as well as carry a partly decimated being. The two seem to need each other for a fuller sense of humanity.

My aim is not to "solve" anything. When it comes to feelings, models that emphasize control, mastery, understanding or transformation do not seem to have worked for society as a whole. My work asks simply, give experiencing a chance. By turning feelings this way and that, one widens the field of experience, a nourishing practice, evolution worth pursuing. Sometimes I speak of growing psychic taste buds, a capacity that seeks cultivation by individuals and the larger social world.

FEELING MATTERS by Michael Eigen (160 pages, Cat. No. 23328) is available at £19.99



BOTH RESILIENCE and trauma are important factors when we work with people who have faced a wide range of adversities with courage and grace, both in their personal and professional lives. People who have experienced massive trauma and who, even in the face of such adversity and often with very little help, have still managed to find some kind of joy and meaning in life.

Experts in the field of mental health define psychological trauma in different ways. There are events that are outside the range of the individual's usual experience that constitute exceptional mental and physical stressors. The range of events that are traumatic to individuals are as diverse as trauma responses. Regular life stressors, in different areas of human experience, are ordinary and have high expectancy, probability of happening, and controllability. Traumas are the out of the ordinary stressors that have low expectancy, probability, and controllability. Emotional trauma can result from such occurrences as a car accident, the break-up of a significant relationship, a humiliating or deeply disappointing experience with a loved one, or the discovery of a life-threatening illness or a disabling condition; also from natural disasters,

rape, persecutions, torture and other violent events, including responses to chronic or repetitive experiences such as child abuse, neglect, warfare, urban violence, concentration camps, racism and prejudice, battering relationships, and enduring deprivation. However, there is a fundamental difference between people who from early childhood had a deprived and traumatic upbringing and people who describe their childhood as reasonably happy and loving; who felt protected and experienced healthy early attachments. These latter circumstances are the foundation of resiliency.

Resilience is a multi-faceted phenomenon that encompasses personal and environmental factors that interact in a synergistic fashion to produce competence despite adversity. It is complex and encompasses familial, academic, and community factors. However, it is important to keep in mind that resilient people are not perfect. They usually have emotional difficulties and stress related health problems. They may still need support even though they display competence. Environmental supports and opportunities for people to be aware of, and use, resources that sustain their ability to grow in healthy ways seem to be basic means common to resiliency. Individual competencies foster growth and allow people to take advantage of resources available to them. Ideally, these strategies are part of the bonding process offered in each of the social units or realms. For example children who feel loved and connected well in the family, and later in school, can thrive despite growing up in poverty economically.

Sometimes when a trauma is too horrendous, the individual psyche responds by simply denying the existence of such a traumatic experience. Mind and body act together to expel painful experiences, especially when we are vulnerable. Pain, like an antigen, stimulates repression as a reaction that will

counteract the pain - much as an antibody would. But though the repression of trauma keeps the person from feeling overwhelmed, it may also keep the person from feeling anything. When one can no longer feel, there are no great sorrows or joys, no keen disappointments or pleasures, no exciting surprises or discoveries. The "immune reaction" of repressing pain creates a state of neutrality, a sense of existing behind a wall, where life seems to be going on beyond one's reach, somewhere out there. The recovery of well-being depends on resilience.

This book is about trauma and resilience; how the human mind develops resilience and how we can enhance resilience in our patients and indeed ourselves. This is an enormous task and we will be pleased if we only managed to address it to some extent for the reader. We hope to present our work with respect and integrity; not flinching from what is disturbing, nor making superficial or easy what is deep and complex.

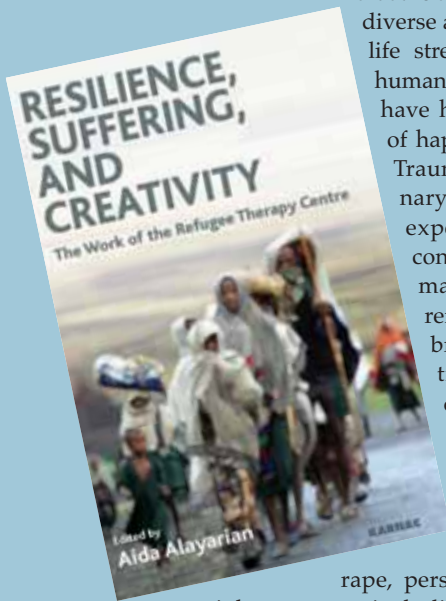
The idea of this book came from a conversation between myself and Josephine Klein, when we were celebrating the Refugee Therapy Centre's fifth year and talking about our achievements. We thought it might be helpful to share the lessons which those of us working at the Centre, in different capacities, have learned from our work over the last six years. So, we set this book as a task for me.

The book is intended to show the emergence of a therapeutic culture, and how it is possible to restore connections with people who have been well-nigh destroyed by the trauma they have endured. The themes concern the suffering of men and women in war and political struggle. It is about trauma and vulnerability, about rehabilitation, and also about the courage, compassion and resilience of tortured souls. It provides information on the work of the Refugee Therapy Centre and our specific approach, giving the reasons why such an approach is needed, and considers issues of diagnosis, the role of supervision, and the subtleties of language and memory. It explores the difficult and painful work with refugees and asylum seekers at the Centre. It thus bears witness to the validity and growth of therapeutic intervention with refugees and asylum seekers. Conclusions are largely left for the reader.

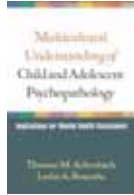
The book is a blend of theory and practice. Most of the contributors have begun with a brief formulation of the theoretical concepts, and have then shown in depth how these are used in the work. The book is not intended to wholly be academic or clinical, although it covers these aspects expertly. For example, Stuart Turner's chapter on 'Memory from Trauma', or Tirril Harris's chapter entitled 'Loss of Network Support Piled on Trauma: Thinking More Broadly about the Context of Refugees'. It also gives attention to practical issues, for example a chapter entitled 'Reflections on Alternative Organisational Structures for Charitable Agencies' by Josephine Klein, Dorothy Daniell's chapter 'Does It Matter How Much Can Be Put Into Words? Complexities of Speech, and the Place of Other Forms of Communication in Therapeutic Work with Refugees', or Lennox Thomas's chapter 'The Therapeutic Needs of those Fleeing Persecution and Violence, Now and in the Future'. Another aspect explored is the personal and professional journey of one helper, Darlene Bregman Ehrenberg, in her chapter 'How I Became a Psychoanalyst'.

AIDA ALAYARIAN is a chartered psychologist and child and adult psychotherapist.

RESILIENCE, SUFFERING AND CREATIVITY by Aida Alayarian (194 pages, Cat. No. 24633) is available at £22.50



Multicultural Understanding of Child and Adolescent Psychopathology: Implications for Mental Health Assessment



Achenbach, Thomas A. & Rescorla, Leslie A.
Catalogue No. 25132
Guilford Press
Price: £ 27.00

Around the world, many immigrant and minority children are immersed in mental health, social welfare, and educational systems that are ill equipped to evaluate and help them. This important volume synthesizes an array of international findings to broaden the knowledge base on cultural variations in children's emotional and behavioral problems. Drawing on both empirically based and diagnostically based approaches, the authors examine similarities and differences in the prevalence, patterns, and correlates of particular disorders.

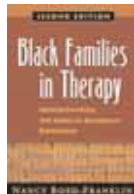
Autism Spectrum Disorders: Psychological Theory and Research



Bowler, Dermot.
Catalogue No. 24862
John Wiley
Price: £24.99

Psychological research into Autism Spectrum Disorders (ASD) has increased exponentially in the last two decades. Much of this work has been led by various theorists who claim to have identified processes that hold the key to understanding the condition. As a consequence, newcomers to the field feel that they have to opt for one or more of the competing approaches and to neglect the remainder as being in some way wrong. In fact, the different theoretical perspectives are just that - different points of view on the same phenomenon - each with its own insights to offer. This is not to say that understanding ASD in psychological terms is just a matter of choosing a perspective and that all perspectives are of equal value. Clearly, they are not his book, in addition to providing an outline of what current perspectives have to offer, also provides a framework to help readers to decide which aspects of psychological research into ASD contribute to our understanding of the field and how these can be integrated in a way that enables research to be taken forward.

Black Families in Therapy: Understanding the African American Experience: Second Edition



Boyd-Franklin, Nancy.
Catalogue No. 25089
Guilford Press
Price: £16.99

This classic text helps professionals and students understand and address cultural and racial issues in therapy with African American clients. Leading family therapist Nancy Boyd-Franklin explores the problems and challenges facing African American communities at different socioeconomic levels, expands major therapeutic concepts and models to be more relevant to the experiences of African American families and individuals, and outlines an empowerment-based, multisystemic approach to helping clients mobilize cultural and personal resources for change.

Emotional Safety: Viewing Couples Through the Lens of Affect



Catherall, Don R.
Catalogue No. 25055
Routledge
Price: £21.99

Emotional Safety is designed to help couple therapists identify and conceptualize the problems of their clients to provide solutions, focusing on the two central elements of emotion and attachment. Problems occur in relationships when the partners no longer feel safe being open and vulnerable with each other. "Emotional Safety: Viewing Couples Through the Lens of Affect" enables couple therapists to recognize and articulate the emotional subtext of their clients' interactions. The emotional safety model is based on modern affect theory and focuses on the affective tone of messages in the areas of attachment and esteem. The model allows therapists to address the subtle interplay of perceived threat and emotional reaction which underlies their clients' difficulties and disrupts emotional safety.

Women Who Sexually Abuse Children



Ford, Hannah.
Catalogue No. 23795
John Wiley
Price: £24.99

Until recently, the topic of female sexual offenders remained under-researched, and many incorrect assumptions and beliefs still surround the subject. This book is organised into five parts around eleven chapters. It provides a comprehensive overview of the latest research in this often overlooked area and discusses both adult female offenders and adolescents/younger children who commit sexual offences against children. After an in-depth evaluation of research literature, the author then considers a range of treatment approaches and directions for future research.

Working with Children and Adolescents:



An Evidence-based Approach to Risk and Resilience
Garralda, Elena.
Catalogue No. 24949
Jason Aronson
Price: £30.00

In recent years there has been an increased emphasis on improving our understanding of factors that contribute to the development of child and adolescent mental health problems. This is important in order to help efforts at prevention and to inform clinical practice. "Working with Children and Adolescents" reflects current worldwide knowledge about different types of risk and resilience factors for child psychopathology, ranging from the biological to the psychosocial. It provides expert views supported by empirical evidence and it addresses implications for clinical practice in different settings. Contributors to this volume present the most relevant and up-to-date topics within their subject. Each chapter provides useful clinical examples, appraises critically the evidence in relation to these examples, underlines areas where evidence is lacking and highlights the relevance of findings for psychopathology as seen in clinical practice. Authors comment on resilience factors here understood as both the absence of risk or as the presence of factors that have a protective psychological effect.

Cultural Issues in Play Therapy



Gil, Eliana & Drewes, Athena A. (Eds).
Catalogue No. 25123
Guilford Press
Price: £14.50

Helping therapists hone their skills for working with diverse children and families, this unique volume looks at play therapy through a multicultural lens. Experienced practitioners examine how cultural factors may influence the ways children express themselves through play, the feelings they associate with different activities, and the responses of children and parents to particular interventions. Filled with evocative clinical material, chapters highlight specific issues to consider when working with African American, Latino, Native American, and Asian American children. The book also provides suggestions for setting up a therapeutic playroom that is engaging and welcoming to all.

Helping Abused and Traumatized Children: Integrating Directive and Nondirective Approaches



Gil, Eliana.
Catalogue No. 25127
Guilford Press
Price: £21.00

Presenting an integrative model for treating traumatized children, this book combines play, art, and other expressive therapies with ideas and strategies drawn from cognitive-behavioral and family therapy. Eliana Gil demonstrates how to tailor treatment to the needs of each child by using both directive and nondirective approaches. Throughout, practical clinical examples illustrate ways to target trauma-related symptomatology while also helping children process painful feelings and memories that are difficult to verbalize. The book concludes with four in-depth cases that bring to life the unique situation of each child and family, the decision making process of the therapist, and the applications of developmentally informed, creative, and flexible interventions.

Sex, Therapy and Kids: Addressing Their Concerns Through Talk and Play



Lamb, Sharon.
Catalogue No.24256
W.W. Norton
Price: £22.00

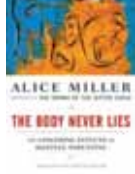
A responsible, realistic, and sex-positive to sexuality in youth. In "Sex, Therapy, and Kids", Sharon Lamb demonstrates how to be sex-positive in a way that's responsive to the developmental stage of the child or teen and thus promotes honest conversations and successful therapy. Over the course of the book, she guides therapists through such core issues as recognizing and responding to the sexual play of children who have not been abused, distinguishing sexual abuse from normal play, understanding common worries of adolescent boys and girls, and helping gay and lesbian youth who are grappling with their sexual identity. There are also chapters on working with youth who have been abused, helping developmentally delayed teens, and collaborating with parents and families around the themes of sexuality and sexual behavior.



Working with Anger and Young People

Luxmoore, Nick.
Catalogue No. 24613
Jessica Kingsley
Price: £14.99

From attachment anxieties and feelings of powerlessness, to frustration at difficult family relations, this book considers the common reasons for young people's anger during this difficult stage of their development. It is useful for those working with young people with anger issues. Understanding the roots of anger and encouraging appropriate and acceptable ways of expressing this are essential skills for anyone working with young people. "Working with Anger and Young People" warns against 'quick fix' solutions to dealing with anger, and draws on the author's experiences of youth counselling and training workshops to propose helpful interventions for addressing anger effectively and moving on from it. Through accounts of his work with a range of young people, he offers tried-and-tested exercises and talking points to help work through common counterproductive responses to anger such as antisocial behaviour and physical or verbal violence. Crucially, he also recognises the needs of those working with these young people with anger problems and provides advice on working safely, maintaining control and achieving job satisfaction. This sensitive, accessible book will be an informative and engaging resource for anyone working with young people with anger issues.

The Body Never Lies: The Lingering Effects of Hurtful Parenting

Miller, Alice.
Catalogue No. 24250
W.W. Norton
Price: £9.99

World-renowned psychoanalyst, Alice Miller has devoted a lifetime to studying how the cruelties inflicted on children cripple them as adults. In this new work, Miller goes further, investigating the long-range consequences of childhood abuse on the body - be it cancer, stroke or other debilitating illnesses. Using the experiences of her patients along with biographical stories of literary giants such as Virginia Woolf, Franz Kafka and Marcel Proust, Miller shows how a child's humiliation, impotence and bottled rage will manifest itself as adult illness. Never one to shy away from controversy, Miller urges society as a whole to jettison its belief in the Fourth Commandment and not to extend forgiveness to parents whose tyrannical child-rearing methods have resulted in unhappy, and often ruined, adult lives. This empowering book will enable readers to come to terms with their repressed emotions and break the cycle of violence.

The Truth Is Longer Than A Lie: Children's Experiences of Abuse and Professional Interventions

Mudaly, Neerosh & Goddard, Chris.
Catalogue No. 23872
Jessica Kingsley
Price: £18.99

All too often child victims of abuse either remain silent or are not listened to when they do decide to speak of their experiences, but "The Truth is Longer Than a Lie" gives abused children and young people a voice. This groundbreaking book reveals what young victims have to say about abuse and its effects on their lives; their views on the reasons for abuse; their opinions of abusers and non-offending parents; and how they felt about disclosing their experiences. Significantly, this book provides important insights into children's perceptions of the professionals who intervened - to protect them, to prosecute the abuser or to provide therapeutic counselling. The authors examine societal factors that increase children's vulnerability, and propose measures for preventing abuse. They outline the requirements of ethically sound research, including appropriate interviewing techniques, and conclude with recommendations for future research. "The Truth is Longer Than a Lie" is invaluable reading for social workers, child protection workers, counsellors, legal professionals and anyone working with abused children.

What Causes ADHD? Understanding What Goes Wrong and Why

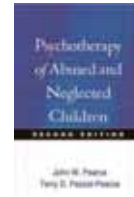
Nigg, Joel T.
Catalogue No. 24242
Guilford Press
Price: £ 31.00

Synthesizing a wealth of recent neuropsychological research, this groundbreaking book focuses on the multiple pathways by which attention-deficit/hyperactivity disorder (ADHD) develops. Joel T. Nigg marshals the best available knowledge on what is actually going on in the symptomatic child's brain and why, tracing the intersecting causal influences of genetic, neural, and environmental factors. In the process, the book confronts such enduring controversies as the validity of ADHD as a clinical construct. Specific suggestions are provided for studies that might further refine the conceptualization of the disorder, with significant potential benefits for treatment and prevention.

Hidden Treasure: A Map to the Child's Inner Self

Oaklander, Violet.
Catalogue No. 23327
Karnac
Price: £19.99

'Hidden Treasure' is a follow up to Oaklandler's first book, 'Windows To Our Children'. Most of the books available in working with this population are written from a traditional 'play therapy' point of view. The Gestalt Therapy-based approach provides a more effective method for psychotherapeutic work with children of all ages. The focus is on the relationship between the therapist and client, rather than observation and interpretation. It is a vigorous, dynamic approach.

Psychotherapy of Abused and Neglected Children: Second Edition

Pearce, John W. & Pezzotto-Pearce, Terry D.
Catalogue No. 25002
Guilford Press
Price: £30.00

Now in a revised and updated second edition, this widely used guidebook and text combines theory, research, and practical clinical strategies. Provided is a thoughtful framework for understanding the developmental impact of maltreatment; assessing the unique needs of each child and family; building a strong therapeutic relationship; and, implementing a variety of effective interventions. Reflecting significant recent advances that have occurred in child therapy, the second edition gives greater emphasis to empirically supported treatments. It also features many new clinical illustrations; the latest knowledge on attachment disorders, posttraumatic stress disorder, and sexual behavior problems; expanded coverage of culturally sensitive assessment, and more.

Cognitive Therapy with Children and Adolescents: A Casebook for Clinical Practice: Second Edition

Reinecke, Mark A. et al (Eds).
Catalogue No. 25110
Guilford Press
Price: £18.99

From leading scientist-practitioners, this book presents empirically supported interventions that have been carefully adapted - or specially designed - to meet the needs of children and adolescents and their families. Each chapter reviews the literature on a specific clinical problem and presents an extended case example demonstrating the process of assessment and treatment. The volume's strong theoretical framework and careful balance of scholarly and practical concerns enhance its utility as a clinical reference and text. A new preface to the paperback edition situates the book within the context of contemporary research developments.

Childhood Maltreatment

Wekerle, Christine et al.
Catalogue No. 24970
Hogrefe & Huber
Price: £17.50

The serious consequences of child abuse or maltreatment are among the most challenging things therapists encounter. In recent years, there has been a surge of interest, and of both basic and clinical research, concerning early traumatization. This volume in the series, "Advances in Psychotherapy", integrates results from the latest research showing the importance of early traumatization into a compact and practical guide for practitioners.

ADHD in Adults: A Psychological Guide to Practice

Young, Susan & Bramham, Jessica.
Catalogue No. 24861
John Wiley
Price: £24.99

ADHD in adults is estimated to be around 1 percent, with rates as high as 25 percent in the prison population. Reflecting the growing awareness of the seriousness of the problem, "ADHD in Adults" provides a comprehensive look at the occurrence of ADHD in adults, providing a broad overview of the theory of ADHD, its assessment, and treatment. Balancing theory with practical intervention techniques, the book examines such core deficits as impulsivity, inattention and poor problem solving, as well as associated problems such as anger and antisocial behavior. Structured interventions, that can be provided individually or in group settings, are included with each chapter.

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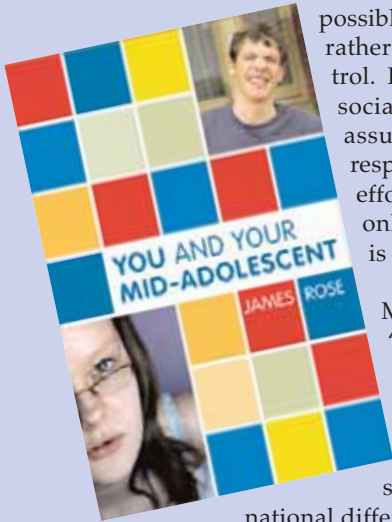


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HOW CAN WE UNDERSTAND ADOLESCENT ANTI-SOCIAL BEHAVIOUR ?

By James Rose

THE RECENT news that the government are finding that ASBOs (anti-social behaviour orders) may not have the deterrent effect that was hoped will not come as a surprise to those in daily contact with adolescents today. Contrary to the government's intention, it seems that to be served such an order has become a status symbol for some in certain communities with the effect of possibly stimulating such behaviour rather than bringing it under control. Policy makers in this area of social control have perhaps assumed that adolescents will respond in a rational manner to efforts to control their behaviour only to find that it seems that life is not that simple.



Furthermore, despite Margaret Thatcher's claim that "there is no such thing as society", examination of statistics concerning age of first intercourse and the incidence of adolescent pregnancy shows that there are enormous

national differences even in Europe and the western world. Whether such behaviour can be easily modified by legislation seems very doubtful in the light of these figures and the question remains as to what all this means and what if anything can be done.

There are some who feel that adolescence is essentially a creation of urbanized and industrial prosperity and that there is no significant evidence to show that adolescence is a time of "storm and struggle" both for those journeying through the teen years and those responsible for them in some way – be they parents, teachers and employers. However, the evidence seems to be that the arrival of puberty has a much deeper impact than might be commonly assumed. To the early adolescent, it signifies the end of childhood securities and the prospect of beckoning awesome privileges and responsibilities and is consequently a time of enormous psychological change. It also means changing relationships with parents and playmates. From within the experience of a body capable of reproduction, it means a new encounter with sexuality in a new way. The drive to realise the potential of this acquisition is something that perhaps in this country we leave to young people to work out for themselves. It seems very likely that society and our adolescents indirectly pay for this abdication of responsibility.

D.H Lawrence called adolescence the "hour of the stranger". It is an evocative metaphor for the experience both of being an adolescent and being their parent. It contains the adolescent's encounter with their strange new body and the implication that it has for relationships with others of either gender. It also contains the experience of parents' encounter with the new arrivals in the midst of their families. As adolescents strain at the leash and test boundaries and limits to destruction, the authority of parents is challenged as they inevitably revisit their own experience of adolescence.

For all the belief in the newness of the adolescent experience in the presence of ideas that today's youth are not what they were, it cannot be said that these experiences are new. The passion of adolescence is the subject of much

drama. We witness in Shakespeare's "Romeo and Juliet" the desperation of young people straining against parental, family and social control believing that there must be "somewhere a place for us". The motif of death in both Shakespeare's play and in "West side story" – perhaps its best translation into twentieth century themes - rams home the message that with the arrival of puberty something truly irreversible happens. There is nothing that the adolescent or the adult world can do other than accept and welcome it in all challenge and complexity.

But the experience of "anti-social behaviour orders" perhaps puts in a nut shell, the dilemma into which this irreversible event of puberty places all concerned. How are we to allow adolescents to grow to maturity if we are not prepared to be shaken by the arrival of this stranger. It may sometimes seem that this only affects the adult world. The apparent irresponsibility of vandalism, anti-social behaviour, drug taking and adolescent sexual behaviour seems no more than a vacuous quest for pleasure and a flight from maturity. And, in some cases, this may be a correct interpretation. But, for the adult world to believe that their adolescents are not as shaken and disturbed by these events as the adult world may mask an effort to abdicate their adult responsibilities.

Hence the lesson seems to be that the "hour of the stranger" brings a challenge as the adolescent "walks the line" between the insistence of their newly acquired sense of themselves and the sense of their experience and the inevitable requirements placed upon them by the demands of the external world. Each must do it in their own way and those around them will witness, whether they like it or not, their struggle. For the adult world, there is no choice for them to be involved even if it looks that the adolescent resists and resents their involvement. The apparently unreachable and silent adolescent resisting parental expressions of interest and concern can be seen as a testament to the adolescent belief that to be helped represents nothing more than a subversion of their individuality. The quest seems to be to be part of something and yet also truly ourselves. The apparent very newness of this paradox belies the possibility that this paradox has been with us since the emergence of mankind with its own unique form of subjectivity. But its very "newness" means that each of us must experience this paradox of subjectivity in our own way – albeit with the help of others. Otherwise we are not human.

JAMES ROSE is a psychoanalyst. Since 1987, he has worked as a psychoanalytic psychotherapist at the Brandon Centre for Counselling and Psychotherapy for Young People, which is situated in Kentish Town, London.

YOU AND YOUR MID-ADOLESCENT by James Rose (140 pages, Cat. No. 24813) is available at £8.99

OTHER TITLES IN THE YOU AND YOUR CHILD SERIES INCLUDE:

You and Your Baby by Frances Thomson Salo (Cat. No. 21989) £8.99

You and Your Toddler by Jenny Stoker (Cat. No. 21990) £8.99

You and Your Child : Making Sense of Learning Author by Sheila and Martin Hollins (Cat. No. 21991) £8.99

THE LEARNING RELATIONSHIP

By Biddy Youell

A day rarely goes by without some item on the national news related to schools, teachers or education policy. Last week, we were told that the SATS system is to be reviewed, with pilot schemes to test out a new approach; one in which teachers make judgements about the readiness of pupils to tackle particular tasks. We were encouraged to express outrage at the former Secretary of State's decision to send her son to a private special school. We also heard the tragic news that a head teacher had taken her own life after being suspended from her post. This week, we hear that the government would support local businesses in taking over the management of schools. It is rare to hear anyone bringing the various stories together; making links between initiative fatigue, teacher stress and perceived failures in provision.

Ruth Kelly is free to choose a private school if she so wishes. The fact that she justifies her decision in terms of the individual, special needs of her son which cannot be met in the state system dismays me. For twenty years now (since the introduction of the National Curriculum in the 1980s) successive governments have been driving forward an agenda which has been aimed at a "one size fits all" kind of system. Standardisation has

been the watchword and we have now reached a point where politicians actually seem to believe that lesson plans can be downloaded from the Internet and delivered to classes by classroom assistants with little or no training.

I have recently been involved in running training days in a variety of cities in the north of England under the auspices of the Northern School of Child and Adolescent Psychotherapy. We have called the workshops, "Emotional experience in the educational setting," derived as they are from the long established course at the Tavistock Clinic, "Emotional Factors in Learning and Teaching. Counselling Aspects in Education." Recruitment has been good, with teachers and others coming along, eager for the opportunity to reflect on feelings and share their experiences. The majority of participants tell us that they believe more time and thought should be given to the emotional life of children and the emotional impact on teachers of working with challenging, puzzling and troubling young people. They complain about the pressure of work, the demands of the National Curriculum, SATS, League Tables, OFSTED, Peer review, annual appraisal, performance related pay ... the list is endless. They tell us that the system does not cater for the child who cannot manage the expectations of school, who cannot learn or cannot conform. They worry about the children they feel they are failing to reach. They also worry

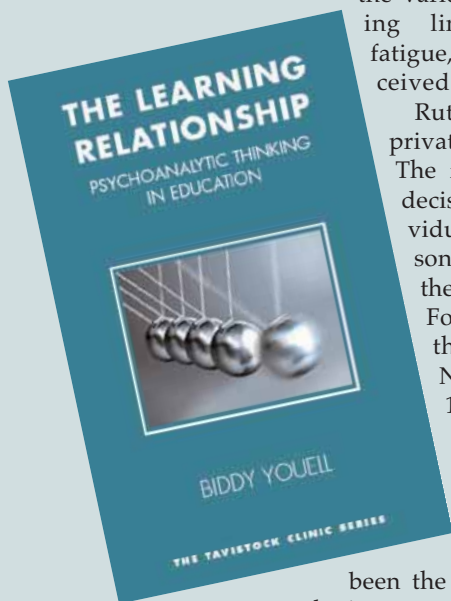
about themselves and the predicament they feel themselves to be in ... deeply committed to their jobs but facing impossible odds; exhausted, under-appreciated and misunderstood by society at large.

What has been interesting, however, is the way in which the discussion at these workshops unfolds. People express surprise and some anxiety that we do not use "Power Point," nor do we offer pre-prepared handouts. They are under pressure to justify the small contribution they have received from school INSET budgets by taking something concrete back to offer their colleagues who have been left covering their classes. When they move into small groups and look together at some detailed observational material from the classroom, an account of interaction between teachers and pupils, they find it hard to think about the emotional experience of the participants. They almost always rush into making judgements about what is or is not "good practice", into suggesting strategies and even into recommending that the poor beleaguered teacher in the narrative be put on something which sounds like "special measures". Teachers are expected to **know** and to have the answers. They inhabit a culture in which uncertainty is not seen as productive.

I need to acknowledge that standards in schools are generally higher than they were when I was teaching in the 1980s. There has, I accept, been a significant improvement in levels of literacy and numeracy. Schools are more open places and greater transparency and accountability has, I am sure, reduced the number of really poor teachers ... of truly "bad practice." The challenges presented by inclusion policies, by high numbers in some areas of non English-speaking children, by innovations in IT, by innovations in school meal provision ... etc ... are met with a level of energy which I think is amazing. However, in the face of these demands I think it is more and more difficult for the classroom teacher to hold on to an approach which takes account of their own and their pupils' emotional experience ... and most do want to do that. So much of what they are required to do is manualised, standardised and objectively measured. In a climate such as this, it is perhaps not surprising that concern for the individual all too easily gets projected into the so called experts ... those who are seen as having the luxury of space and time.

In "The Learning Relationship. Psychoanalytic Thinking in Education" I have tried to re-emphasise the centrality of the emotional experience of teacher and learner, of the relationship between the teacher, the pupil and the institution. I have tried to show some of what psychoanalytic theory has to offer in understanding many of the issues which help and hinder the educative process at various stages in the life cycle and within the context of current educational policy and practice. The book does not offer easy answers to the many dilemmas which preoccupy teachers, parents and educationists but it attempts to ask relevant questions and provide a framework for further thinking.

The Learning Relationship by Biddy Youell (182 pages, Cat. No. 17694) is available at £18.99.



THERAPEUTIC APPROACHES TO FOSTERING, ADOPTION AND KINSHIP CARE

By Caroline Lindsey

CREATING *New Families*, the latest in the series of books published in the Karnac Tavistock Clinic series, makes a unique contribution to understanding and intervention with children, young people and those who care for them, when they are unable to live with their birth families and have to start again in new families. Despite all the efforts that are made by child welfare professionals to enable children and families to remain together, there are always going to be those, for whom staying with their birth parents

is not an option, because of serious parental mental illness, addiction, abuse or neglect and combinations of these. Almost, inevitably handicapped by their start in life, these children pose many challenges to those caring for them. Their early life experiences may leave them scarred, unhappy and unable to trust adults and they may have psychological problems in their own right affecting their mood, ability to learn and to make relationships with their peers. Some may develop serious mental illness. Most young



people's greatest desire is to belong, to have a home and to feel that there are people for whom they are the priority. Their previous experiences of rejection may make them very hard to look after as they provoke those most committed to them, testing their willingness to go on caring for them, over and over again. Fortunately, there are a group of extraordinarily devoted carers in the community who provide homes for many of these young people in a range of ways-through foster care, kinship care and adoption. These carers cannot always, however, manage the task by themselves, and increasingly there has been recognition of the necessity of therapeutic help and support for the young people and their carers as they learn to live with each other. Resources to provide such help have not been widely available. Recent Government emphasis on improving outcomes for looked-after children as the group of young people in the care of the local authority are referred to, has led to increased investment in joint services between child and adolescent mental health services and local authorities to offer targeted help for this group. The Prime Minister's Review of

Adoption also led to an increased pressure for young people to be placed for adoption, when they could not be rehabilitated. But this has resulted in adoption of young people with much greater levels of need than in the past and for whom the range of support usually provided when children are fostered is essential.

In recent years too, there has been an emphasis on finding placements within the extended family as a first choice-known as kinship care-and whilst this has the advantage for the young person of keeping them within their family circle, it also may result in significant hardship and stress for the carers who may be torn between their commitment to the young person and the birth parent.

This book is the product of the work of both current and previous members of the Fostering, Adoption and Kinship Care Team in the Child and Family Department of the Tavistock Clinic (an NHS Child and Adolescent Mental Health Service and Training Organisation). The intention of the editors was to create a text which would be of interest to those working with this group of young people, their birth and new families. Since the team comprises professionals from a range of backgrounds, psychotherapists, family therapists, psychologists, social workers and psychiatrists, the book reflects its multi-disciplinary nature. Throughout, it emphasises the importance of working with the whole system created around the child in care, often involving many professionals, social workers, health professionals and teachers as well as substitute carers and birth family members. Most importantly, it provides an overview of the key theoretical frameworks that underpin work in this field- psychodynamic, systemic-family, attachment, neuro-biological, psychological and psychiatric- and which inform the therapeutic approaches which are then described. These approaches comprising individual, family, cognitive-behavioural therapies, parenting training and consultation are all illustrated with case vignettes bringing the material alive and addressing the different stages of creating a new family for the child. These include decision-making around placement in the first place to potential breakdown in placement and the complexity of contact with birth families. It concludes with a moving chapter written by the father of one of the families treated by the team. In it, he describes, with the help of his family, their journey through therapy and the role that the Clinic played in their lives.

CAROLINE LINDSEY was until recently a consultant child and adolescent psychotherapist and Clinical Tutor for the clinical training in child psychotherapy at the Tavistock Clinic.

CREATING NEW FAMILIES edited by Jenny Kenrick, Caroline Lindsey and Lorraine Tollemache (312 pages, Cat. No. 16972) is available at £18.99

Sky and Psyche: The Relationship Between Cosmos and Consciousness



Campion, Nicholas & Curry, Patrick (Eds).
Catalogue No. 25099
Floris Books
Price: £16.99

The relationship between the human soul and the stars has been central to the spiritual and esoteric traditions of Western thought, and many other cultures, for thousands of years. Medieval Christians thought that heaven was located above the earth, beyond the stars. Our modern society, however, has largely severed the relationship between the human spirit and the sky. This book explores ideas, beliefs and practices which meet at the boundary of psychology and cosmology, the universe and human imagination and addresses this special relationship from a variety of challenging and inspiring approaches.

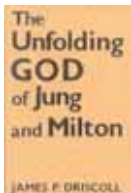
Mapping the Organizational Psyche: A Jungian Theory of Organizational Dynamics and Change



Corlett, John G. & Pearson, Carol.
Catalogue No. 24607
CAPT
Price: £26.99

Today's organizations face many challenges; change is occurring more rapidly than ever before, nations of the world continue to become more economically linked, and corporations are looking for partners, oftentimes in not so likely places. Traditional business strategies work, but to be truly effective a leader needs to understand the dynamics that take place beneath the surface, the things that are not so easily seen. This book provides an exciting and innovative way to look at and better understand organizations. Based on the profound work of C.G. Jung, the authors present both theoretical and practical approaches for stakeholders to explore the organizational unconscious. Practical solutions are presented through the concepts of archetypes. What story is your company living? Is it the path that needs to be taken? When underlying dynamics within organizations are more clearly understood, change is more effectively managed. A workbook section is included to allow readers to assess their own organizations.

The Unfolding God of Jung and Milton



Driscoll, James P.
Catalogue No. 24592
University Press of Kentucky
Price: £25.50

Applies the archetypal psychology developed by Jung, to the major poems of John Milton, exploring such themes as God, man, woman, and evil. For literary critics and theologians, rather than psychologists, the book offers insights into Jung's thoughts and theories.

Archetypal Psychology: Uniform Edition Volume 1



Hillman, James.
Catalogue No. 24587
Spring
Price: £26.00

The Uniform Edition of the works of James Hillman launches with the long-awaited revised and expanded third edition of "Archetypal Psychology", containing a complete checklist of Hillman's writings and a comprehensive bibliography of writings in the field of Archetypal Psychology.

Symbol and Archetype: A Study of the Meaning of Existence



Lings, Martin.
Catalogue No. 24591
Fons Vitae
Price: £14.99

Were one to truly understand the levels of significance provided by such symbols as are presented in this work, one would indeed be well on the way to grasping the nature and purpose of human life and the meaning of existence as understood by the great esoteric systems of spirituality. We are shown in this volume certain aspects of symbolism as they relate to the Divine, the hierarchy of this universe, the function of man, his faculties and qualities. The book's purpose is to enable the reader to dwell on certain basic aspects of symbolism in relation to the Divinity, the hierarchy of the universe, the function of man, his faculties and his qualities, the conditions to which he is subject, the natural objects which surround him, his works of art, and his final ends, all with reference to the great living religions of the world, and in particular to Christianity and Islam.

Gender, Countertransference and the Erotic Transference: Perspectives from Analytical Psychology and Psychoanalysis



Schaverien, Joy (Ed).
Catalogue No. 24498
Routledge
Price: £19.99

How do gender and sexual difference influence the erotic transference? "Gender, Countertransference and the Erotic Transference" offers new insights into working with complex transference and countertransference phenomena. Including views from a wide spectrum of theoretical backgrounds, it makes a unique contribution to discourse on the themes of gender, sexuality and the erotic transference. The contributors are highly experienced clinicians with international reputations as theorists in the fields of analytical psychology, psychoanalysis and psychoanalytic psychotherapy. Illustrated with closely observed clinical examples and detailed theoretical discussion, innovations in technique are introduced on themes including developmental mourning, female perversion, the meaning and purpose of the erotic transference, the dying patient, lesbian homoerotic transference and supervision of the erotic transference. Countertransference is vividly explored in chapters on sexual difference, the therapist's body and the challenging topic of perversion in the analyst.

On Staying Awake: Getting Older and Bolder: Another Jungian Romance



Sharp, Daryl.
Catalogue No. 24590
Inner City Books
Price: £11.99

This engaging sequel to "Not the Big Sleep" is a salute to relationships, the primacy of eros over logos, and the importance of consciousness. In song and dance, and with the help of Prof. Adam Brillig and various lovelies, Sharp leads readers joyfully through the thicket of some basic Jungian concepts, including the nuances of typology, archetypes, complexes and the enigmatic process of individuation versus individualism.

Why Fairy Tales Stick: The Evolution and Relevance of a Genre



Zipes, Jack.
Catalogue No. 24825
Routledge
Price: £17.99

In his latest book, fairy tales expert Jack Zipes explores the question of why some fairy tales "work" and others don't, why the fairy tale is uniquely capable of getting under the skin of culture and staying there. Why, in other words, fairy tales "stick." Long an advocate of the fairy tale as a serious genre with wide social and cultural ramifications, Jack Zipes here makes his strongest case for the idea of the fairy tale not just as a collection of stories for children but a profoundly important genre. "Why Fairy Tales Stick" will contain two chapters on the history and theory of the genre, followed by case studies of famous tales (including "Cinderella," "Snow White," and "Bluebeard"), followed by a summary chapter on the problematic nature of traditional storytelling in the twenty-first century.

Sandplay Therapy: Treatment of Psychopathologies



Zoja, Eva P. (Ed).
Catalogue No. 24760
Daimon Books
Price: £17.00

Ten European sandplay therapists describe how severe psychopathologies can be treated in the free and protected space of the sandbox. The sandplay therapy cases in this book illustrate some of the most difficult, yet also most effective applications: psychoses, borderline syndromes, psychosomatic illnesses, drug addictions, or narcissistic character disorders. Sandplay seems to access areas of human suffering which have otherwise always resisted psychotherapeutic treatment. Recent research in neuroscience explains why this is possible: trauma is not remembered in verbal form what has never been articulated in words nor ever shaped cannot be outwardly expressed. In sandplay, however, it manifests itself as a form, shaped by the hands. The inexpressible can be seen and touched therefore, it can be transformed.



Cognitive-Behavioral Therapy in Groups



Bieling, Peter J. et al.
Catalogue No. 25154
Guilford Press
Price: £30.50

Serving as a guide for practitioners, this book offers advice on how to structure and lead Cognitive-Behavioral Therapy (CBT) groups and overcome common challenges

that arise. Emphasizing that a CBT group is more than the sum of its individual members, it shows how to understand and use group process to optimize outcomes. Up to date, accessible, and highly practical, the book is filled with session outlines, sample dialogues, checklists, troubleshooting tips, and other user-friendly features.

Group Relations Conferences: Reviewing and Exploring Theory, Design, Role-Taking and Application



Brunner, Louisa D. et al (Eds).
Catalogue No. 23325
Karnac
Price: £19.99

This book will interest members of the group relations community and others whether or not they are

familiar with and utilize Tavistock group relations thinking in their research, consultancy, management or teaching roles. It may serve as an inspiration to people who believe that issues that influence our lives at work and in society are complex and need more sophisticated tools to deepen understanding and lead to change.

The Coaching Organization: A Strategy for Developing Leaders



Hunt, James M. & Weintraub, Joseph R.
Catalogue No. 24779
Sage
Price: £27.00

"The Coaching Organization" draws on the authors' extensive experience and additional research

completed since the publication of their first book, "The Coaching Manager", to help promote coaching and leadership capabilities in organizations. It helps define the goals of coaching in order to develop leadership and explains how a culture that encourages employees to seek out coaching and encourages managers to coach can be developed. "The Coaching Organization" provides methodology for in-house training of coaching managers, which will help eliminate the need for repetitive sessions by paid consultants.

Relatedness in a Global Economy



Klein, Edward B. & Pritchard, Ian L. (Eds).
Catalogue No. 24496
Karnac
Price: £19.99

Massive social changes have brought prosperity to many groups and nations. Technological developments continue to facilitate the

transformation of our lives. More employees are working in teams connected technologically throughout the world. Many have participated in some times disconnected discussions involving managers on different continents. How we understand the dynamics of such virtual environments are challenges for workers and managers. This book combines psychodynamic, small group and social systems theories in addressing consultations in various countries. The authors, from India, Australia, England and the United States, provide rich case material as well as theoretical background in explicating current consultations. It will appeal to executive coaches, organizational consultants, NGOs, specialists in finances and management, human relations and those interested in third world development.

Me, Myself, My Team: How to Become an Effective Team Player Using NLP: Revised Edition



McLeod, Angus.
Catalogue No. 25097
Crown House
Price: £12.99

A practical book stimulating the reader to new and empowering strategies using team as a model

for change. Whether the objective is to influence changes in your work-place, decide on the most career-important focus for your job or knowing how to understand and influence difficult people, this book has inspiring tools for stimulating change. The emphasis is principally on what we can do to make a difference at work. These learnings are extended to provide practical ideas for developing people and teams as well. This edition is updated throughout and has more emphasis on understanding people and influencing skills.

Life Coaching Skills: How to Develop Skilled Clients



Nelson-Jones, Richard.
Catalogue No. 24786
Sage
Price: £17.99

Life coaching is a rapidly growing area with more and more people seeking help to lead satisfying and successful lives. "Life Coaching

Skills" provides a practical introduction to the skills needed to be an effective life coach, and incorporates a wide range of practical activities for coaches to use to help their clients develop self-coaching skills. Written by leading skills expert, Richard Nelson-Jones, the book presents a four stage life coaching model based around the core concepts of relating, understanding, changing and client self-coaching. It explores the central skills of coaching used within the model including: establishing the coaching relationship; assessment and goal setting; presentation; demonstration; and consolidation. The main focus of "Life Coaching Skills" is on one-to-one life coaching particularly concerning relationship, work, and health issues. The specific skills needed for working with groups are also discussed and ethical issues and dilemmas related to coaching are explored.

Dynamic Security: The Democratic Therapeutic Community in Prison



Parker, Michael (Ed).
Catalogue No. 24771
Jessica Kingsley
Price: £25.00

'Dynamic Security' describes the inner workings and dynamics of democratic therapeutic communities (TCs) in prisons. Chapters on

theory, practice, management and on outcome and evaluation of work in TCs in prisons are linked with clinical examples. The contributors explore the complexities of working in therapy with the powerful emotional impact generated in the process of therapy in the forensic setting. In particular, they focus on the previous life history of offenders in therapy and on the effect of former relationship experiences on offenders' behaviour. This book will prove indispensable to anyone working in the forensic field in prisons, secure hospitals or dangerous and severe personality disorder (DSPD) units, including psychiatrists, psychologists, prison and probation officers, social workers, prison governors and other staff, and also to students training for this work. "Community, Culture and Change" encompasses a wide range of ideas and theoretical models related to communities and cultures as a whole, embracing key Therapeutic Community concepts such as collective responsibility, citizenship and empowerment, as well as multi-disciplinary ways of working and the social origins of distress. The ways in which our social and therapeutic worlds are changing is illustrated by the innovative and creative work described in these books.

Globalization and Terrorism: Death of a Way of Life



Stapley, Lionel.
Catalogue No. 23871
Karnac
Price: £12.99

How do we explain the factors that led to the murder by Muslim immigrants of Theo van Gogh in Holland? How do we explain why

four young British Muslims should become suicide bombers who killed themselves and 52 innocent members of the British public and injured many more on the London underground on 7/7? How do we explain why a Danish journalist published a cartoon of the Prophet Mohammed and the violent reactions that this sparked throughout the world? With a view to answering these and other topical questions this book tracks the development and progress of Globalization with the intention of exposing the way that its development has centred on the technological process whilst ignoring the problems posed by its use; in particular the affect on societal cultures. This has been experienced as 'death of a way of life' leading to a loss of individual and group identity.

Focus Groups: Theory and Practice



Stewart, David W. et al.
Catalogue No. 23972
Sage
Price: £21.00

Stressing the unique interaction of the moderator and group as well as the mechanics of designing, conducting and interpreting the outcome of focus groups, this updated


edition of "Focus Groups" provides a systematic treatment of focus group interviews within the context of social science research and theory. "Focus Groups" also brings together the substantial literature on group processes and the analysis of qualitative data.



WHAT ARE GROUP RELATIONS CONFERENCES?

By Mannie Sher

GROUP Relations Conferences are designed to address specific work and organisation-related themes in all sectors. Some of the practitioners are working with public services in their respective countries, with academic institutions, non-profit organisations, in management development and family businesses. Group relations approaches are also used to address societal issues and groups in conflict. Others are currently consulting to local government and their partner organisations in the UK and in Europe following new local government reform legislation. They are working on revitalising local authorities, working with their partners to reshape public services around the citizens and communities that use them. They are helping local government to change the way it works, enabling local partners to respond more flexibly to local needs; to reduce the amount of top-down control from central government; and to enable citizens and communities to play their part. On the academic front, the theory and application of group relations methodologies is taught on MBA programmes for managers in the business world.



methodologies is taught on MBA programmes for managers in the business world.

Group Relations Conferences are designed for experiential study of group and organisational behaviour. The Tavistock Institute of Human Relations mounted the first residential Group Relations Conference jointly with Leicester University in 1957 in what became known internationally as the 'Leicester' conferences. Since then numerous Group Relations Conferences based on the Tavistock -'Leicester' model – residential and non-residential – have taken place in many countries around the world every year.

In November 2003, an international community of group relations practitioners met at Belgirate on the shores of Lake Maggiore, Italy, to reflect on and debate contemporary issues in group relations and their application to the changing needs of organisations and society. The conference aimed to study Tavistock Group Relations Conferences via an innovative integration of experiential, reflective and didactic elements. There were two keynote lectures and eight side lectures and other group events that focused on the theory, design, role-taking and application of Group Relations Conferences.

The conference was sponsored by OFEK - the Israel Association for the Study of Group and Organisational Processes and the Tavistock Institute, London. Membership of the conference was international, 52 delegates drawn from 11 countries. Eligibility to conference membership was by having had previous staff roles in Tavistock-Leicester type group relations conferences. The background to this conference, the reason for choosing Italy as a venue and the role played by the two co-sponsoring organisations is described in Chapter 1.

This book reflects the unique culture of the Belgirate Conference, namely combining traditional and experiential modes of developing new ideas and knowledge; and in order to further the field of Group Relations. The conference was conceived as a space, or a 'container', for generating ideas through collective effort and exploration, in a continuous interplay between theory and experience during the conference itself and during the pre- and post-conference phases. Thus, the Belgirate conference encouraged people to present their ideas on the conference's topic and articulate and con-

ceptualize them through writing elements of the "here and now" dynamics of the conference.

Thus, this book contains the collection of papers presented at the conference plus two additional papers. They represent a collective picture of the value of group relations thinking in addressing organisational and societal needs.

The book is built around the following themes:

- *Structure, design and learning in Group Relations Conferences.* These themes are addressed by Olya Khaleelee and Mira Erlich-Ginor, who through presenting a conceptual frame and sharing their personal experiences as consultants and directors, also challenge and question traditional approaches to group relations conferences.

- *Themed Conferences and Group Relations Conference Methodology.* The papers by Ilana Litvin and Gabi Bonwitt and Ross Lazar tackle difficult social issues on sexual abuse in families and Israeli society and the tribulations of two German psychoanalytic institutions. Their papers demonstrate the usefulness of group relations conference methodology in addressing complex conflicts and trauma.

- *The Application of Group Relations Conferences Methodology to Professional Roles.* Papers by Siv Boalt Boëthius, Karen Izod and Carl Mack deal with working with multiple roles in a university in Europe, career development and ownership in a global pharmaceutical company and the application of the methodology to the public school system in the USA respectively.

- *Researching Group Relations Conference Methodology and Outcome.* Papers by Lilian Hupkins and Allan Shafer help us to hold on to the 'scientific' underpinning of Group Relations Conferences through their investigations of the nature of applied learning in terms of motivation and outcome of attendance at group relations conferences in different countries and in different settings.

- *Post Conference Reflections: Group Processes and Leadership.* Jan Baker in her paper reflects on the emergence of spontaneous small groups in group relations conferences and their meaning for the 'system'. Josef Triest's paper re-evaluates the group relations model in the light of notions of 'twinship' – two co-sponsoring organisations, two male conference managers, two female keynote speakers, etc.

This book will interest members of the group relations community and others who are familiar with and utilise Tavistock group relations thinking in their research, consultancy, management or teaching roles. This book will be useful too for people who are not familiar with the Tavistock group relations approach, but who may wish to dip into it in order to find out more and learn about an approach to understanding groups, organisations and society that is both theoretical and intensely practical. The structure of the book is designed to convey to the reader a set of values inherent in group relations work and the passion and commitment of the people doing it. The book may serve as an inspiration to people who believe that issues that influence our lives at work and in society are complex and need more sophisticated tools to deepen understanding and lead to change.

MANNIE SHER is a Principal Social Scientist and Director of the Group Relations Programme at the Tavistock Institute, London. He manages organisational development and change projects and consults to top management of organisations on the role of leadership in effecting strategic change.

GROUP RELATIONS CONFERENCES edited by Louisa Brunner, Avi Nutkevich and Mannie Sher (195 pages, Cat. No. 23325) is available at £19.99

RELATEDNESS IN A GLOBAL ECONOMY: WINNERS AND LOSERS

By Edward Klein

NEWSPAPERS and TV have noted how massive social changes have brought prosperity to many groups and nations while others are “losers” in the global economy. Technological developments continue to facilitate the transformation of our lives. More employees are working in teams connected technologically throughout the world. Many have participated in some times disconnected discussions involving managers on different continents. How we understand the dynamics of such virtual environments are challenges for workers and managers.

Institutional transformation often involves a process of continuous change, which is both exciting and challenging and calls for flexibility on the part of employees and executives. Given the speed of communication, it is often hard to think about complex issues which influence decision-making. In deed most managers I know complain about the lack of time for making thoughtful decisions including stresses from work and family.

Organizational consultants by applying systems theory offer CEOs, managers and workers a space to

think about and understand complex organizational and global issues.

This book combines psychodynamic, small group and social systems theories in addressing consultations in various countries. The authors, from India, Australia, England and the United States, provide rich case material as well as theoretical background in explicating current consultations. It will appeal to executive coaches, organizational consultants, NGO, specialists in finances and management, human relations and those interested in third world development. Clearly events happening in developed and developing countries influence what happens through out the rest of our interdependent world.

The book, published in October 2006, is *Relatedness in a Global Economy*, Karnac, London, England. It addresses three issues: (1) Can a combination of social systems and psychoanalytic theories help us to understand the dilemmas of relating in a complex, competitive global economy? (2) How can systems authors apply their theories to the marketplace? 3) Using these theoretical perspectives, can consultants affect how we relate in the new economy? In nine chapters authors from Australia, Britain, India, and the United States address these issues in both technologically developed and developing countries with timely cases from their own consultation practice.

In the first chapter I review the history of systems theory as developed at the Tavistock Institute since 1950 and apply it in a brief consultation to a multinational company dealing with a scapegoat executive. In Chapter 2 Rosemary Viswanath and Gouranga Chattopadhyay note both positive and negative consequences of globalization in India with computer companies and the Untouchables. Chapter 3

by Kenwyn Smith discusses how the Internet makes it harder for Mongolia to participate in the world, how Western development agencies do not appreciate Madagascan learning and how global learning practices undermine the thinking that enabled the Australian Aborigine to thrive for over 50,000 years. He offers suggestions on how these groups can participate in the global economy.

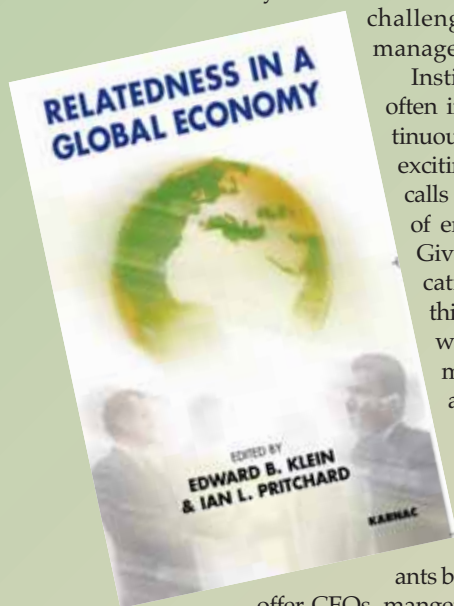
Chapter 4 by Lionel F. Stapley presents the case of a multinational steel company operating in Britain and the way that cheap steel in other nations impacts the organization's domestic operations. In Chapter 5 James Dagleish and Susan Long thoughtfully discuss how an Asia Pacific utilities management's fear of the market effects it's abilities to function under stress. Chapter 6 by Larry Penwell discusses the need to overcome intergroup competition by noting elements that enhance global identification from the pyramids of Egypt to space travel.

In chapter 7 Faith Gabelnick, in her last article, describes how a French family business is growing on two continents while the founding brothers deal with adult development midlife issues. Marc Maltz and Kenneth Witt in Chapter 8 contrast how the managing partner of Arthur Andersen could not take up his role and be “allowed” to lead by those being lead, with a firm that lost over a third of its employees in the World Trade Center attack. The leadership provided in the WTC case was transparent, emotive, charismatic, effective delegated and decisive. This case presents a leadership model that is both open and direct and will be needed more often in a violent and unpredictable world. Amy Fraher interviewed 13 leading group experts and in Chapter 9 notes the need for more refined definitions of leadership, authority and their influence in modern organizations, and further development of alternative group relations approaches.

Attempts to transform institutions falter because of resistance to change. Leadership in a global economy requires a sophisticated view of social systems, including the importance of culture, history, ethnicity, identity, language, politics, and violence on the way people work. Therefore, leaders should employ a dynamic systems framework to connect the individual, group, and organization to the global economy. Both consultants and managers can psychologically monitor the impact that these factors have on their jobs and will need support in maintaining a balanced view of their work and lives. The authors hope that this volume will help to produce more effective management, organizational consultation, and executive coaching in the complex global economy. In particular how political/economic decisions taken by Western oriented nations affect events in developing nations.

EDWARD KLEIN is a consultant with Fortune 500 companies, health and government agencies regarding leadership, executive development and organizational dynamics. He presents seminars on adult development in industrial, clinical and educational settings to executives and managers. He has published several books on dynamic leadership and consultation in a changing economy.

RELATEDNESS IN A GLOBAL ECONOMY by Edward Klein and Ian Pritchard (236 pages, Cat. No. 24496) is available at £19.99



INNOVATIONS IN THE REFLECTING PROCESS

THE INSPIRATIONS OF TOM ANDERSEN

By Harlene Anderson
& Per Jensen

The passion to continually be on the move to seek new understanding has been a characteristic of the field of family therapy and systemic thinking over the last forty years. Many professionals have moved around, more or less freely, in and out of this field. Some have made footprints that will last for a long time. One of these is Tom Andersen.

From a position as Professor in Social Psychiatry at the University of Tromsø in Northern Norway, he has moved around the world participating with other professionals in their efforts to develop their work and seek wider horizons.

Innovations in the Reflecting Process honours Tom Andersen and his enormous courageous, creative, and committed contributions to psychiatry and psychotherapy. Most importantly, it is a gift basket for the reader. The basket is filled with *inspirations*: a collection of articles and greetings that capture and exemplify the broad range of innovative ways in which therapists around the world have been inspired

by Tom Andersen and his *reflecting conversations process*. It is filled with stories about the authors' daily work and the influence of their histories with Tom. Little-seen glimpses, outside Norway, give the reader a sense of Tom: ideas and practices do not emerge out of the blue but are closely connected to the person—the person's values, context, history, relationships, and so forth.

It is about the same distance from Oslo to Tromsø as from Oslo to Italy. When the editors of *Innovations in the Reflecting Process*, Harlene Anderson and Per Jensen, started the Family Therapy Education programme at Diakonhjemmet University College in Oslo in 1990, they asked Tom Andersen to come as a visiting professor and teach them. In the years since, and several times a year, they have continued to learn from and with him. Harry Goolishian used to say that the Gulf Stream started at his dock in Galveston and flowed all the way to Northern Norway, warming it and connecting the faraway Galveston and Tromsø groups. There were two main commonalities in this connection: first, the editors being uncomfortable with psychiatric practices, and understandings of human beings, that "patients" said—in their

words and actions—were not helpful; second, their longing to connect with others who were challenging and offering alternatives to the traditions of psychiatry and family therapy. Tom Andersen and his colleagues provided fellowship and conversations that were encouraging and through which new ideas would begin to form, take shape, and be clarified. Many of the book's contributors share this same experience with Tom: he comes from far away and inspires people.

Those who read the book who know Tom Andersen will be reminded of the gatherings with Tom, both personally and with his texts. Others, for whom this will be a first encounter with Tom, will also meet many of his colleagues and friends and gain a glimpse of how he has inspired everyone. Inspiration is not only something spiritual or intellectual: it is connected to the verb "to inspire", to draw one's breath. One of Tom's main sources of inspiration was Norwegian physiotherapist Aadel Bülow-Hansen, who worked with the body and the breath in a way that invited new understandings of family therapy: we experience "seeing" and "hearing" through the body.

The reflecting conversation process was formed when a team of therapists began, within the therapy session, to ask family members if they would like to listen to what the team members behind the mirror thought about as they were listening to the therapy conversation between the family members and the therapist. This was the start of a process of dialogues about dialogues that enabled new conversations, giving time and space for speaking and listening to the unspoken, and giving family members the choice to respond and how to respond.

In the first section of the book, the authors' stories vividly portray the usefulness of reflecting processes and their multiple variations across cultures, contexts, and languages. These stories are followed by an accounting of seminars organized by Tom and his colleagues that brought together people interested in exploring and developing what is now referred to as dialogical or conversational practices. An interview with Tom is then followed by greetings that capture Tom's touching, unforgettable warmth and care and his steadfast, sometimes provocative, commitment to challenging many of our cultural, political, and ethical traditions.

INNOVATIONS IN THE REFLECTING PROCESS (234 pages, Cat. No. 24833) is available at £19.99



HELPING PEOPLE WITH SEVERE MENTAL HEALTH PROBLEMS TO MOVE ON

By Roz D'Ombraine Hewitt

MENTAL HEALTH has again hit the headlines as the government seeks to introduce new legislation to replace the existing 1983 (England) Mental Health Act. Most controversially, to make supervised community treatment mandatory. For those with a diagnosis of severe mental illness, such as schizophrenia, this will mean mandatory medication.

This clause has raised concern from service-user charities, self-support groups and mental health professionals, including psychiatrists and psychologists. For example, writing in *The Psychologist* (January 2007) - the journal of the British Psychological Society - David Harper, who is a member of their Mental Health Act Working Party on the proposed changes, sets out the Society's reservations. A key issue is:

"That the bill should include not only treatment that is appropriate and available but also that which is likely to benefit the service user."

This has important implications

for people with a diagnosis of schizophrenia for whom medication is the first-line treatment - and often virtually the only treatment they're offered. Antipsychotic drugs may reduce symptoms such as hallucinations and delusions, but they are far from being a cure-all. Unpleasant side-effects, such as involuntary twitching, restlessness, lethargy and sexual problems, are not unusual - even on the newer 'atypical' drugs. Anticholinergic drugs may lessen these, but in turn produce their own unwanted side-effects. Moreover, effective though they may be, antipsychotics don't necessarily make people feel any better. In the light of these factors the surprise is not that some people don't regularly use medication, but just how many do - and that the 'compliance rates' for antipsychotics are about the same as for other prescribed medications.

Most importantly, however, research and personal accounts suggest that the antipsychotic drugs alone aren't totally effective, either in symptom reduction or in improving a person's health and sense of well-being. What people need, request, but too rarely receive is on-going support. This should comprise more than a brief chat with a psychiatrist once every three to six months and a fortnightly visit from their community psychiatric nurse, which by many accounts is the sum total of individual's care in the community.

Regular support may be on hand for the 40 to 60 per cent of people with schizophrenia who live with their families. But of those who don't, the chances are that many live impoverished, largely isolated lives of quiet desperation. In such circumstances taking medication is unlikely to be their priority.

What is appropriate and needs to be available are more day centres, befriending schemes and other sources of support

that enable people to maintain and develop a social network, remain well, and move on with their lives. Yet, unfortunately, service-users often report that many council-run groups and facilities have become victims of budget cuts.

Of course, government thinking is that if everyone with a diagnosis of schizophrenia was compelled to take medication it would prevent their relapsing and becoming a danger to themselves or to others. But both research and anecdotal evidence suggests that while some people relapse if they do not take medication, around the same number do not. Before compulsory medication is introduced, therefore, surely it would be sensible to work with each individual to ascertain the possible risks and how best people can be encouraged and helped to manage their health. As the BPS recommends: "...if it is to be used, supervised community treatment should apply only to a small delimited group of service users."

For though some people, either because they are prematurely discharged from hospital, or poorly supported in the community become suicidal or violent towards others - and these are issues which need to be addressed - they are in the minority. Despite sensational newspaper headlines, the overwhelming majority of violent crimes are not committed by those with a diagnosis of schizophrenia - or other mental health problems - but by 'normal', 'sane' people, often under the influence of alcohol or drugs.

What Also Works

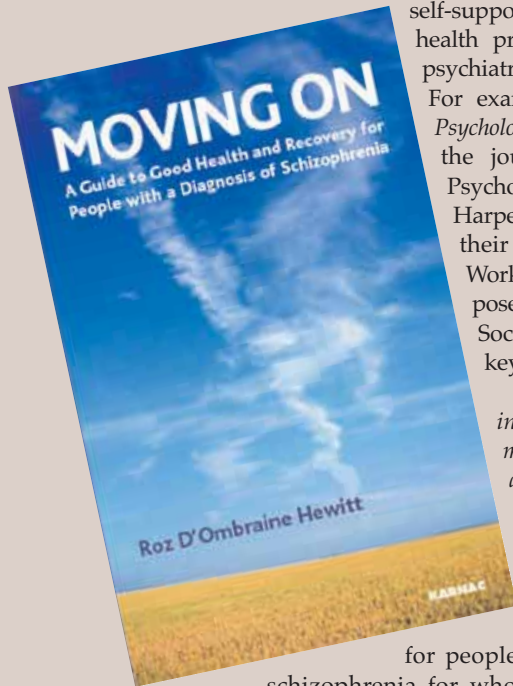
Surveys with people diagnosed with schizophrenia and mental health problems, consistently report that they want to be offered more complementary therapies and psychological treatments such as counselling and psychotherapy. The former can reduce stress, which is a key factor in relapse as well as ameliorate the side-effects of medication. For example 'touch' therapies, like massage, aromatherapy and The Alexander Technique, can be very effective. While substantial research evidence for the long-lasting benefits of psychotherapy continues to accumulate.

Supportive counselling and cognitive behaviour therapy (CBT) - most often used alongside medication - can markedly lessen people's delusions and hallucinations and the sort of disturbed thinking that may lead to their harming themselves or others. Research data also shows that family therapy is linked to improved quality of life for people with schizophrenia - and increased use of medication. But waiting lists for counselling and psychotherapy are long - despite a 2006 government commitment to train more CBT therapists. But since they succeeded in reducing NHS waiting lists, could not the government do the same and make psychological treatments more widely available.

More counselling, complementary therapies and on-going support - that's what people with schizophrenia say they need and research suggests can be effective. With the mental health legislation still being debated in the House of Commons, it's not too late for the government to start listening.

Roz D'Ombraine Hewitt is a journalist and broadcaster and a member of the British Psychological Society.

MOVING ON: A GUIDE TO GOOD HEALTH AND RECOVERY FOR PEOPLE WITH A DIAGNOSIS OF SCHIZOPHRENIA by Roz D'Ombraine Hewitt (292 pages, Cat. No. 24509) is available at £14.99.



Removing the Mask of Kindness: Diagnosis and Treatment of the Caretaker Personality Syndrome



Barbanell, Les.
Catalogue No. 25011
Jason Aronson
Price: £21.99

Examines the transformation of selflessness into the Caretaker Personality Syndrome, and how it is not always better to give than receive, that being good can go bad, and that the disease to please can even be fatal. This book examines the transformation of selflessness into the Caretaker Personality Syndrome, and how it is not always better to give than receive, that being good can go bad, and that the disease to please can even be fatal.

Interpersonal Reconstructive Therapy: An Integrative, Personality-Based Treatment for Complex Cases



Benjamin, Lorna S.
Catalogue No. 25113
Guilford Press
Price: £16.50

For individuals with chronic, complex problems that include multiple Axis I disorders comorbid with personality disorders, the barriers to change are significant. This book presents a powerful therapeutic approach that integrates psychodynamic, cognitive-behavioral, client-centered, and other techniques to empower patients to overcome these barriers by fostering change in personality.

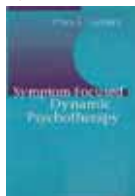
Narrative Therapy: Making Meaning, Making Lives



Brown, Catrina & Augusta-Scott, Tod.
Catalogue No. 24787
Sage
Price: £29.00

This edited volume introduces students to the history and theory of narrative therapy. Authors Catrina Brown and Tod Augusta-Scott situate this approach to theory and practice within the context of various feminist, post-modern and critical theories. Through the presentation of case studies, "Narrative Therapy: Making Meaning, Making Lives" shows how this narrative-oriented theory can be applied in the client-therapist experience. Many important therapeutic situations (abuse, addictions, eating disorders, and more) are addressed from the narrative perspective.

Symptom-focused Dynamic Psychotherapy



Connors, Mary E.
Catalogue No. 24625
Analytic Press
Price: £45.00

Traditionally, psychoanalytically oriented clinicians have eschewed a direct focus on symptoms, viewing it as superficial turning away from underlying psychopathology. But this assumption is an artifact of a dated classical approach; it should be reexamined in the light of contemporary relational thinking. So argues Mary Connors in "Symptom-Focused Dynamic Psychotherapy", an integrative project that describes cognitive-behavioral techniques that have been demonstrated to be empirically effective and may be productively assimilated into dynamic psychotherapy.

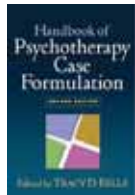
About a Body: Working with the Embodied Mind in Psychotherapy



Corrigall, Jenny et al (Eds).
Catalogue No. 23752
Routledge
Price: £19.99

How does our body reveal us to ourselves? The body can inform the work we do in mental health. This unique collection invites the reader to consider the way we think about the embodied mind, and how it can inform both our lives and our work in psychotherapy and counselling.

Handbook of Psychotherapy Case Formulation: Second Edition



Eells, Tracy D. (Ed).
Catalogue No. 5283
Guilford Press
Price: £33.00

This text is designed to help clinicians, at all levels of training, to master the fine points of case formulation, within a range of therapeutic approaches. Each chapter provides a guide to implementing the method at hand in everyday clinical work, supported by an illustrative case example.

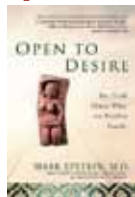
The Skilled Helper: A Problem-management and Opportunity Development Approach to Helping: International Student Edition: Eighth Edition



Egan, Gerard.
Catalogue No. 24966
Wadsworth
Price: £34.00

Internationally recognized for its successful problem-management and opportunity development approach to effective helping, Egan's text emphasizes the collaborative nature of the therapist-client relationship and uses a practical, three-stage model that drives client problem-managing and opportunity-developing action. Egan masterfully leads readers step-by-step through the counseling process, while giving them a feeling for the complexity inherent in any helping relationship. As readers begin to understand the various steps of the helping model, they are able to improve their competence and confidence measurably. In this new eighth edition, Egan has built upon the strengths of the last edition in which he presented a "positive psychology", solution-focused theme by adding new discussions on evidence-based practice, research, and philosophical perspectives around how helpers know what they know.

Open to Desire: The Truth About What the Buddha Taught



Epstein, Mark.
Catalogue No. 24872
Gotham Books
Price: £9.99

A guide to achieving deeper self-awareness through an understanding of one's desires draws on Buddhist parables to counsel readers on overcoming self-defeating habits, the perceptions of others, and feelings of incompleteness.

More Hypnotic Inductions



Gafner, George.
Catalogue No. 24255
W.W. Norton
Price: £14.99

Gafner's "Handbook of Hypnotic Inductions" provided clinicians with inductions ready-made for practice. Here, in response to the overwhelming success of that book, he provides more brand-new inductions for the beginning and advanced hypnotist. After briefly summarizing the theoretical foundations of hypnosis, Gafner presents the inductions in five main categories: story inductions, inductions for sleep, inductions for children, directive inductions, and confusional inductions. Detailed scripts for inducing the hypnotic state are presented, as well as strategies for deepening, re-alerting, and debriefing—all followed by insightful clinical comments, making this book a comprehensive and invaluable hypnosis resource for clinicians.

Art Therapy, Research and Evidence-based Practice



Gilroy, Andrea (Ed).
Catalogue No. 24777
Sage
Price: £19.99

Art Therapy is under increasing pressure to become more "evidence-based". As a result, practitioners now need to get to grips with what constitutes "evidence", how to apply research in appropriate ways and also how to contribute to the body of evidence through their own research and other related activities. Written specifically for art therapy practitioners and students, "Art Therapy, Research & Evidence Based Practice": traces the background to EBP; critically reviews the existing art therapy research; explains the research process; links research with the development of clinical guidelines; and describes the knowledge and skills needed to demonstrate efficacy. Drawing on her own experience as a researcher, practitioner and lecturer, Andrea Gilroy looks at the implications of EBP for art therapy and examines common concerns about the threat it may pose to the future provision of art therapy within public services.

Psychotherapy Supervision and Consultation in Clinical Practice



Gold, Judith H. (Ed).
Catalogue No. 24945
Jason Aronson
Price: £19.99

This book discusses and describes psychotherapy supervision for qualified psychiatrists and other mental health professionals. Practitioners, as well as trainees, benefit from supervision to maintain and enhance their psychotherapeutic skills; supervision is also recommended for those in practice treating difficult patients, in the prevention of boundary violations, and when personal events might impact upon treatment. This book delineates the ongoing role of psychotherapy supervision in the lifelong development and maintenance of professional skills and standards of practice.

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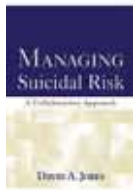
The Madness of Our Lives: Experiences of Mental Breakdown and Recovery



Gray, Penny (Ed).
Catalogue No. 24997
Jessica Kingsley
Price: £17.99

What precipitates mental breakdown? How do people experience such extremes - and how do they see others' interpretations and interventions? Most important, how do people recover from these episodes and get their lives back? These are some of the questions addressed in this anthology of first-hand accounts of mental breakdown and recovery. Ten very different stories together shed light on what triggers mental breakdown, what it is like to be 'mad', whether treatment helps and how people reclaim themselves and their lives. Based on tape-recorded interviews with people who have been through a mental breakdown and come out the other side of it, "The Madness of Our Lives" breaks the silence around mental distress and offers hope and optimism to mental health service users and their carers.

Managing Suicidal Risk: A Collaborative Approach



Jobs, David A.
Catalogue No. 25114
Guilford Press
Price: £21.00

This clinical manual offers essential tools and guidance for therapists of any orientation faced with the complex challenges of assessing and treating a suicidal patient. In a large, ready-to-photocopy format, the book provides step-by-step instructions and reproducible forms for evaluating suicidal risk, developing a suicide-specific outpatient treatment plan, and tracking clinical progress and outcomes using documentation that can help to reduce the risk of malpractice liability. In addition to providing a flexible structure for assessment and intervention, The Collaborative Assessment and Management of Suicidality (CAMS) approach is designed to strengthen the therapeutic alliance and increase patient motivation. Highly readable and user-friendly, the volume builds on 15 years of empirically oriented clinical research.

Using Early Memories in Psychotherapy: Roadmaps to Presenting Problems and Treatment Impasses



Karson, Michael.
Catalogue No. 24951
Jason Aronson
Price: £19.99

When early memories are examined, the results can be personally meaningful to the individual and relevant to the presenting problem and to the therapy. This book recommends strategies for using early memories to enhance the working alliance, to make psychological sense of presenting problems, and to resolve treatment impasses. Certain intrinsic features of early memories make them analogous to life problems and to the therapy relationship childhood tends to imply situations that are confusing, disempowered, or impulsive, and relationships that are parental, intimate, or defining. When early memories are examined, the results can be personally meaningful to the individual and relevant to the presenting problem and to the therapy. This book recommends strategies for using early memories to enhance the working alliance, to make psychological sense of presenting problems, and to resolve treatment impasses.

An Introduction to Dramatherapy



Langley, Dorothy.
Catalogue No. 23968
Sage
Price: £17.99

"An Introduction to Dramatherapy" is a concise introduction to the background, theory and practice of a method of therapy which uses the dramatic process to help people during times of stress, emotional upheaval, illness or disability. Illustrated throughout with vivid examples from dramatherapy sessions, the book shows how drama can be used in an intentional and directional way to achieve constructive change with individuals or groups. In particular, the book highlights the power of drama as a therapeutic medium because of its foundations in metaphor, power which can be harnessed through the use of techniques such as role play, enactment, story-telling and the use of puppets and masks. "An Introduction to Dramatherapy" provides a welcome overview for readers who are new to the field and an excellent starting point for further study.

Trauma and Psychosis: New Directions for Theory and Therapy



Larkin, Warren & Morrison, Anthony P.
Catalogue No. 24843
Routledge
Price: 29.99

"Trauma and Psychosis" provides a valuable contribution to the current understanding of the possible relationships between the experience of trauma and the range of phenomena currently referred to as psychosis. Warren Larkin and Anthony P. Morrison bring together contributions from leading clinicians and researchers in a range of fields including clinical psychology, mental health nursing and psychiatry. The book is divided into three parts, providing comprehensive coverage of the relevant research and clinical applications. Part I, Research and Theoretical Perspectives provides the reader with a broad understanding of current and developing theoretical perspectives. Part II, Specific Populations examines the relationship between trauma and psychotic experiences in specific populations. Part III, From Theory to Therapy draws together current knowledge and investigates how it might be used to benefit individuals experiencing psychosis. This book will be invaluable for clinicians and researchers interested in gaining a greater insight into the interaction between trauma and psychosis.

Spirituality in Counselling and Psychotherapy



Lines, Dennis.
Catalogue No. 24722
Sage
Price: £19.99

By exploring different perspectives on religion and spirituality, this book provides therapists with the grounding they need to introduce spiritually-centred counseling into their practice. It describes the characteristics of spiritual counseling and covers practical considerations. The book is illustrated throughout with transcripts and case studies.

Research and Psychotherapy: The Vital Link



Luborsky, Lester.
Catalogue No. 24947
Jason Aronson
Price: £19.99

"Research and Psychotherapy" is a valuable resource for beginner and seasoned clinicians alike. The book will serve as an excellent text for graduate level courses in psychology, especially suitable for those exploring personality disorders. Drs. Luborsky masterfully present principles of supportive-expressive psychotherapy and demonstrate how to successfully combine it with other types of psychotherapies. The authors provide extensive information on the latest research in the field.

Expressive Therapies



Malchiodi, Cathy A. (Ed).
Catalogue No. 25124
Guilford Press
Price: £14.99

Psychotherapists, counselors, and other health care professionals are increasingly turning to expressive therapies - including art, music, dance/movement, drama, poetry, play, sandtray, and integrative approaches - in their work with clients of all ages. This timely volume offers a comprehensive presentation of these innovative and powerful modalities. Expert contributors present in-depth descriptions of their respective approaches to intervention with children, adults, and groups, giving particular attention to strategies for integrating expressive work with other forms of psychotherapy.

Spirituality and Counselling: Experiential and Theoretical Perspectives



Moore, Judith & Purton, Campbell (Eds).
Catalogue No. 24954
PCCS Books
Price: £21.00

This book arises from a rich and lively international conference on The Spiritual Dimension in Therapy and Experiential Exploration, which was held at the University of East Anglia in July 2004. The varied chapters - including contributions from the keynote speakers: Brian Thorne, Rev Daishin Morgan and Richard Holloway - explore the conference theme in depth from many perspectives: experiential, philosophical, theological, psychological and personal.

Trauma and the Body: A Sensorimotor Approach to Psychotherapy

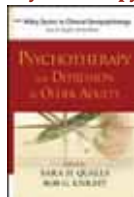


Ogden, Pat et al.
Catalogue No. 23529
W.W. Norton
Price: 21.50

Psychological trauma profoundly affects the body, often disrupting normal physical functioning when left unresolved. "Trauma and the Body" provides a detailed review of research in neuroscience, trauma dissociation and attachment theory that points to the need for an integrative mind-body approach to trauma. Readers are instructed in practical techniques that will help clients deal with trauma.



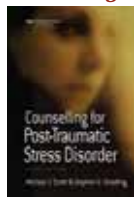
Psychotherapy for Depression in Older Adults



Qualls, Sarah H. & Knight, Bob G. (Eds).
Catalogue No. 24918
John Wiley
Price: £36.99

A timely guide to treating depression in older adults. The first book in the new Wiley Series on Geropsychology, "Psychotherapy for Depression in Older Adults" is a practical resource created by a team of international luminaries in the field. Developed in conjunction with the Gerontology Center of the University of Colorado, this expert guide provides evidence-based treatment approaches for alleviating depression in older adults. "Psychotherapy for Depression in Older Adults" explains how to assess and treat depression using cognitive behavioral therapy, interpersonal psychotherapy, and problem-solving therapy.

Counselling for Post-traumatic Stress Disorder (Third Edition)



Scott, Michael J. & Stradling, Stephen G.
Catalogue No. 24541
Sage
Price: £18.99

Covering the full spectrum of post-traumatic states, "Counselling for Post Traumatic Stress Disorder" provides a clear and detailed account of how these states can be recognised and includes chapters on: Post-traumatic responses; Criteria for diagnosis; Assessment; The cognitive behavioural model for treatment. Containing valuable case studies to illustrate theoretical material, "Counselling for Post Traumatic Stress Disorder, Third Edition" outlines a range of techniques for counselling clients who have suffered major trauma, whether recently or in the past. This fully updated new edition addresses the specifics of counselling trauma victims and includes 18 detailed case examples together with transcripts of sessions. New material in this third edition includes pain management, working with children and adolescents, and refugees. A new PTSD screening inventory and a counselling competence scale are included as new appendices.

Contracts in Counselling and Psychotherapy: Second Edition



Sills, Charlotte (Ed).
Catalogue No. 24432
Sage
Price: £18.99

This second edition of "Contracts in Counselling and Psychotherapy" continues to be one of the few texts to provide an accessible but highly informative introduction to what contracts are, why they are needed, how they are made, and what the legal and ethical ramifications are. Taking account of important developments since the introduction of the BACP ethical framework, "Contracts in Counselling and Psychotherapy" has been thoroughly updated. It presents contracting from the viewpoint of the three major therapeutic approaches - cognitive, psychodynamic and person-centred. "Contracts in Counselling and Psychotherapy" explores how to contract with different clients, including those with specific personality types, and those who display tendencies towards harmful behaviour. Contracting within supervision and brief counselling are also covered and for this Second Edition, new chapters have been added on legal aspects of contracting and contracts with trainees.

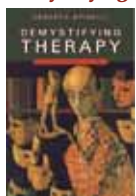
Cutting it Out: A Journey Through Psychotherapy and Self-Harm



Smith, Carolyn.
Catalogue No. 23207
Jessica Kingsley
Price: £12.99

"Cutting it Out" is a largely autobiographical account of a young woman's battle with self-harm. Carolyn's story documents her own challenging journey, offering unique insights into her feelings about self-harming and also her attitudes towards the therapy sessions commonly employed to help people who self-harm. It explores the complex nature of her relationship with the therapist, her initial resistance to recovery and her eventual progression towards self-knowledge and taking responsibility for her own actions. The first-person narrative offers a vividly honest voice to the feelings and compulsions that drive someone to harm themselves and explores the conflict between the desire to self-harm and the struggle to control and overcome this addictive, self-destructive behaviour. This timely book breaks the silence surrounding a difficult subject. It will provide valuable insights for therapists, counsellors, people who self-harm and their families and friends.

Demystifying Therapy



Spinelli, Ernesto.
Catalogue No. 24828
PCCS Books
Price: £16.99

During the last decade, as public awareness of the role of therapy has increased, so too has criticism of specific approaches to therapeutic practice. In this book, Dr Spinelli examines the assumptions of his profession. He argues that in seeking to cure, heal, educate, free and change the client, in seeking to promote mental health, psychotherapists and counsellors not only end up abusing their clients and themselves but they also succeed in setting themselves impossible tasks and goals which actually impede the therapeutic process. Through his critique, Spinelli demystifies therapists language and theories. He argues that key areas of the client/therapist relationship have been neglected and, using case material from his own practice, explores in full the way in which therapists should engage with and listen to their clients in order to be of help. Over the years, Spinelli has become increasingly aware of the philosophical na, vet« of many therapists their unnecessary and artificial reliance on techniques and their abuse of the power bestowed on them in the therapeutic relationship.

Tales of Unknowing: Therapeutic Encounters from an Existential Perspective



Spinelli, Ernesto.
Catalogue No. 24829
PCCS Books
Price: £14.99

Presents the lives of eight individuals whose experiences illuminate a variety of dilemmas and anxieties that most of us encounter at different points of our lives. According to Spinelli (psychology, Regent's College), therapy at its most fundamental level involves the act of revealing, reassessing, and reconstructing the life stories that clients

Objectives and Outcomes: Questioning the Practice of Therapy



Wilson, Jenifer E. & Syme, Gabrielle.
Catalogue No. 24647
Open University Press
Price: 17.99

What do clients look for in psychotherapy? Do clients and therapists have the same objectives? Is the outcome what the client or therapist hoped for? This is an essential book for all those who have wondered what the purpose of psychological therapy is, the procedures that are involved and the results that are achieved. The authors are experienced psychotherapists who share their personal experiences of the therapeutic process and question these in the light of relevant research. Practitioners are interested in linking the objectives and outcomes of therapeutic engagement. This book provides a critical assessment of how these links can be used creatively to enhance the effectiveness of their practice, in a variety of settings and contexts. Taking the form of discourse between the authors, the book is accessible to all levels of knowledge and practice. It is enlivened with dialogue, case studies and a mini-research project that was carried out with fellow practitioners in a series of workshops. "Objectives and Outcomes" gives practitioners an overview of current knowledge on these important topics and suggests forms of research that therapists might use in their own work.

Schema Therapy: A Practitioner's Guide



Young, Jeffrey E. et al.
Catalogue No. 25063
John Wiley
Price: 21.00

Designed to bring about lasting change in clients with personality disorders and other complex difficulties, schema therapy combines proven cognitive-behavioral techniques with elements of interpersonal, experiential, and psychodynamic therapies.



'WE HAVE become a less integrated society: more divided by class, income and geography. Inequalities persist, our lives are more fractured. The social fabric has been stretched, bruised and damaged. We prosper, economically, but we suffer, too, from a quiet crisis of unhappiness.' (Buonfino, A., & Mulgan, G., Eds (2006) 'Porcupines in Winter: the pleasures and pains of living together in modern Britain' published by The Young Foundation.)

Buonfino & Mulgan, are researchers at the Young Foundation and the quotes above and below are taken from the Guardian Jan. 18th 2006 in an extract focussing on the nature and impact of recent social change.

'Mutual support and neighbourliness have declined; isolation is increasing; mental illness is more prevalent than it was half a century ago; the signs of day-to-day anger and tension are everywhere.

Yet this unhappiness is manifest more in depression than riots, in anxiety rather

than insurrection, in public distrust rather than the channelled energy that makes social progress possible. Remaking these soft, often invisible social supports, so essential to the quality of our lives, is one of the great challenges of this century.'

This is also the challenge for psychotherapists, counsellors and anyone working psycho-dynamically both in the public sector and privately in terms of how we think about and at times adapt our work with an increasingly alienated and ethnically diverse population. We need to be open to social change and to difference.

This challenge is taken on in a new book entitled 'Difference: An avoided topic in Practice'. (Foster et al 2006). Fakhry Davids writes, 'Negotiating difference, in gender and generation, has been a cornerstone of psychoanalytic thinking. This important and courageous book opens up a timely exploration of other differences that pop up in the consulting room around race, immigration status, criminality, financial status, pregnancy, illness, disability, aging and death etc without reducing them to the more familiar. It is clinically detailed, which allows a point of entry into specific debates about how to understand and negotiate these differences in the service of the therapeutic task.'

Theoretically psychoanalysis is all about recognition and appreciation of difference, yet the psychoanalytic profession itself does not have a good reputation in this area. We are often accused of being blind to difference, choosing only to work with people who are willing and able to work with us in the way we deem fit. Are we, in the psychoanalytic profession guilty of complacency, taking what is often construed as a superior position, in preference to struggling with what is unfamiliar and therefore makes us uncomfortable? What is it that we should be doing in order to work

well with people who, through their life experience, might be highly sensitive to anything which could be construed as criticism from on high or who might view our approach as weird and irrelevant because they are not used to working in our preferred way, don't see the sense in it and therefore wouldn't choose it? How can we find ways of communicating effectively to a wider range of people without compromising our professional integrity?

Continuing this train of thought Angela Foster describes the often violent and shame-inducing unconscious emotional processes that operate around difference in our consulting rooms, on training courses and in organizations. She invites the readers to reflect on how these processes might operate within their own places of work and offers suggestions as to how one might intervene effectively to tackle these destructive dynamics.

Dorothy Daniell provides a valuable illustration of the experience of a therapist who is prepared to join her asylum-seeking clients in venturing into the unknown, learning together about the terrain which is new for all of them and finding a way of finding each other within it. 'Choosing to work with refugees opens a door onto a world which is vast and unknown. The differences of race, culture, language and experience which they bring meet all the cross-currents of projection and expectation.' Then Frank Lowe explores the struggle for the profession as a whole to find ways of thinking and working that incorporate racial difference effectively by addressing and overcoming the inherent institutionalised racism that is embedded in early psychoanalytic writing as well as in our own cultural makeup.

This is followed by a collection of papers in which therapists write about their experiences of dealing with situations requiring a deviation from conventional professional practice exploring ways of proceeding without falling down and injuring ourselves, our patients or the reputation of our profession. For example, as patterns of work in our society change, we might all come across patients who are required to work elsewhere for periods of time. Elizabeth Reddish shares her experience of continuing her work via telephone calls with her patient.

Then there are the differences that therapists bring into the consulting room, normal matters of life and death but yet more differences that we tend to overlook until we are forced to face them. Consider working with the impact of one's own radical physical change through pregnancy or disability, the need to pick up and look after the patients of a sick or suddenly dead colleague, the matter of responsibly facing and negotiating one's own retirement, and more generally the responsibilities therapists have for their own mental and physical health and that of their colleagues.

A commonplace yet relatively unexplored difference is that of payment – the difference between the one who pays and the one who is paid is explored by Steven Mendoza, 'We may feel unhappy about charging if we have not analysed properly the feeling that we give nothing of value. Of course the denial can always take the manic form of a greedy insistence on the inflated value of our work and the refusal to be self-critical.' From the patient's point of view how is love to be paid for and if there is a fee how is it set and how is it experienced?

Finally this book considers the dynamics of forensic work. The current expansion of this area of work is no doubt linked, in some part, to the social changes researched by Buonfino & Mulgan. Our society is less containing, and the population more divided, fragmented and narcissistic



as we all feel the pressure to fend for ourselves. Consequently, we are failing to give adequate emotional care and containment to many of our children some of whom grow into dangerous young people and adults. Richard Morgan-Jones explores the emotional impact of working in a forensic setting recognising the need for a form of supervision that is robust enough to contain the disturbance, providing the staff with an opportunity to process their experiences and increase their understanding of their patients thereby limiting the risk of destructive re-enactment of the patients' earlier traumas.

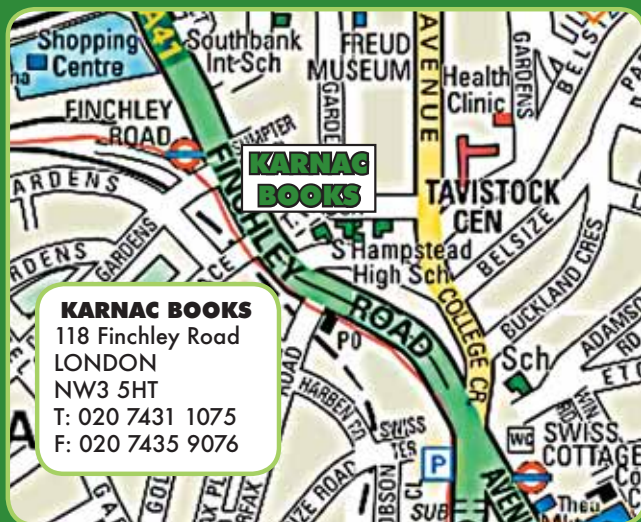
Bion's phrase, "The experienced officer is one who can think while under fire," aptly sums up a further theme running throughout this book in which each author has been prepared to go into print about situations where difference has been a significant element in the work and one around which they have felt uneasy and uncertain as they found

themselves in uncharted territory for which their training left them ill-prepared. Lacking adequate maps in the mind each contributor analyses their experience and that of their patients and clients in order to arrive at new understandings and insights. Taking this metaphor further we hope that this book will help and encourage others to do the same and provide some useful new maps for future reference. Differences matter and specific issues that alert us to difference serve as a reminder that difference is always present in the consulting room.

ANGELA FOSTER is a psychoanalytic psychotherapist in private practice.

DIFFERENCE edited by Angela Foster, Adrian Dickenson, Bernadine Bishop, and Josephine Klein, (164 pages, Cat. No. 23326) is available at £19.99

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We stock a huge range of titles in the fields of Psychotherapy, Psychoanalysis, Clinical Psychology, Counselling, CBT, Family Therapy, Jungian Studies, Lacanian Studies, Trauma, Supervision, Child Psychotherapy, Attachment, and many more.

THE PORTMAN Clinic came into being in 1931 when it was established by a small group of clinicians, including the psychoanalysts Grace Pailthorpe, Edward Glover and Kate Friedlander, as the clinical arm of what came to be known as the Institute for the Study and Treatment of Delinquency. The first patient to be seen formally was in 1933. It was first named, rather contentiously, as the 'Psychopathic Clinic' and took its current name when in 1937, the Institute as a whole moved its premises to Portman Square. After the Second World War the Institute

moved again to premises in Mayfair and it is said that it was located in a building with a residence for nuns on one side and a brothel on the other! Leading figures amongst the staff group at that time included John Bowlby, Wilfred Bion and William Gillespie.

With the establishment of the NHS in 1948, the Portman Clinic separated from the Institute and became an NHS outpatient clinic, as it remains to this day. In 1967, the Clinic moved to its current premises in north London next door to the

Tavistock Centre, which houses the

Tavistock Clinic, and in 1994 the two Clinics joined forces and became the Tavistock and Portman NHS Trust and in 2006 the Tavistock and Portman NHS Foundation Trust. Other well known psychoanalysts and psychotherapists who have worked in the Portman Clinic include Mervin Glasser, Adam Limentani, Brendan McCarthy, Don Campbell, Estella Weldon and Rob Hale.

From its very beginnings the Portman Clinic has offered a psychotherapeutic service to patients who breach moral and legal boundaries through their perverse, violent or delinquent behaviours, often all three. What differentiates a 'Portman patient' is that he or she has actually enacted their violent and/or perverse impulses and phantasies, inflicting themselves both physically and psychically on the bodies and minds of their victims. Inevitably, the patient themselves is also affected by the nature of their acting out, sometimes physically, through the bodily harm they themselves receive or invite, but always psychically as a result of the harm or disturbance they have perpetrated. Underlying all acts of sexual assault, of criminality and of delinquency is aggression towards the victim or victims (including the perpetrator themselves), be that specific known individuals, or strangers or more broadly society, through, for example, acts of vandalism or terrorism. This violence and violation is central to the perverse or criminal or, more obviously, the violent act. In the perversions, sexuality is not the primary aim or purpose; rather, sexuality is hijacked and becomes the vehicle for the act of aggression, both on the body and on the mind of the victim.

What also differentiates a 'Portman patient' is that after a careful assessment, some patients are offered the possibility of psychotherapeutic treatment based on an application of psychoanalytic principles. Throughout the course of the treatment an attempt is made to develop the patient's capacity to think and symbolise rather than concretely act out – in gross or in subtle ways – aspects of their disturbed

and disturbing internal worlds. Often quite appropriately, forensic and anti-social personality disordered patients are managed through the use of restrictions, or institutionalisation or medication or all of these. Continuing professional development teaching and training programmes are offered by the Clinic to those multidisciplinary staff who are engaged in this difficult and demanding work. Many Portman patients have often experienced various judicial and/or psychiatric responses to their behaviours. But in the Clinic, an opportunity is offered to try to find words for, to talk and think about and, when possible, try and understand what can often be very disturbing, damaging and violent enactments. Relational security is offered rather than physical security imposed.

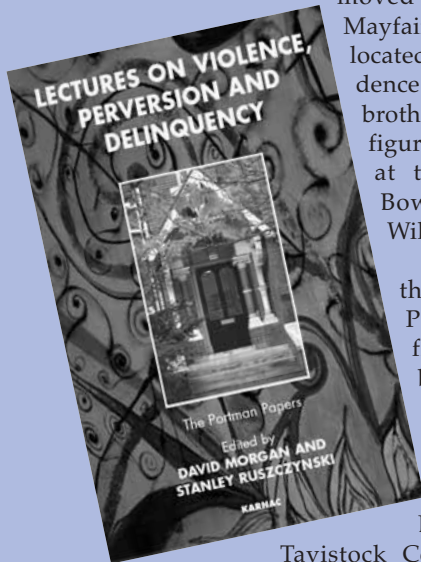
At a recent conference organised by the Freud Museum, titled 'Understanding Perversions', addressed by the two editors of this book, one of the audience members said in a very passionate way that she hoped that in our society there will always be a place such as the Portman Clinic where the primary activity is to try to think about these types of patients and their behaviours.....because it is often so difficult to think about acts which arouse such strong feelings of condemnation, disgust and/or outrage. The temptation is often simply to react. Clearly, such patients as we are describing sometimes do need to be managed in a physical way via judicial and psychiatric processes. But some such patients may come to be able to make use of psychotherapeutic opportunities such as those made available in the Portman Clinic.

Bob Hinshelwood wrote that certain patients are considered to be difficult because "they arouse difficult feelings in us". Forensic and personality disordered patients, and psychotic patients, clearly fall into this category with their behaviours often arousing very strong emotional responses in all of us, which might make it difficult to think of them as deserving of much other than management or incarceration or punishment. Trying to think is often one of the most difficult things any of us attempt to do...thinking about some of what these patients have enacted is especially difficult. However, it is probably the case that most of the patients we are referring to have become the types of people they are, exactly because during the course of their development they have not had the opportunities to learn to develop a thinking, reflective capacity and are left with just their bodies and their actions through which to communicate.....and to repeat myself, this might be acts of more obvious physical and or sexual assault or more subtly through acts of emotional intimidation, violating the victims mind.

Psychoanalysis, for as long as it has existed, starting from Freud, has attempted to understand violence and sexual deviance. Some of the main researchers in this field have worked in the Portman Clinic over its lifetime, as referred to above. All have tried to construct ways of thinking about matters which often feel unthinkable about and sometimes falling outside of our imagination. The Clinic continues to be a centre of study, teaching and research and the authors of the chapters gathered together in this collection share with the reader their attempt to think about and try to understand clinically the patients who are referred to the Clinic.

Stanley Ruszczynski is the Clinical Director of the Portman Clinic and Consultant Adult Psychotherapist at the Clinic.

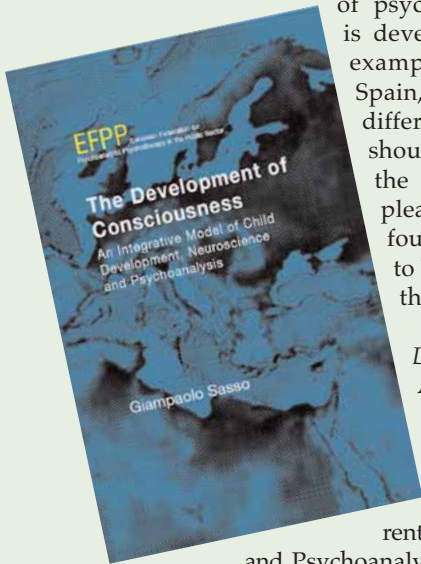
LECTURES ON VIOLENCE, PERVERSION AND DELINQUENCY edited by David Morgan and Stanley Ruszczynski (260 pages, Cat. No. 23330) at £19.99



EDITORS' PREFACE TO THE DEVELOPMENT OF CONSCIOUSNESS

By Didier Houzel and Monica Lanyado

IT HAS always felt somewhat 'unfair' that psychoanalytic publications in English have a bit of a head start in becoming known internationally, because of the widespread use of English as a 'common language'. Because of this, the EFPP Book Series is making efforts to publish English translations of important books which we feel should be made available to the broader psychoanalytic community. Whilst there are many ways in which the work of psychoanalytic psychotherapists is developing in similar ways, for example in Norway, Italy and Spain, there will of course also be differences – and new ideas which should fruitfully be shared, across the language divide. So we are pleased that Giampaolo Sasso's fourth book in Italian, is the first to be translated into English for this Series.



As the title suggests, *The Development of Consciousness. An interrogative Model of Neuroscience, Child Development and Psychoanalysis*, addresses the complex, and very exciting developments that are currently taking place in Neuroscience

and Psychoanalysis, with particular emphasis on the ways in which they relate to Child Development. More specifically, Sasso aims to provide a clear neurophysiological interpretation of the identificatory processes of the child with the mother. This is a rapidly growing area of interest for psychoanalytic psychotherapists around the world.

In offering his integrative model, Sasso is suggesting new links between the brain as the physical organ of the mind with all the advances in understanding that modern technology is providing, findings emerging from the child development research of babies and children in the real life process of normal development, and our psychoanalytic theories, going right back to Freud's 'Project'. This is an ambitious and exciting goal, and it makes demanding reading. It is also fascinating and challenging, both for those well steeped in their interest in these areas, and those who approach this kind of read, with some trepidation.

Freud's ambition was to found a new psychology grasping all the psychic experiences in a theoretical frame without reference to brain functioning, yet he was a specialist in that field and he wrote important papers on the brain and its pathology. His attempt to describe the mental functioning in terms of neuron connections and specialization as it is unfolded in the 'Project for a Scientific Psychology' (1895) did not meet with his own conviction. This was probably due to several reasons.

First of all, it seems important to emphasize the epistemological reason which led Freud to give up the project of a psychology stemming from the knowledge on brain and neurons. He wanted to avoid any model reducing the psychic functioning to its biological background. Sasso agrees with this point of view. He does not suggest an unidirectional model where psychic phenomena could be inferred directly from biological ones. His model is bi-directional: all psychic experiences depend on a neurological background, but conversely every subjective experience determines the brain growth and organization.

A second reason for Freud's failure in his attempt to construct a biological model of the psyche was his choice of 'energy' rather than 'information' as the basic concept of his metapsychology. When Freud started to construct the metapsychological models, thermodynamics based on the concepts of force and energy was the prevailing discipline among natural sciences. So it only was natural to borrow those concepts for a theory of psyche. But this came with serious inconveniences. Freud himself noted that the postulated psychic energy was not measurable. Later the concept of 'information' emerged when scientists took interest not only in the exchanges of energy between two systems but also in the communication of shapes. Sasso underlines the importance of this shift for Neuroscience and its suitability for Metapsychology. The more two individuals are able to exchange stable shapes, i.e. ideas, instead of energy, the more they exchange at a psychic level. The advances in Neuroscience have proved that nervous system functioning is understandable in terms of 'information' and not in terms of 'energy' even if very small quanta of electrical energy are involved in the circulation of information within this system. There is no such thing as a nervous impulse which has served as the basis for the concept of psychic energy.

Using 'information' instead of 'energy' as the basic concept for a psychological model can give us new insights into the understanding of psychic growth and functioning. The problem is now not so much how to get rid of an overload of energy, as Freud described in the economic model, but to construct and share complex and stable psychic shapes. In this process the infant needs the help of his/her mother. So the infant/mother relationship is an invaluable paradigm to explore the whole process. The object is not only "the thing in regard to which or through which the instinct is able to achieve its aim" [Freud, 1915, S.E. XIV, p. 122], it is the pole of a dynamic system, the subject being the other pole of the same system, within which stable psychic shapes are to be constructed in an inter-subjective interaction which become gradually an intra-subjective experience. This leads toward the object-relation theory rather than the instinct theory. In the former the role of the object is not only to achieve the instinct aim, but also to transform primitive and unstable feelings into thinkable and stable presentations. Empathy, projective and introjective processes are the tools at the child's and the mother's disposal to achieve that transformation.

Nowadays, psychoanalytic psychotherapists cannot ignore the tremendous advances in neuroscience. While these new developments should not be considered as a blueprint for psychotherapy, they offer nonetheless a valuable help in determining the areas in their own field where they should deepen their knowledge and competence.

We feel that the reader's time and efforts will be well rewarded with the present book.

THE DEVELOPMENT OF CONSCIOUSNESS by Giampaolo Sasso (240 pages, Cat. No. 24811) is available at £22.50

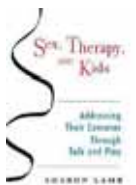
Behavioral Treatment for Substance Abuse in People with Serious and Persistent Mental Illness: A Handbook for Mental Health Professionals



Bellack, Alan S. et al.
Catalogue No. 25049
Routledge
Price: £31.00

The correlation between schizophrenia and substance abuse in psychology is recognized as a growing issue, yet it is one that many practitioners are often ill-prepared to address. "Behavioral Treatment for Substance Abuse in People with Serious and Persistent Mental Illness" addresses the specific challenges faced by the clinician treating individuals with co-occurring schizophrenia and substance abuse disorders. Designed as a treatment manual for mental health professionals, the book incorporates various treatment components, from motivational interviewing and social skills training to education, problem solving, and relapse prevention. The book presents clearly established guidelines for these treatment modes and utilizes both case examples and fictional situations to present a practical, hands-on approach. Readers will profit directly from the lessons in the book, which offers the clinician an invaluable model from which to base a treatment plan.

The Neuroscience of Human Relationships: Attachment and the Developing Social Brain



Cozolino, Louis.
Catalogue No. 24251
W.W. Norton
Price: £23.00

A visual exploration of how the brain develops throughout our lives. Just as neurons communicate through mutual stimulation, brains strive to connect with one another. Louis Cozolino shows us how brains are highly social organisms. Balancing cogent explanation with instructive brain diagrams, he presents an atlas of sorts, illustrating how the architecture and development of brain systems from before birth through adulthood determine how we interact with others.

Getting Started with REBT: A Concise Guide for Clients



Dryden, Windy.
Catalogue No. 24990
Routledge
Price: £9.99

What is Rational Emotive Behaviour Therapy? Rational Emotive Behaviour Therapy (REBT) encourages direct focus on emotional problems, encouraging understanding of the thoughts, beliefs and behaviour that are responsible for maintaining these problems. REBT encourages a healthier outlook by teaching individuals to challenge their irrational thoughts. "Getting Started with REBT" provides a concise guide to assessing the suitability of REBT and using this method to address your emotional problems. The book is divided into two sections, beginning with an introduction to the theory and practice of REBT that will enable the reader to make an informed decision about whether this method is right for them. The second section guides the reader through issues that are relevant to all emotional problems, demonstrating how to: formulate emotional problems and set goals; question irrational and rational beliefs; and strengthen conviction in rational beliefs. "Getting Started with REBT" is suitable for use either alone or in conjunction with work with a REBT therapist. It will also be of interest to therapists and counsellors.

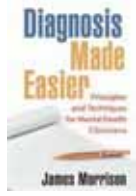
Cognitive-behavioral Treatment for Generalized Anxiety Disorder: From Science to Practice



Dugas, Michel J. & Robichaud, Melisa.
Catalogue No. 25052
Routledge
Price: £17.99

By focusing on the cognitive-behavioral model and treatment options, Dugas and Robichaud present a detailed analysis of the etiology, assessment, and treatment of Generalized Anxiety Disorder (GAD). "Cognitive-Behavioral Treatment for Generalized Anxiety Disorder: From Science to Practice" provides a review of the empirical support for the different models of GAD. It includes a detailed description of the assessment and step-by-step treatment of GAD (including many examples of therapist-client dialogue), data on treatment efficacy in individual and group therapy, and concludes with a description of maintenance and follow-up strategies.

Diagnosis Made Easier: Principles and Techniques for Mental Health Clinicians



Morrison, James.
Catalogue No. 25054
Guilford Press
Price: £25.99

This authoritative, highly user-friendly book offers a complete introduction to the art and science of mental health diagnosis. Meeting a key need for students and novice clinicians, James Morrison, the author of the bestselling "DSM-IV Made Easy," systematically takes the reader through every step of the diagnostic process. He provides clear-cut principles and decision trees for evaluating information from a variety of sources and for constructing a valid working diagnosis that serves as a foundation for treatment. Special features include quick-reference tables, sidebars explaining key concepts, and over 100 case examples that bring the approach to life.

Schizophrenia



Silverstein, Steven M. et al.
Catalogue No. 24973
Price: £17.50

This volume provides a concise, practical, and up-to-the-minute view of evidence-based treatment of schizophrenia. Well-designed outcome studies have demonstrated the effectiveness of specific psychological interventions for schizophrenia for over 40 years. Despite this, schizophrenia is still misperceived by many people to be treatable only by medication. This book reviews currently available treatments for schizophrenia and the evidence for their effectiveness. Practical guidance on comprehensive treatment planning of the condition is provided, along with reviews of current theories of schizophrenia, long-term outcome studies and associated remission rates, different classes and types of assessment instruments relevant to psychiatric rehabilitation, and research on mechanisms of recovery. A number of important conceptual issues are interwoven within the discussion, including the relevance of different models for treatment of schizophrenia, and the importance of a recovery-oriented perspective.

Clinician's Guide to PTSD: A Cognitive-Behavioral Approach



Taylor, Steven.
Catalogue No. 25051
Guilford Press
Price: £24.00

Grounded in the latest clinical and neurobiological research, this book provides both an understanding of posttraumatic stress disorder (PTSD) and a guide to empirically supported treatment. The author offers well-documented, practical recommendations for planning and implementing cognitive-behavioral therapy with people who have experienced different types of trauma - sexual assault, combat, serious accidents, and more - and shows how to use a case formulation approach to tailor interventions to the needs of each patient. Coverage includes different conceptual models of PTSD, integrating psychopharmacology into treatment, and addressing frequently encountered comorbid conditions. Illustrated with helpful case examples, the book features over a dozen reproducible handouts and forms.

The Haunted Self: Structural Dissociation and the Treatment of Chronic Traumatization



Van Der Hart, Onno et al.
Catalogue No. 24252
W.W. Norton
Price: £32.00

In this book, three leading researchers and clinicians share what they have learned from treating and studying chronically traumatized individuals across more than 65 years of collective experience. Based on the theory of structural dissociation of the personality in combination with a Janetian psychology of action, the authors have developed a model of phase-oriented treatment that focuses on the identification and treatment of structural dissociation and related maladaptive mental and behavioral actions. The foundation of this approach is to support patients in learning more effective mental and behavioral actions that will enable them to become more adaptive in life and to resolve their structural dissociation. This principle implies an overall therapeutic goal of raising the integrative capacity, in order to cope with the demands of daily life and deal with the haunting remnants of the past, with the unfinished business of traumatic memories.

Treating Somatization: A Cognitive-Behavioral Approach



Woolfolk, Robert L. & Allen, Lesley A.
Catalogue No. 24998
Guilford Press
Price: £21.99

This lucidly written guide presents an innovative approach for treating somatization disorder and related problems, such as fibromyalgia, irritable bowel syndrome, and chronic fatigue syndrome. The authors' program integrates cognitive-behavioral techniques with strategies to build emotional self-awareness and interventions to help patients understand and alter their illness behavior. Systematic yet flexible, it is supported by controlled clinical research. The book reviews the conceptual underpinnings of the approach, discusses its ongoing testing and refinement, and offers clear-cut guidelines for assessment and treatment. Special features include illustrative case material, many pointers for practice, and reproducible appendices that provide a 10-session manual and helpful handouts and forms.



SHOULD ONE EVER TEXT A PATIENT?

By Valentine Davies

AT THE start of the recent autumn term, after a long summer break, I had one or two patients who did not attend their first session back. I wrote a letter to one but I had qualms about writing to one adolescent patient who still lived at home and whose mother paid my fees, just in case his mother should happen to open the post. On pondering over the best way to contact this patient it occurred to me that if I sent a text message I could be fairly confident that the message would be received directly by the patient and that confidentiality would be maintained. This I did and it had the desired effect - the patient responded and attended the next session.

Being a technophobe by nature, I do not often use my mobile phone, or my computer. Both were given to me by my son who insisted I started to live in the 21st century, along with everyone else. I agreed and I continue to struggle on with the intricacies of modern technology. My resistance however, was linked to the idea of being available to anyone 24 hours a day, or having to read, answer and deal with emails every day. Of course, neither of these negative thoughts has proved to be a reality; in fact, quite the opposite. The mobile phone has been very useful and is only turned on when I need it, and email is a very effective way of keeping in touch with people around the world who had previously received only a Christmas card from me.

So, what does all this have to do with the therapeutic relationship? It had never occurred to me to give my email address or my mobile phone number to a patient for the very reasons I had resisted owning either in the first place. If a patient had my mobile phone number, he or she would be able to contact me at any time, and since I only turn the phone on when I need it, I might not get the message for days. Equally, if they had my email address, would that mean entering into a correspondence outside the therapy session? I want my own private time and space, and I think that having a designated telephone number and address are enough for patients to be in touch if they need to be.

Having sent the text message to my adolescent patient however, I was forced to reconsider my views. Had I been too inflexible in the past? I was now in a position of having made my phone number available to an adolescent who uses the mobile phone for everything: clock, diary and written and telephonic communication. I decided to canvass opinions from colleagues and I got a mixture of responses.

I spoke to about six colleagues and there were those who, like me, thought it was a bad idea to divulge these details to patients for all the reasons I have given above. We are not on duty 24 hours a day and it could be a breach of the traditional psychotherapeutic boundaries to be so

available. Having to endure breaks in the therapy is, after all, part of the process.

Then, however, there were those who looked at me as if I was an old fossil living in another century (not unlike my son). What was all the fuss about? Emailing and text-messaging is now the cultural norm. It is the way people communicate. It is quicker, easier and cheaper than writing a letter, true; it is much more immediate, true; it is less intrusive than making a phone call, also true.

But what if the patient abuses the boundaries that are so essential in our work? The answer it seems, is very simple. If a patient is going to abuse our boundaries, they will inevitably do so whether we have a mobile phone or not. It will become a part of the work we do with them.

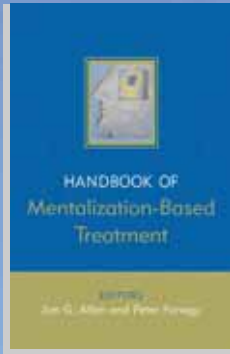
On looking through the UKCP Directory I noticed that most of the members have listed their email addresses along with their addresses and land-line numbers, thus inviting anyone to contact them via email. It occurred to me that by not listing my own email address, I was perhaps sending out an unconscious message about my own age, foibles, and unavailability.

In Graeme Galton's article on "The Meaning of the Handshake" published in the last issue of the *Karnac Review*, he refers to Pearl King's belief that it is "important to work from a culturally accepted baseline". Similarly, Horacio Etchegoyen, in his classic book *The Fundamentals of Psychoanalytic Technique*, wrote about the rule of abstinence, noting that "there can be deviations that do not add up to a fault, to the extent that they are within cultural usage, and this give and take does not lose sight of the general movement of the process". Just as the handshake can be accepted as part of our cultural norm, so too can cyberspace communication.

I have one final thought. In discussion with a colleague recently we both agreed that there seemed to be an increase in young people seeking or needing psychotherapeutic help. Why might that be? My thought was that cyberspace communication had a lot to answer for in that connection. Relationships are conducted over the air with little or no personal contact. The sound of a human voice on the telephone says so much more than the written word particularly when it is written in 'txt mssgng' language. So, are we encouraging this lack of human contact in the frenzied world in which we live or is it important that we make ourselves available in the only way a whole new generation of emailers and text messengers know how?

VALENTINE DAVIES is a psychotherapist working at Imperial College Health Centre and in private practice in West London.

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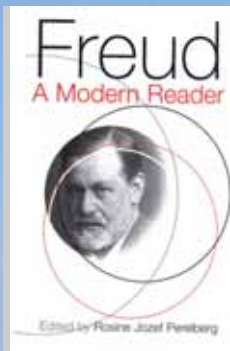
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