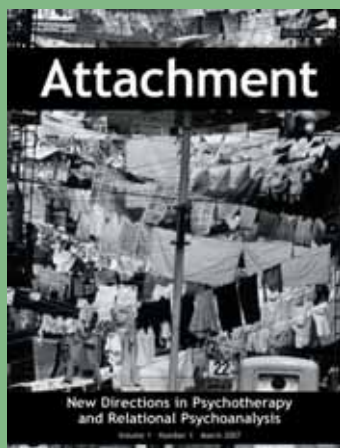


KARNAC REVIEW

NEW TITLES IN MENTAL HEALTH...

IN THIS ISSUE

Stella Acquarone
Marie Bridge



Announcing
a new
journal
from
Karnac

Ann Casement
Anastasios Gaitanidis
Kirsty Hall
Anne Kearns
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THE TALE OF A TUB

Late one evening last November, while the wind howled about my house and bullets of rain raked the roof and window-panes, I sat down to pen the final draft of my latest paper for JAPA. I was, I confess, mildly but not immodestly pleased with it. My thesis - 'Gullibility: Our Unconscious Wish to be Deceived' - was path-breaking; my argument flawless; and all that remained to bring it to perfection was the Flaubertian touch that characterizes my professional writings. I addressed myself to the task at hand, when - dash it - the doorbell rang.

There, on my step, I discovered a young woman, hardly dressed for the inclement weather, drenched and frozen to the bone. Through chattering teeth she told me that her car had broken down, that she had inadvertently locked herself out of it, and begged the use of my phone to call the RAC.

I am, normally, diffident in such situations, but her plight and doe-eyes impressed me. I took her in, sat her by the fire and poured her a cup of freshly-brewed coffee. I then insisted that before the RAC was summoned, the first priority was to get her warmed through and her clothes dried. To this end, I ran a hot bath for her, dug out an old Terry robe from my dressing-up box, and packed her off to the bathroom, instructing her meanwhile to leave her togs (such as they were) outside the door whence I could take them to the tumble drier. "This is really very good of you", she offered, standing in the bathroom door. "Think nothing of it," I replied: "I'll check out the number for the RAC while you're thawing out. Just give me a yell if you need me for anything".

After a few minutes, which I spent leafing through the local phone directory, she yelled. I imagined that, like so many of my regular guests, she might be having difficulty removing the Dyson Tite-Fit Wundaplug, recently installed at some expense, to let the bath-water run away. To my amazement this proved not to be the case - for she was still in the bath, kneeling, with her body arching backwards after the manner of Chasseriau's 'Esther', piling her long blonde hair on the top of her head. "You said to call if I needed anything", she cooed. "Well - I'd love it if you could soap my back . . ."

And, if you believed that, you'll believe anything. Gullibility, you see. We imagine only others could fall prey to it, never ourselves, but the truth is - Oh, dash it - could you just hang in there for a minute or two?

Someone at the door.

MALCOLM'S TOP TEN

1. 'Feeling, Being, and the Sense of Self: A New Perspective on Identity, Affect and Narcissistic Disorders' by Marcus West [Cat. No. 24637, £22.50, Karnac]
2. 'Narcissism - A Critical Reader' edited by Anastasios Gaitanidis with Polona Turk [Cat. No. 24710, £19.99, Karnac]
3. 'Developmental Science and Psychoanalysis: Integration and Innovation' edited by Linda Mayes, Peter Fonagy and Mary Target [Cat. No. 22716, £29.99, Karnac]
4. 'Feeling the Words: Neuropsychanalytic Understanding of Memory and the Unconscious' by Mauro Mancina [Cat. No. 25125, £20.99, Routledge]
5. 'Lectures on Violence, Perversion and Delinquency' edited by David Morgan and Stanley Ruszczyński [Cat. No. 23330, £19.99, Karnac]
6. 'Signs of Autism in Infants: Recognition and Early Intervention' by Stella Acquarone [Cat. No. 24639, £22.50, Karnac]
7. 'False Self: The Life of Masud Khan' by Linda Hopkins [Cat. No. 16270, £24.50, Other Press]
8. 'The Later Lacan: An Introduction' edited by Veronique Voruz and Bogdan Wolf [Cat. No. 25501, £17.50, State University of New York Press]
9. 'Creating New Families: Therapeutic Approaches to Fostering, Adoption, and Kinship Care' edited by Jenny Kenrick, Caroline Lindsey and Lorraine Tollemache [Cat. No. 16972, £18.99, Karnac]
10. 'The Learning Relationship: Psychoanalytic Thinking in Education' by Biddy Youell [Cat. No. 17694, £18.99, Karnac]



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ISSUE 2/2007 - JUNE 2007

Editor's Message

Dear Readers,

Welcome to the early summer 2007 issue of the Karnac Review.

Earlier this year a petition was launched asking the UK Government to consider other psychotherapy approaches in the proposed expansion of psychotherapeutic services within the National Health Service, instead of restricting choice for members of the public to only one model of therapy - its preferred choice of cognitive-behavioural therapy. The petition is now closed (with over 10,000 signatures) and whilst it has elicited an official response the debate rages on within the psychotherapeutic community and further afield, and is likely to do so for some time. At Karnac, however, whilst we embrace CBT we don't preclude any other therapy approach, and in our shops and on the pages of our website you will find thousands of titles on the myriad approaches, many of which are presented in this issue. Of course we don't just list therapy titles, and you will also find important new books in the fields of psychoanalysis, child and family therapy, group therapy, organisational psychology, clinical psychology and many others here too.

A number of exciting new Karnac titles are featured, and we are pleased to present articles written by several of our authors, both new and established, on or around the subjects of their books. Amongst the former are Marcus West on looking at certain core tenets of psychoanalysis from a different perspective (and his problem involving elephants), Marie Bridge writing about a series of conversations - *On The Way Home* - involving well-known authors including Philip Pullman and Rose Tremain, and Kirsty Hall writing on *The Stuff of Dreams* - a book that ranges from Laplanche, Ferenczi and DSM-IV to *Star Trek* and *The Simpsons*. Established authors in this issue include Ann Casement on the history and current state of the Jungian movement, Stella Acquarone on her work with pre-autistic infants, and Gordon Lawrence on the development of Social Dreaming. The Karnac Forum is devoted to Patrick Casement's retrospective account of his career and the writing of his four books.

We are also delighted to announce the publication of a new journal - *Attachment* - and this is highlighted in an article by the editor, Joseph Schwartz, about the development of attachment theory and the conception and production of this important addition to the literature of attachment.

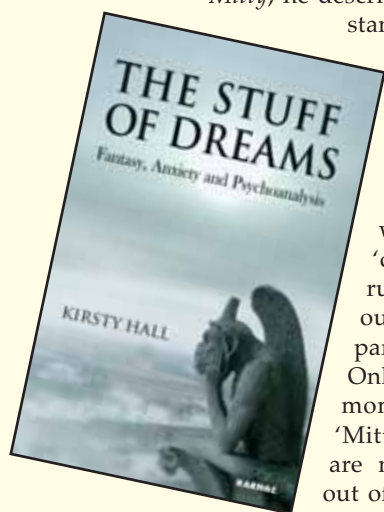
Alex Massey
Sales Director

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FANTASIES, daydreaming, comedy and jokes are not just accidental by-products of living. They not only make life fun, spicing up the boring moments, they perform an often essential task: that of making the experience of being human bearable. Perhaps more than ever before, fantasies of all kinds need protection from the outside world. Our dreams need to be preserved, kept intact and defended. Our private inner worlds are what allow each of us to be unique, individual and most importantly, to experience, if we are lucky, some joy, meaning and happiness in our lives. If we are less fortunate, then our fantasies and dreams can haunt us turning into nightmares and gothic horror.

In James Thurber's short story, *The Secret Life of Walter Mitty*, he describes a henpecked husband constantly escaping from the never-ending demands of his wife.



Whilst parking the car to collect the dry-cleaning, he savours a daydream that he is a surgeon about to save a patient's life by improvising with his fountain-pen before 'coreopsis' sets in. He is interrupted by an attendant pointing out that he is entering the car park via the lane marked 'Exit Only'. Indeed, many of the best moments in life can be those 'Mitty-esque' moments where we are not 'doing' anything—staring out of the window admiring a view or imagining ourselves as the heroic central figure in a dramatic scenario.

In 'real life'—just possibly—Walter Mitty's idea of using a fountain-pen in his fantasised operation on his 'patient' might work temporarily, since it is the kind of thought that would lead one to improvise in an emergency. However, another aspect of his fantasies is clearly impossible. 'Coreopsis' cannot 'set in'—it is the name of a flower belonging to the aster family!

The opposite, or more precisely, opposing, experience is the increasing insistence in the contemporary world on the bureaucracy surrounding us—drives toward transparency, accountability, efficiency and precise deadlines. These are all anathema to fantasy. Onora O'Neill devoted the Reith lectures in 2002 to the fact that deadlines, targets and quality assurance increasingly fill the working lives of those of us who are foolish enough to imagine we are paid to think or even to fantasise about what might be, rather than simply consider what already is. We are often made to feel that too long spent daydreaming gets nothing worthwhile done. What is much more rarely recognised is that no time spent daydreaming can lead us down the path of boredom and bleak depression.

Fantasy and daydreaming are not just a means of avoiding the dead hand of bureaucracy—they keep our anxieties from overwhelming us. It may seem paradoxical, but pre-occupation with carrying out the imperatives of the checklist and the demands of the working day, whilst often experienced very differently, achieve the same object through different means—they also keep our anxieties from overwhelming us. The attachment of people to their private fantasies is often full of ambiguity. For every Walter Mitty

style fantasy, there is someone else experiencing painful and loathsome fantasies in form of nightmares and flashbacks of scenes of killing, torture and abuse. What is the relationship if any between the pleasure and pain of such varied experiences?

Anxiety is just as chimerical as fantasy. It takes many forms: stress of myriad kinds, fear of death, fear of living, fear of relationships, fear of flying, fear of spiders—the list is just as endless as the list of people's fantasies. Like fantasy, however, anxiety has what is, at first sight, a very puzzling property—we both love and loathe it. If most of us were completely satisfied with or utterly terrified of our lives as they are, then why do the majority of us, nevertheless, get out of bed in the morning? Perhaps the answer lies in the fact that human beings have complex patterns of thinking that, in the main, do not lie at extreme ends of the emotional spectrum. Why is happiness connected to more than just snuggling under the duvet congratulating ourselves on our good fortune in being alive? Equally however, if we are really and truly terrified of the world we live in and everything connected with it, then why don't we cower underneath the same duvet and refuse to come out to face another difficult and frightening day? If we have the good fortune to be currently reasonably prosperous and not too emotionally stressed, in the 'real' world, we eventually get up because hunger beckons and/or we can't afford to miss the 7.15 train to work.

There are a group of professionals who specialise in dealing with problems relating to both fantasy and anxiety. In the clinical practices of psychoanalysts, psychotherapists and counsellors, the private fantasies of patients are a key source of material offering clues to human suffering and perhaps more optimistically, to what makes us happy. Yet, it is no accident that every day we read of the onward march of drug therapies for problems of the mind and brain. Many people would far rather take a pill to smooth out their problems with living than try to talk to someone else, even in confidence, about ideas that they often privately label with tags like 'stupid', 'mental' or 'mad'. Of course, drugs often work; but they frequently have unpleasant side effects, can be addictive and sometimes act by diminishing or cloaking the pleasant experiences of life as well as the unpleasant symptoms that led us to the doctor's surgery in the first place. Drugs in themselves only produce a limited solution to a limited range of literal questions. We can fix brains, possibly, with drugs and even more promisingly in the future with gene therapy, but can we fix our fantasies or are we about to turn ourselves into the zombies foretold of gothic horror fame—clinically alive but mindfully dead? To paraphrase Dracula, 'psychiatric ways are not Transylvanian ways'.

The Stuff of Dreams has three connected themes, fantasy and anxiety and the shifts in perception that each of us experiences when we try to address one with the use of the other. In its present form, the psychoanalytic project might die if the bureaucrats have everything their way. It will have to be re-invented when people find that life without free-flowing fantasy is a desperate place. This book is a plea for a measure of fantasy.

The Stuff of Dreams: Anxiety, Fantasy, and Psychoanalysis by Kirsty Hall (179 pages, Cat. No. 24634) £19.99

ON THE WAY HOME: CONVERSATIONS BETWEEN WRITERS AND PSYCHOANALYSTS

By Marie Bridge

Rose Tremain in conversation with Margot Waddell
A.S. Byatt in conversation with Ignês Sodré
Brenda Maddox in conversation with Helen Taylor Robinson
Philip Pullman in conversation with Marie Bridge

ON THE WAY HOME began as a series of unscripted public dialogues that took place at the Institute of Psychoanalysis, aimed at catching people on their way home from work at the beginning of the evening. They attracted a wide audience of people who might not normally enter the Institute, perhaps pulled in by the big names but also intrigued by a dialogue between analysts and people from very different disciplines. The conversations were often challenging, sometimes contentious. There was a wide range of topics: neuro-science, epidemiology, cultural theory, music, choreography, social psychology, anthropology as well as poetry, theatre and the novel.

The dialogues were recorded, though originally there was no clear plan other than to keep the recordings in the Archives. By the time I interviewed Philip Pullman in January 2003 the idea of a book 'one day' must have been in some one's mind, as it was mentioned when we requested his permission to make the recording. In 2004 I started to receive emails from

scholars who could not locate the Pullman interview and wanted to read it for their research. This I found rather puzzling, not to say embarrassing. Eventually, one of my correspondents alerted me to a recent book¹ in which Pullman had referred to our dialogue 'as part of a series of conversations between authors and psychoanalysts held at the Institute of Psychoanalysis and due to be published later on in the same year.' As we had received such a handsome plug for a book that was as yet only imagined, I felt I owed it to him to put this book together. The result is a selection from the many dialogues on psychoanalysis and literature that took place; and I hope others will find time to edit further books collated from the recordings, perhaps one on the social sciences.

Like the *On the Way Home* evenings, this is a book for non-specialists. Psychoanalysis has a strong and fertile presence in university departments of literature, even if it is currently unfashionable in departments of medicine. However, the essence of these dialogues is precisely that they are *not* academic literary criticism. Indeed, one aspect of the book's interest lies in how different a clinical psychoanalyst's 'take' on literature might be from psychoanalytic criticism, the different use that is made of psychoanalysis as a body of knowledge. Nor are they Radio 4 *On the Psychiatrist's Couch* style interviews, as audience members sometimes expected; indeed the analysts evince little interest in 'psychologising' about the authors. Instead, the dialogues bring together authors whose work stimulates thinking about the unconscious mind and analysts with a

wish to explore with them and learn from them. It was Freud who famously wrote: 'The poets and philosophers before me discovered the unconscious What I discovered was (only) the scientific method by which the unconscious might be studied'.

The authors are three novelists and a biographer. On of the biographer's subjects (D.H. Lawrence) is a novelist and one of the novelists (Byatt) discusses her novel *The Biographer's Tale* - the biography of a biographer. As Taylor Robinson points out, psychoanalysis began with Freud's autobiography and his quest for meaning through his self-analysis. Running through all four dialogues is a discussion of the universal human need to hear and to tell stories in order to find meaning, or indeed to evade knowledge. The authors, though so disparate in style, share a kind of moral vision - an emphasis on truthfulness as an attitude of mind. In different ways they all discuss the complexity and 'shiftiness' of truth, the difficulty in holding to that attitude of mind against the constant pull to 'tell another story'. 'Like psychoanalysts they are concerned with whether something is truly believed, not simply whether what is believed is true' as Ron Britton wrote in his endorsement of this book.

Typically, the authors were invited because the analyst already had a passionate interest in their writing. Each dialogue has its own character. Only one pair, Byatt and Sodré, knew each other well at the time; the other pairs had met just once before to start the conversation. Tremain had read and thought about Waddell's book before meeting her which gives a particular depth and sympathy to their encounter. Even so, all the dialogues have a quality of a meeting between strangers and it is the chemistry between them, the sudden surprises, their moments of deepening understanding, or misunderstanding, or disagreement that makes them so alive. Half way through the evening the audience would join the conversation, deepening the discussion as different audience voices can clearly be distinguished. The conversations have an unfinished feel, as if all participants are in dialogue not only with each other but with themselves, probing what it means to be writing, or reading, or engaging in psychoanalysis - in either role. They explore areas of commonality and difference. Indeed, one of the themes that runs through the dialogues is how the discovery of oneself in the meeting with a stranger is an image not only of psychoanalysis but also of the experience of writing itself and of reading good literature. 'We are both strangers and foreigners to ourselves in the moment of reading', as someone in Byatt's audience puts it. And the authors too re-discover their text in the conversations.

This is a collaborative work and all the authors and analysts are donating the proceeds of the book to the London Clinic of Psychoanalysis to help its work in providing low fee psychoanalysis.

1. Tuckner, N (2003) *Darkness Visible - Inside the world of Philip Pullman*, Wizard Books.

On the Way Home: Conversations Between Writers and Psychoanalysis by Marie Bridge (156 pages, Cat. No. 25070) £14.99

NARCISSISM: A CRITICAL READER

By Anastasios Gaitanidis

BEFORE I DECIDED to edit this book, I had a meeting with an esteemed colleague to discuss the project. When I expressed my desire to provide contemporary critical examinations of the notion of 'narcissism' by having authors from different disciplines write on this topic as it is approached in their specialist field, he had the following reaction: "Are you sure you want to do this? This is one of the three most controversial topics in psychoanalysis." "What are the other two?" I enquired. "The Oedipus Complex and the Death Drive," he replied.

But what makes any discussion on the topic of narcissism so controversial? Let me present you with a list of opposing views on the role and nature of narcissism which will make this point very clear:



1. For certain psychoanalysts, narcissism signifies the absence of any relationship with the other (i.e., lack of differentiation and early object relations) whereas for others it signifies the presence of the most elementary, primitive relationship with the other (i.e., existence of early object relations). As a result, the former conceive of narcissistic identification as a form of engulfment and annihilation and the latter as a form of primary relatedness to the other.

2. Certain psychoanalytic theorists argue that narcissism can only be secondary and a defence against the experience of depressive anxieties (i.e., anxieties produced by our realisation of the separate existence of the (m)other and our dependence on her/him for our existence) whereas others believe that primary narcissism is a necessary stage/phase in the development of a healthy degree of self-worth. Consequently, the former regard Narcissus as the exemplary villain of psychoanalytic theory and practice - as opposed to the tragic-heroic Oedipus - whereas the latter make a plea for a degree of narcissistic 'normality'.

3. For some psychoanalysts, narcissism denotes the triumph of unification over fragmentation and the subsequent birth of the autonomous ego whereas for others the effects of this unification are illusory and lead to the falsification and alienation of the subject.

4. For some authors, narcissism is a necessary ingredient in the process of creative sublimation while for others it suggests the lack of any creative impulse.

5. For certain social theorists, narcissism is politically regressive, a sign of a culture which forces its members to irrationally subsist, whereas for others it is politically progressive, a valuable concept which points to the necessity of being mindful of our link to nature and other people.

6. Some theorists view narcissism as implying an obsession with youthfulness and a rejection of the process of ageing and death while others perceive it as an energetic expansion of our minds and bodies with the use of mind (and body)-enhancing drugs.

All of the authors in the book, despite their disagreements, adopted a critical attitude towards the above oppositions. Of course, they usually preferred one side of the binary over the other but they all aimed to closely examine the possibilities and limitations of these opposing views on narcissism. Some even attempted to deconstruct these oppositions by exhibiting their underlying instability.

Apart from attempting to be critical, however, all of the authors examined, in one way or another, the relationship between narcissism, love and loss. This examination produced

three outcomes: first, there seems to be an irreducible tension between loving someone for the absolute singularity of who they are and loving them for what they represent to us; second, the way we love determines the way we cope (or not) with loss; and, third, the way we deal with disappointment and loss determines the way we love (or not).

Moreover, in relation to the third outcome, it was argued that the contemporary subject is so afraid to experience loss and disappointment that he cannot love the other unless he is absolutely certain that the other will love him back. It feels as if what has remained from his self is so minimal that it can barely survive, let alone invest in the other. It is as if he has lost his dreams, his innermost being, this dark room within himself, the kind of place that he can practice lay prayer, turn back on himself, read, ask questions about others. His 'camera obscura' has become so deteriorated that nothing can stay imprinted in his mind. It is no wonder that he finds it almost impossible to love.

But what is the role of psychoanalysis in a time where the subject possesses only a minimal sense of self and love has become impossible? In the past, the object of psychoanalysis was the relative autonomous individual as the arena of the unconscious conflict between drive and prohibition, the impossible and the forbidden. This is what made it possible for psychoanalysis to configure the trajectory of the subject shot through with his dreams, desires and utopias but limited in his passions by the sanction of morality and the law. However, morality and the law are seen today as entities that hold the subject back and need to be disposed of or manipulated for his own benefits. Thus, the subject is trapped between how far he is willing to go (in moral and legal terms) to achieve the omnipotent social ideals that he internalises as his own, and his inability to fulfil this ideal as he barely has the energy to execute his everyday tasks. As Adorno put it:

"The truly contemporary types are those whose actions are motivated neither by an ego nor, strictly speaking, unconsciously, but mirror objective trends like an automaton. Together they enact a senseless ritual to the beat of a compulsively repetitive rhythm and become emotionally impoverished: with the destruction of the ego, narcissism, or its collective derivatives, is heightened." (1968: 95).

The task to be accomplished by psychoanalysis is therefore to uncover those subjective mechanisms (narcissism, and so on) which, in accordance with social coercion, work to demolish the autonomous individual as the proper object of psychoanalysis. In other words, the task of psychoanalysis is to articulate the conditions of its own disappearance.

But one might ask "Why do you feel the need to discuss concepts which insist on individual needs and potentialities which have become outdated in the present?" It is Herbert Marcuse who provides the answer:

"That which is obsolete is not, by this token false . . . [psychoanalytic] concepts invoke not only a past left but also a future to be recaptured." (1970: 60-61).

I hope that in this book we have managed to articulate the subjective and social dynamics of narcissism and recapture a future for the contemporary subject.

References

- Adorno, T.W. (1968). 'Sociology and Psychology II'. *New Left Review*, 47:79-97.
- Marcuse, H. (1970). *Five Lectures: Psychoanalysis, Politics and Utopia*. Boston, Beacon Press.

Narcissism: A Critical Reader by Anastasios Gaitanidis with Polona Curk, (Eds) (256 pages, Cat. No. 24710) £19.99

The Symptom Is Not the Whole Story:

[Psychoanalysis for Non-psychoanalysts]

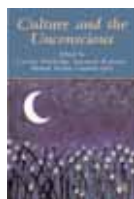
Araoz, Daniel.
Catalogue No. 24585
Other Press
Price: £17.99



In "The Symptom is Not the Whole Story", Araoz introduces the functional benefits and applications of psychoanalysis for non-analytic therapists, social workers, and counselors. Focusing sharply on the unconscious and its use in psychotherapy, this no-nonsense book illustrates how psychoanalytical thinking can transform people's lives thanks to the therapist's active interventions and destabilizing interpretations.

Culture and the Unconscious

Bainbridge, Caroline et al (Eds).
Catalogue No. 24963
Palgrave
Price: £55.00



Since Freud, psychoanalysis has always concerned itself with questions of art, creativity, politics, and war. This collection of essays from leading writers on psychoanalysis explores questions of culture

through a close dialogue between psychoanalytical clinical and academic traditions. "Culture and the Unconscious" is a major contribution to these debates. With accessible introductions to its central themes, the book opens up conversations between the spheres of art, academia and psychoanalysis, revealing points of commonality and divergence.

Psychoanalysis as a Journey

Borgogno, Franco.
Catalogue No. 25632
Open Gate Press
Price: £14.99

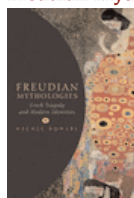


This book brings together twelve of Franco Borgogno's essays written since 1981. Revised and brought up to date for this edition, they give the reader an idea of the development of his philosophical

and working stance, as he has progressed from being a trainee to becoming a training analyst. "Psychoanalysis as a Journey" is a title which perfectly mirrors the essays it contains: the reference is to the journey of insights in the minds of the pioneers of psychoanalysis, Freud in particular, but also Ferenczi, Heimann and Bion; the journey made by their legacy in psychoanalytical institutions, the journey made by the analyst as he grows, learns and applies what he has learnt, and also the journey of the patient. This is a highly stimulating and thought-provoking volume.

Freudian Mythologies: Greek Tragedy and Modern Identities

Bowlby, Rachel.
Catalogue No. 24959
Oxford University Press
Price: £45.00



More than a hundred years ago, Freud made a new mythology by revising an old one: Oedipus, in Sophocles' tragedy the legendary perpetrator of shocking crimes, was an Everyman whose story of incest and parricide represented the fulfilment of universal and long forgotten childhood wishes. The Oedipus complex - child, mother, father - suited the nuclear families of the mid-twentieth century. But a century after the arrival of the psychoanalytic Oedipus, it might seem that modern lives are very much changed. Typical family formations and norms of sexual attachment are changing, while the conditions of sexual difference, both biologically and socially, have undergone far-reaching modifications.

The Future of Psychoanalysis

Chessick, Richard D.
Catalogue No. 24571
SUNY Press
Price: £43.99



"The Future of Psychoanalysis" explores the contemporary problem of multiple theories of psychoanalysis and argues for a return to a more classical position based on Freud's work. Using his

training in psychiatry, psychoanalysis, and philosophy, Richard D. Chessick examines the special combination of hermeneutics and natural science that characterizes Freud's psychoanalysis, and investigates what goes on in the mind of the psychoanalyst during the psychoanalytic process. He maintains that while relativistic and intersubjective theories of psychoanalysis have value, they have gone too far and generated a plurality of theories removed from Freud, which has led to chaos in the field.

Moving On: A Guide to Good Health and Recovery for People with a Diagnosis of Schizophrenia

D'Ombraine Hewitt, Roz.
Catalogue No. 24509
Karnac
Price: £14.99



About one person in a hundred will be diagnosed with schizophrenia at some time in their life. The condition can be severe

and debilitating with symptoms such as delusions, hallucinations and the loss of concentration, motivation and social skills. But schizophrenia is not a degenerative or life-threatening condition and in recent years improved knowledge and understanding, psychological treatments and more tolerable medication have greatly increased people's ability to manage their symptoms and live a 'normal' life. This straightforward, accessible and inspiring guide provides information on: the myths and misconceptions surrounding schizophrenia; the possible causes and how the illness is diagnosed; medication and other treatment options; sources of support; improving health and well-being; employment - paid and voluntary; complementary therapies; counselling and psychotherapy.

Psychoanalytical Notebooks No.15:

The Name(s)-of-the-Father
Dravers, Philip (Ed).
Catalogue No. 25514
London Circle of the ESP
Price: £10.00



Jacques-Alain Miller - The Inexistent Seminar; Eric Laurent - The Symptom and the Proper Name; Alexandre Stevens - How to get by without the Paternal

Function; Guy Trobas - Depression ... of Repression & Modern Symptoms; Serge Cottet - Fire on the Symbolic Order; Ronald Portillo - The Father as Symptom; Yves Depelseñaire - The White Goddess; Yves-Claude Stavy - If not the Name of the Name of the Name; Laure Naveau - The Gentle Voice and the Empty Casket; Esthela Solano-Suarez - Jouissance and the Name-of-the-Father; Philippe Lacadée - The Singularity of a Psychic Reality: Psychoanalysis applied to a Case of Ordinary Psychosis; Vincent Dachy - A Real on the Tip of the Tongue.

Feeling Matters

Eigen, Michael.
Catalogue No. 23328
Karnac
Price: £19.99



As long as feelings are second-class citizens, people will be second class citizens. Experience is an endangered species. An important function of psychotherapy is to make time for experiencing. Psychic taste buds really exist and rarely rest. They feed us each other, gauge states of being, states of spirit. We taste each other's feelings and intentions. An important aim of this book is to build psychic taste buds, not put them down or pretend they don't exist.

Almanac of Psychoanalysis: Issue 5: Names of the Father in Religions and Cultures

Elberbaum, Yotvat (Ed).
Catalogue No. 25363
Almanac of Psychoanalysis
Price: £16.99



Lacanian Orientation; Names of the Father; Religion, Religions; Culture Under the Influence of Time and the Act; Surprises of Fatherhood in the Clinics; Trajectory of Desire; Sinthome and Literatures. The Almanac of Psychoanalysis is produced by the Israeli Group of the New Lacanian School of Psychoanalysis.

Moral Stealth: How "Correct Behavior" Insinuates Itself into Psychotherapeutic Practice

Goldberg, Arnold.
Catalogue No. 25046
University of Chicago Press
Price: £20.99



A psychiatrist writes a letter to a journal explaining his decision to marry a former patient. Another psychiatrist confides that most of his friends are ex-patients. Both practitioners felt they had to defend their behavior, but psychoanalyst Arnold Goldberg couldn't pinpoint the reason why. What was wrong about the analysts' actions? In "Moral Stealth," Goldberg explores and explains that problem of "correct behavior." He demonstrates that the inflated and official expectations that are part of an analyst's training - that therapists be universally curious, hopeful, kind, and purposeful, for example - are often of less help than simple empathy amid the ambiguous morality of actual patient interactions. Being a good therapist and being a good person, he argues, are not necessarily the same. Drawing on case studies from his own practice and from the experiences of others, as well as on philosophers such as John Dewey, Slavoj Zizek, and Jurgen Habermas, Goldberg breaks new ground and leads the way for therapists to understand the relationship between private morality and clinical practice.

The Mark of Shame: Stigma of Mental Illness and an Agenda for Change

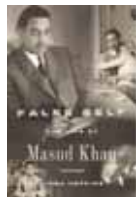
Hinshaw, Stephen P. et al.
Catalogue No. 25404
Oxford University Press
Price: £20.99



Stigmatization of mental disorder erodes personal well-being, family relations, economic productivity, and public health. Because stigma promotes shame and silence, mental illness is seldom discussed openly, despite recent shifts in cultural practices. "The Mark of Shame" provides a thorough and compelling analysis of the many issues related to the stigmatisation of mental illness and to the kinds of solutions for this complex and longstanding problem that show the most promise of succeeding.



False Self: The Life of Masud Khan



Hopkins, Linda.
Catalogue No. 16270
Other Press
Price: £24.50

This is the definitive biography of one of the most engaging figures of British psychoanalysis. M. Masud R. Khan (1924-1989) exposed through his candor and scandalous behavior the bigotry of his proponents turned detractors. Khan's subsequent downfall, which is powerfully narrated in this biography, offers interesting insights not only into Khan's psychic fragility but into the world of intrigues and deceptions pervasive in the psychoanalytic community of the time.

Sex and the Psyche: Revealing the True Nature of Our Secret Fantasies From the Largest Ever Survey of its Kind



Kahr, Brett.
Catalogue No. 24856
Allen Lane
Price: £25.00

Explicit, sometimes shocking, always thought provoking, in "Sex and the Psyche" the true nature of British sexual fantasies is revealed for the first time. We may think that our society talks about sex more than ever, yet when it comes to what's going on in our heads, it's a different matter. Brett Kahr explores the full variety and richness of our sexual fantasies, with categories ranging from exhibitionism to celebrities, infidelity to violent scenarios, and seeks out responses to all manner of questions, such as: Why do we have such active imaginations? Do men and women fantasise differently? Should we share our fantasies with our partners? Most fundamentally, he asks what our sexual fantasies tell us about ourselves. Frank, engaging and truly mind-blowing, "Sex and the Psyche" opens up the secret worlds inside all of us.

The Many Voices of Psychoanalysis



Kennedy, Roger.
Catalogue No. 25129
Routledge
Price: £20.99

"The Many Voices of Psychoanalysis" spans over thirty years of Roger Kennedy's work as a practicing psychoanalyst, providing a fascinating insight into the process of development of psychoanalytic identity. The introduction puts the papers into context, charting the development of the author's practice and understanding of psychoanalysis and his position as part of the British Independent tradition. The intention of the chapters is to address the 'many voices' of psychoanalysis - the many roles and approaches a psychoanalyst may take, while adhering to the established ideas of psychoanalysis.

The Dream Experience: A Systematic Exploration



Kramer, Milton.
Catalogue No. 25532
Routledge
Price: £31.00

"The Dream Experience" provides the mental health professional a systematic scientific basis for understanding the dream as a psychological event. Milton Kramer's extensive research, along with the findings of others, establishes that dreams are structured, not random, and linked meaningfully to conscious events in daily life and past memories. The book explores this link between dreams and consciousness, providing a review of information about normative dreaming, typical or repetitive dreams, and nightmares, while also showing how mental health professionals can use dream content in therapy with clients. Kramer's book is an illuminating description of dreaming "for" dreamers, therapists and neuroscientists.

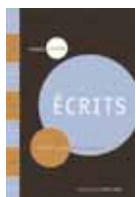
The Seminar of Jacques Lacan Book XVII: The Other Side of Psychoanalysis



Lacan, Jacques.
Catalogue No. 24958
W.W.Norton
Price: £17.99

Revolutionary and innovative, Jacques Lacan's work lies at the epicenter of modern thought about otherness, subjectivity, sexual difference, the law, and enjoyment. This new translation of Lacan's yearlong deliberation on psychoanalysis and contemporary social order offers welcome, readable access to the brilliant author's seminal thinking on Freud, Marx, and Hegel; patterns of social and sexual behavior; and the nature and function of science and knowledge in the contemporary world.

Écrits: The First Complete Edition in English



Lacan, Jacques.
Catalogue No. 25151
W.W.Norton
Price: £15.99

New in paperback. Brilliant and innovative, Jacques Lacan's work lies at the epicentre of modern thought about otherness, subjectivity, sexual difference, the drives, the law and enjoyment. This new translation of his complete works offers welcome, readable access to Lacan's seminal thinking on diverse subjects touched upon over the course of his inimitable intellectual career.

Why do People get ill?



Leader, Darian & Corfield, David.
Catalogue No. 22724
Hamish Hamilton
Price: £16.99

Have you ever wondered why people get ill when they do? How does the mind affect the body? Why does modern medicine seem to have so little interest in the unconscious processes that can make us fall ill? And what, if anything, can we do about it? "Why Do People Get Ill?" lucidly explores the relationship between our minds and our bodies. Containing remarkable case studies, cutting-edge research and startling new insights into why we fall ill, this intriguing and thought-provoking book should be read by anyone who cares about their own health and that of other people.

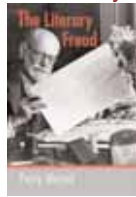
Feeling the Words: Neuropsychanalytic Understanding of Memory and the Unconscious



Mancia, Mauro.
Catalogue No. 25125
Routledge
Price: £20.99

"Feeling the Words" incorporates a thorough review of essential psychoanalytic concepts, a clear critical history of analytical ideas and an assessment of the contribution neuroscience has to offer. Mauro Mancia uses numerous detailed clinical examples to demonstrate how insights from neuroscience and infant development research can change how the analyst responds to their patient. Major topics such as the transference, the Oedipus complex, the interpretation of dreams and the nature of mental pain are reviewed and refined in the light of these recent developments.

The Literary Freud



Meisel, Perry.
Catalogue No. 25128
Routledge
Price: £16.99

In this book, Perry Meisel argues that Freud's texts are properly literary, and casts Freud as both literary theoretician and practitioner. Here, after an introductory reception history of Freud as literature, Meisel provides a series of close readings of Freud's major texts that take literary representation as their central focus. As for Freud's influence on others, it, too, is structured like a literary history, argues Meisel. He discusses Freud's influence on modernism, Strachey's "Standard Edition" (once again the subject of debate with the recent Penguin retranslations), and Freud's influence on Michel Foucault. Finally, we explore the relationship of Freud and literature. Does an understanding of how Freud himself writes and influences help us to read literature and interpret it anew?

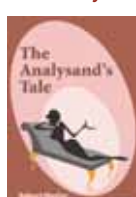
Lectures on Violence, Perversion and Delinquency



Morgan, David & Ruszczynski, Stanley (Eds).
Catalogue No. 23330
Karnac
Price: £19.99

In this volume contemporary staff describe their thinking and clinical work. Theoretical underpinnings for the understanding of perversion and violence, questions of risk and ethics and the institutional difficulties which emerge in the care of these patients are presented alongside chapters on clinical work, with adults and adolescents, including chapters on paedophilia, the compulsive use of internet pornography and transsexuality. This volume is of relevance to all those working with people with a range of personality disorders and those working with individuals who present with these types of problems in the mental health services and in private practice.

The Analysand's Tale



Morley, Robert.
Catalogue No. 24511
Karnac
Price: £19.99

Most accounts of psychoanalysis and psychotherapy have been written by therapists, from a professional point of view. May such accounts alone be an authentic history of what occurred between the therapist and the patient? Would the patients' accounts be as valid as those of the therapists? In this book the published stories of several analysands over 100 years have been collected for purposes of comparison; some have been written by therapists in training, but others are by patients not involved in the profession. A number are complaints about malpractice, or of failures to make a difference to their condition, and a common factor in most has been a discordant agenda between analyst and analysand. Where analysands have felt that they have gained transforming benefit from the therapy, those gains are frequently ascribed to the relationship with the therapist, rather than the practice or technique which they may have criticized. Collected together they make stimulating reading and raise interesting issues about the nature of psychoanalysis and psychotherapy, and the healing function of the process.

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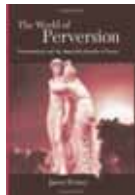
Spirit, Mind, and Brain: A Psychoanalytic Examination of Spirituality and Religion



Ostow, Mortimer.
Catalogue No. 24583
Columbia University Press
Price: £19.00

Mortimer Ostow proposes an explanation of spiritual experience and religious motivation that is rooted in the analysis of early childhood emotional attachments. This novel approach, which can be tested, relies on psychological and neurobiological evidence but is respectful of the human need for spiritual value. Ostow draws on personal case histories and other sources to determine what is real and what is fantasy in spiritual experience. He also considers the origins of this experience in the mother-child dyad, forms of religious worship, the evolutionary value of religion, and the perversion of religion into the demonic. Brilliantly argued, "Spirit, Mind, and Brain" brings the disciplines of religion, behavioral neuroscience, and philosophy to bear on a groundbreaking new method for understanding religious ritual and belief.

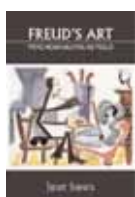
The World of Perversion: Psychoanalysis and the Impossible Absolute of Desire



Penney, James.
Catalogue No. 25042
SUNY Press
Price: £40.99

An original critique of queer theory, from a psychoanalytic perspective. In "The World of Perversion", James Penney argues that antihomophobic criticism has nothing to lose and indeed everything to gain by reclaiming the psychoanalytic concept of perversion as psychic structure. Analyzing the antagonism between psychoanalytic approaches to perversion and those inspired by the work of Michel Foucault, Penney explores how different assumptions about sexuality have determined the development of contemporary queer theory, and how the universalizing approach to homosexuality in psychoanalysis actually leads to more useful political strategies for nonheterosexual subjects. Having established this theoretical context, Penney focuses on works by Georges Bataille, Blaise Pascal, Denis Diderot, and Jacques Lacan, tracing the implications of various sexual and moral understandings of the term perversion, and illustrating how a psychoanalytic approach to the question of perversion enables politicized readings that are foreclosed by a Foucauldian methodology.

Freud's Art: Psychoanalysis Retold



Sayers, Janet.
Catalogue No. 25536
Price: £21.99
Routledge

In "Freud's Art - Psychoanalysis Retold", Janet Sayers provides a refreshingly new introduction to psychoanalysis by retelling its story through art. She does this by bringing together experts from the fields of psychoanalysis, art history and art education to show how art and psychoanalysis illuminate each other. "Freud's Art" begins with the founding psychoanalytic insights of Freud, Jung and Klein. It then details art-minded developments of their ideas by Adrian Stokes, Jacques Lacan, Marion Milner and Donald Winnicott, before concluding with the recent theories of Jean Laplanche and Julia Kristeva. The result is a book which highlights the importance of psychoanalysis, together with painting and the visual arts, to understanding the centrality of visual imagery, fantasy, nightmares and dreams to the psychology of all of us, artists and non-artists alike. Illustrated throughout with fascinating case histories, examples of well known and amateur art, doodles, drawings, and paintings by both analysts and their patients, "Freud's Art" provides a compelling account of psychoanalysis for all those studying, working in, or simply intrigued by psychology, mental health and creativity today.

The Psychodynamic Image: John D. Sutherland on Self in Society



Scharff, Jill Savege (Ed).
Catalogue No. 25133
Routledge
Price: £19.99

"The Psychodynamic Image" is the first selection of John D. Sutherland's major papers. It provides an overview of the development of his thought on self and society and reveals the extent of his contribution to the field of mental health. Jill Scharff introduces Sutherland's most important and influential essays. These reflect his range as a theoretician, moving easily from the intrapsychic to the interpersonal level, building bridges between points of view and integrating psychoanalytic and social theories. Sutherland's work calls for changes at the individual level through understanding conflicts and unconscious processes as aspects of parts of the self in interaction. He inspires respect and understanding of the self and its drive toward autonomy. These papers push the boundaries of psychoanalytic thinking and succeed in demonstrating the relevance of psychoanalysis to the wider society. They will be of great interest to psychoanalysts, psychotherapists, counsellors and social workers.

Listening Awry: Music and Alterity in German Culture



Schwarz, David.
Catalogue No. 25285
University of Minnesota Press
Price: £17.50

In his first book, "Listening Subjects", David Schwarz succeeded in fusing post-Lacanian psychoanalytic, musical-theoretical, and musical-historical perspectives. In "Listening Awry", he expands his project to 'tell a story of historical modernism writ large' - how German music spanning two centuries refracts changes in society and culture, as well as the impacts of concepts introduced by psychoanalysis. Schwarz shows how post-Lacanian psychoanalysis can be applied To Whom It May Concern: ideological interpellation that connects psychoanalysis to culture and how music theory can ground these considerations in precise details of musical textuality. He listens awry in several ways: by understanding musical meaning in both objective and socially structured ways, by embracing historical and also aesthetic approaches, by addressing high art as well as popular music, and by listening around conventional forms of musical meaning to reach toward that which evades signification.

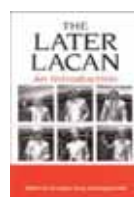
Mothers and Daughters and the Origins of Female Subjectivity



Van Buren, Jane.
Catalogue No. 25153
Routledge
Price: £20.99

"Mother and Daughters and the Origins of Female Subjectivity" challenges the theory of the Oedipus complex, which permeates psychoanalytic theory, psychology, semiotics and cultural studies. The book focuses on the re-examination of women's development through the theories of primitive mental states. Women's subjectivity has been profoundly limited by continuing anxieties about the mother's body. Jane Van Buren describes how women are gradually escaping the curse of inferiority and finding a voice, enabling the mother to provide their daughters with a legacy of rightful agency over their bodies and minds.

The Later Lacan: An Introduction



Voruz, Veronice & Wolf, Bogdan (Eds).
Catalogue No. 25501
SUNY Press
Price: £17.50

This book includes essays by some of the finest practicing analysts and teachers of psychoanalysis in the Lacanian community today. The writings offer an essential introduction to the later teachings of Jacques Lacan, illuminate the theoretical developments introduced by the later Lacan, and explore their clinical implications with remarkable acumen.

Sexuality and Attachment in Clinical Practice



White, Kate & Schwartz, Joseph (Eds).
Catalogue No. 20566
Karnac
Price: £9.99

The second book in the John Bowlby Memorial Conference Lecture Series. It explores our thinking about the developmental, relational and interpersonal aspects of the links between attachment and sexuality as they emerge in clinical practice.

On Deaths and Endings: Psychoanalysts' Reflections on Finality, Transformations, and New Beginnings



Willcock, Brent et al (Eds).
Catalogue No. 25474
Routledge
Price: £21.99

"On Deaths and Endings" brings together the work of psychoanalytic scholars and practitioners grappling with the manifold issues evoked by loss and finality. The book covers the impact of endings throughout the life cycle, including effects on children, adolescents, adults, those near death and entire societies. New psychoanalytic perspectives on bereavement are offered based on clinical work, scholarly research and the authors' own, deeply personal experiences. The contributors present compelling, often moving, enquiries into subjects such as the reconfiguration of self-states subsequent to mourning, the role of ritual and memorials, the tragic impact of unmoored loss, modern conceptualisations of the death instinct, and terror-based losses.

The Learning Relationship: Psychoanalytic Thinking in Education



Youell, Biddy.
Catalogue No. 17694
Karnac
Price: £18.99

This book offers a psychoanalytic perspective on learning and teaching and on many of the issues which preoccupy those who work in educational institutions. It looks at the origins of learning in children's early relationships and at factors which help and hinder the educational process in later childhood and adolescence. Amongst the topics addressed in the book are the significance of play and playfulness, the impact of change, separation, times of transition, bereavement, bullying and racism. The author has aimed to set well-established psychoanalytic ideas about learning within the context of current educational practice and to look at the teachers experience alongside that of the students.

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THE ELEPHANT, THE SENSE OF SELF, PSYCHOANALYSIS AND ANALYTICAL PSYCHOLOGY

By Marcus West

I HAVE A PROBLEM with titles, as the heading to this piece might suggest. One of the (many) working titles of the book that eventually became *Feeling, Being and the Sense of Self: A New Perspective on Identity, Affect and Narcissistic Disorders* was 'The elephant, turned slightly, and shifted six feet to the left'. The elephant refers to the body of psychoanalytic knowledge and experience, as well as to the story of the blind men who can only feel a part of the whole creature and so come up with very different descriptions, based on their own sincerely held experience. You can see, presumably, why it wouldn't have worked as a title, but I liked it (and still do) as it captures something that was surprising to me that emerged from writing the book; namely, that a subtle shift in perspective on certain core phenomena

threw a whole host of the central preoccupations of psychoanalysis into a new light (the elephant, turned and shifted). To coin another phrase – some old chestnuts got roasted.

Let me explain a little. One of the core threads of the book concerns the intimate interrelation of affect and identity, and how this is directly related to our object relations. To give one example: in analysis a patient becomes immersed, powerfully and intensely, in a particular affect so that they lose touch with any other elements of their identity and the current experience comes to constitute, subjectively,

their whole self (Bollas calls this 'simple self-experience' – although I am aware that I am, perhaps, extending the field of application of his term somewhat). In this state, what the object says or does has a powerful effect on the patient's self-experience and the patient can come to depend profoundly on the analyst to regulate their experience. In a hysterical individual such states can become more or less fixed, and the dependency takes the form of a malignant regression. This shift in identity and object relations is embodied in the ego and represents a disavowal of ego-functioning. We are in the land of the 'basic fault', narcissism, and of excessive projective identification here.

In trying to understand these states of mind in the consulting room, I struggled to find a model of identity that would encompass a number of things at the same time: to explain the subtle shifts in the sense of self, including the way that people can sometimes feel that they don't exist at all; account for what William James calls the stream of consciousness (which I call a sense of being) and explain how this relates to the sense of 'I'; as well as explaining how a stable sense of 'I' emerges and develops, if and when it does (the book also engages with Lacanian and social constructionist positions which hold that there is no core self and that the sense of 'I' is an illusion). The model of identity that the book develops calls upon the works of the neuroscientists Antonio Damasio on consciousness, and Joseph LeDoux on affect, amongst others.

To relate this back to the 'turned elephant' – I found that this new perspective on identity and affect unexpectedly shed a different light on such questions as why individuals are destructive of their thinking and ego faculties, how we understand paranoid experience, why an individual does or

does not shift from the pleasure to the reality principle, whether an individual has projected a part of themselves into the other in a projective identification and/or whether the other can be seen as a self-regulating other (in Stern's terms), why envy is intrinsic to the personality and why it is so powerful in borderline individuals, how all this relates to primary and secondary process functioning and, in particular, to narcissism and the functioning of the unconscious ... and so on.

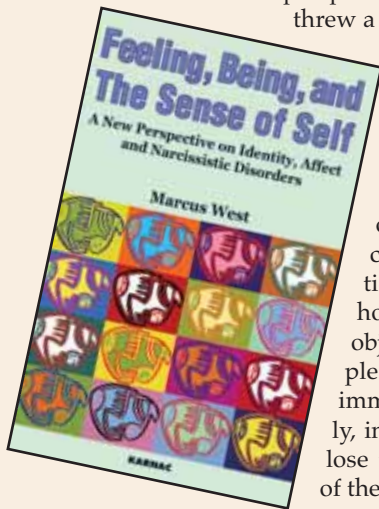
I mention these things in passing here, and they are sometimes only explored in passing in the book as it aims to stay close to clinical concerns. However, I would like to pick up one of these threads – narcissism – and to introduce a further one – the relationship between psychoanalysis and analytical psychology.

When an individual becomes immersed in one part of the personality, and attempts to control the object (due to it being a self-object (Kohut) or a self-regulating other (Stern)), becoming preoccupied with self-states and not relating to the other as an individual in their own right, we are, of course, in the territory of narcissism. Narcissism is a fearfully complex and confused field with different authors defining the subject matter in sometimes substantially different ways. In thinking about my patients I was struck by the way that *all of them*, in their own particular and characteristic ways, were sensitized to separations from their objects, preoccupied with their self-states, and incongruously related to their objects – in other words, were similarly, but differently, narcissistic.

Having long been working with Matte Blanco's concepts of symmetry and asymmetry, and his notion that the functioning of the unconscious can be understood in terms of the functioning of affect, I was struck that these mechanisms could account for many of the phenomena of narcissism. Furthermore, that these underlying 'narcissistic' mechanisms of the psyche (which are fleshed out and expanded upon in the book) can then be seen as manifesting in a different manner in each of the personality organisations – narcissistic, borderline, hysteric, and schizoid – which are each, in their way, narcissistic disorders.

In parallel, in working with a hysterical patient, whose analysis is explored at length in the book, another perspective emerged in regard to ego-functioning. Namely the manner in which my patient's ego-functioning supported, and embodied, her identity, the way in which it became suspended, as well as the way it needed to develop in order to allow her to work through the crisis of her malignant regression; specifically, in order to contain her unbounded affect and develop a more stable sense of self she needed to become broadly in touch with all the elements of her personality, rather than immersed in one, as well as in touch with her affective core in such a way that it could be integrated with her existing personality (her ego-functioning needed to be integrative and flexible).

This brings me to the final thread – the relationship between psychoanalysis and analytical psychology, and a sense I had of a convergence and a possible reconciliation between the two. I trained at the Society of Analytical Psychology and so spend my time working in the interstices between analytical psychology and psychoanalysis. This book is not written from the perspective of, nor with respect to the terminology nor concepts of, analytical psychology, indeed there is only one chapter on Jung. However, the book does have certain 'Jungian' preoccupations, in particular,



with the functioning of affect, the non-verbal self, the right hemisphere of the brain, and the autonomous nature and functioning of the unconscious. It sees these relatively unseen phenomena, working away in the background, as potentially constructive factors which, when the ego is functioning well, can be called upon as a resource. This is what, in part, I understand Jung to have been talking about with his central and characteristic concept of the self.

This is one of the areas where, I believe, a possible reconciliation between psychoanalysis and analytical psychology is becoming conceivable, as successive developments in the understanding of the unconscious, begun by Freud's shift to his second, structural model – the ego, id, and superego – and through the theories of Bion, Matte Blanco, attachment theory, and neuroscience, have led to a position where the unconscious can be seen as an organ for affective processing. As Winson says, "Rather than being a cauldron of untamed passions and destructive wishes, I propose that the unconscious is a cohesive, continually active, mental structure that takes note of life's experiences and reacts according to its scheme of interpretation" (Winson, J. *The Meaning of Dreams*. Scientific American, November 1990, p. 96). Such a view of the unconscious would bear a close resemblance to a pared-down version of the Jungian self, as outlined in the book. (My colleague Jean Knox is working in a similar area – see, for example, her book *Archetype, Attachment, Analysis*).

However, the concept of the ego takes me to the other side of the possible rapprochement and to what is, I would suggest, one of the main reasons that analytical psychology may be seen as alien, inaccessible, and off-putting to psychoanalysis: that is that, despite claiming not to do so, analytical

psychology uses the term ego in a crucially different manner to psychoanalysis. I found, in working with patients in analysis four and five times per week, that I needed a much broader and more robust working-conceptualisation of the ego, such as that outlined above, than was provided by analytical psychology.

I believe that Jung is astute in recognising how some individuals can view themselves narrowly, laying claim to powers (inflation/omnipotence), and trying to be in control of their objects, unrealistically. However, I believe that in this Jung is describing a narrowly functioning ego which he mistakenly takes to be definitive of the ego itself. As a consequence Jung turns to the unconscious and, specifically, to what he calls the self, to play a large part in guiding the individual. In turning so readily to that which lies *beyond* the ego I believe it was difficult for him, despite his extensive early experience of working with psychotic individuals, to contain and work with 'primitive' states. Perhaps this is why he got into trouble with Sabina Spielrein and why he, largely, gave up seeing patients intensively and working in the transference, preferring those patients 'in the second half of life' whose ego-functioning was already well-developed.

I hope this gives you an idea of some of the threads of the book – perhaps you can see why I struggled to find a title which could capture all this succinctly. Maybe I should have had the courage to stay with the turning elephant?

Feeling, Being, and the Sense of Self: A New Perspective on Identity, Affect and Narcissistic Disorders by Marcus West (262 pages, Cat. No. 24637) £22.50

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DEVELOPMENTAL SCIENCE AND PSYCHOANALYSIS: INTEGRATION AND INNOVATION

By Linda Mayes

THIS VOLUME marks the renewal of a past tie between two institutions historically dedicated to the well-being of children and their families - the Anna Freud Centre in London and the Yale Child Study Center. The papers and discussions in this volume are from scholars in both the UK and the United States whose work is relevant to developmental psychoanalysis. As a discipline, psychoanalysis began at the interface of mind and brain and has always been about those most basic questions of biology and psychology - loving, hating, what brings us together as lovers, parents, and friends and what pulls us apart in conflict and hatred. These are the enduring mysteries of life and especially of early development - how young children learn the

language of the social world with its intertwined biological, genetic, and experiential roots and how infants translate thousands of intimate moments with their parents into a genuine, intuitive, emotional connection to other persons. Basic developmental neuroscience and psychology has also of late turned to these basic questions of how it is as humans our most basic concerns are about finding, establishing, preserving, and mourning our relationships. These are key areas to understanding our capacities for resilience across life or our vulnerability to life's hardships. These areas in broad strokes are also the substance of mind and brain and

the last decade has brought much new science to the biology of attachment, love, and aggression. These are areas that practicing psychoanalysts have long been immersed in and have much to say about and contemporary neuroscientists and developmentalists are recognizing the importance of understanding these basic issues at a deeper, and more subjective experiential level.

The papers in this volume show how psychoanalysts and developmental cognitive and neuroscientists come together to address these most basic mind-brain, body and mind issues with shared perspectives. Ami Klin and his young colleague bring developmental cognitive science to the basic psychoanalytic observation that the mind takes shape in the earliest bodily sensations of hunger, touch, hot/cold, pain, and comfort. Lane Strathearn and also James Leckman illustrate how contemporary neuroimaging brings new perspectives to key questions regarding early parent-infant attachment and begins to elucidate the neural circuitry that in a part of normal parental preoccupation regarding the infant. Gergely shows how cognitive science can contribute productive empirical perspectives to understanding how the earliest interactions between mother and baby get into the mind and brain of the infant. Solms, one of the most well known proponents of integrating neuroscience with psychoanalysis, offers an integration of the interpretation of dreams with contemporary studies of the neural function of sleep states. Other contributors including Eia Asen, Jonathan Hill, Alan Kazdin, and Robin Weersing

each speak newer approaches to psychiatric treatment for adults and children that may be informed by developmental neuroscience and with their discussants, address the relationship with more traditional psychoanalytic points of view. Marans and colleagues take psychoanalytic principles into real world settings as they work with severely traumatized children and families and integrate contemporary understanding of the psychobiology of early trauma into their day to day clinical work. And attachment theory as it informs psychoanalysis is vividly discussed both by Miriam Steele in her long-term studies of adopted children and by Anthony Bateman in his work with severely personality disordered adults.

Each of the discussants for these authors brings a psychoanalytic focus to their comments and shows the possibilities of integration across fields. The challenges highlighted by this volume are how to facilitate open discourse and collaborations among these perspectives and practitioners that often work at very different levels of discourse. The themes of the papers and the pairing of discussants in this volume is a beginning illustration of how the cross-disciplinary discourse may work - and work well.

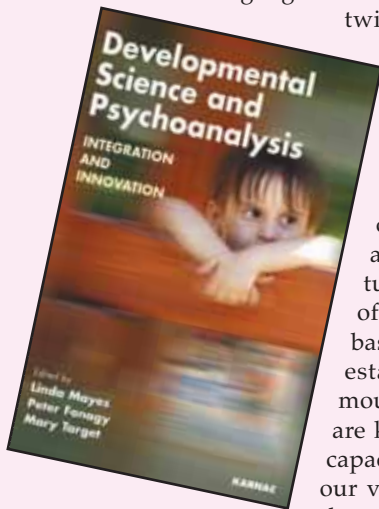
'This book marks a new and very exciting phase of the historic link between the Anna Freud Centre in London and the Yale Child Study Center in New Haven, two places which offer treatment, training and research based on the same psychoanalytic model of development. The book contains papers by many of the foremost developmental scientists and clinicians in the US and Europe today, who came together to celebrate new research collaborations between the two centres, and to explore their clinical and theoretical implications.'

- Anne-Marie Sandler, Child and Adult Psychoanalyst, Past President of the British Psychoanalytical Society and past Director of the Anna Freud Centre.

Linda C. Mayes is the Arnold Gesell Professor of Child Psychiatry, Pediatrics, and Psychology, Yale Child Study Center. Dr. Mayes is also the chair of the directorial team of the Anna Freud Centre, London.

Peter Fonagy is Freud Memorial Professor of Psychoanalysis and Director of the Sub-Department of Clinical Health Psychology at University College London. He is Chief Executive of the Anna Freud Centre, London. He is a clinical psychologist and a training and supervising analyst in the British Psycho-Analytical Society in child and adult analysis. He has published over 200 chapters and articles and has authored or edited several books.

Mary Target is Reader in Psychoanalysis at University College London, and member of the directorial team as the Professional Director of the Anna Freud Centre. She is Chair Elect of the Psychotherapy Section of the British Psychological Society.



Developmental Science and Psychoanalysis: Integration and Innovation by Linda Mayes, Peter Fonagy, Mary Target (Eds) (406 pages, Cat. No. 22716) £29.99

ONE OUT OF every 100 babies born will develop autism. Years ago it was 1 in 500. Are the statistics getting better or is our awareness growing? Perhaps both. In my experience, of the babies seen in health clinics from 1980 to 1990, the figure was three in 100. That is where I think we're headed, making autism the most common childhood disability after mental retardation (two to five in 100) and ahead of cerebral palsy (one in 400). Among expecting parents, the fear of having an autistic child is second only to Down Syndrome (one in 725 births when the maternal age is 32, and one in 12 if the mother is 49). Currently there is thought to be no medical detection, treatment, or cure. The impact on family life can be devastating.



This is the backdrop to *Signs of Autism in Infants: Recognition and Early Intervention*. How can we recognise those ephemeral indicators – a prevalence of red flags – leading to a syndrome or state best avoided? Does the baby show a tendency to retract from relating to others? Is there an inclination to minimize the external trigger of extreme anxiety and restoring calm by distancing or by shutting off? How do we discriminate between signs of development and signs of alarm?

The early signs were first discovered by Henry Massie in *Childhood Psychosis in the First Four Years of Life* (Massie & Rosenthal, 1984). He was studying home videos of babies and children who later developed autism, and he confirmed that there were indeed early signs. In 1990, I founded the Parent-Infant Clinic, treating babies at the earliest signs of alarm. At the same time, we realized the need for training and so began the School of Infant Mental Health. We were pioneers in treating early signs of autism. Using a psychoanalytic approach modified for use with babies, we based our treatment on the parents' concerns about their child's difficulties in relating to them and in the expression of emotions.

Recently, I've come to think about developing babies as different kinds of flowers. "Dandelion" babies seem resilient, tough, managing in difficult circumstances. They are born full of strength and able to integrate experiences. They tell their parents what they want, even growing during periods of war and mismanagement. "Orchid" babies, on the other hand, seem delicate, not always able to find the special conditions they need for development. They demand those around speak softly or not make too much of a fuss, refrain from picking them up or caressing them.

Signs of Autism in Infants is written for these orchid babies and the carers and professionals who live and work with them. Not long ago, the book I envisioned, and needed in my own practice, didn't exist. So I arranged a conference of experts, and their presentations are the chapters in the book. The School of Infant Mental Health organized two

Signs of Autism in Infants conferences, one at University College London and repeated at UCLA.

As in all of my "early-intervention" work, I have scoured the world to promote the work of professionals who make a difference. From their research come the latest treatments. From their clinics come approaches that work – and they are substantive works from comprehensive points of view from professionals representing fields other than psychoanalytic. New information is explored to verify early signs of alarm and then to consider early clinical interventions to halt this disorder while the brain is still growing fast.

The contributors were selected from their penetrating and pivotal work with parents and families whose babies present early signs of autistic-spectrum disorders. Each has made career and long-term commitments to the emerging field of "pre-autism", its recognition and treatment through early intervention. Brought together under the premise that the development of emotions is central to the treatment of autism, these contributors together represent the most promising in research, theory, assessment, treatment, and front-line care for a condition that, if left untreated, can be devastating to families, relationships, ambitions, and personal achievements and represents an enormous burden on societal resources. For the most part they work as pioneers, fuelled only by their own curiosity and determination and by their desire for better outcomes and lives for those they serve. Although their work has been described as bold, insightful, empirical, intuitive, refreshing, creative, meticulous, methodical, painstaking, and even brilliant, they were selected primarily because their work is sure to reverberate and be felt in all future developments in the field.

The book is directed to clinical practitioners who must build bridges between theory and practice, combining what we know with what we know that works, all for the betterment of the babies and parents in front of us. Early intervention is the treatment, the tool of the clinician, because it sits somewhere between prevention on the one hand and acute care on the other. The advances you will read about in the chapters – from the medical, biological, and psychological sciences – have extended our reach for better outcomes in the preverbal, the unconscious, and the mental matrixes that define our behaviour. In other words – as the book is titled – we *can* recognize the signs of autism in infants and intervene early. The more we know about the primitive aspects to take into account for these early interventions, the more effective we can be in tracking down and understanding what is not working in the infant and/or in the parents and what is preventing them from an enriching relationship.

Karnac is the rightful publisher of the book because in an unlikely twist of science and treatment, psychoanalytic psychotherapy and its lexicon of concepts is proving to be most useful in treating infants...modifying the "talking cure" for the "non-talkers"! It is only natural that such a book come from such a publisher.

Signs of Autism in Infants: Recognition and Early Intervention by Stella Acquarone (289 pages, Cat. No. 24639) £22.50

Innovations in the Reflecting Process

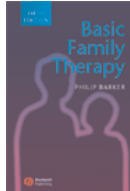
Anderson, Harlene & Jensen, Per (Eds).
Catalogue No. 24833
Karnac
Price: £19.99

The book engages the reader at two levels. On one level it demonstrates how the ideas that Tom Andersen promulgates can be developed, or, as it seems in several chapters, how they can act as a springboard for other major contributors to the family therapy field such as Hoffman, Seikkula, Shotter and Harlene Anderson to develop and refine their own theoretical positions. Central to these authors are Andersen's notion of respect, resourcefulness of clients, collaborative relationships, dialogue, and, of course, the well-known reflecting process, but because these authors are sharpening the cutting edge of their own thinking, they are bringing fresh ideas for contemporary therapists.

The Sister Knot: Why We Fight, Why We're Jealous and Why We'll Love Each Other No Matter What

Apter, Terri.
Catalogue No. 25272
W.W.Norton
Price: £16.99

Relationships between women are often freighted with a rocky mix of emotions leading to anguish and confusion in the playground, in the home and in the boardroom. A woman's experience negotiating her feelings towards a sister shapes her psychology as forcefully as do her relationships with her parents. By exploring sisterhood, Terri Apter reveals its key role in understanding all relationships among women. In a series of compelling interviews, Apter considers the many aspects of the sister relationship. The need to fight to differentiate oneself from a sister, as well as the protectiveness one feels for that same person, is explained by reference to extensive psychological and biological evidence. Not only will sisters be enlightened by this original book; it sheds light on all relationships between women.

Basic Family Therapy (Fifth Edition)

Barker, Philip.
Catalogue No. 25414
Blackwell
Price: £27.50

Despite the advances that have occurred since the first edition of this book appeared in 1981, the aims of Basic Family Therapy remain the same. These are to provide a clear, easily read and understandable introduction to family therapy, and to guide the reader to sources of further information by providing a comprehensive list of references. No prior knowledge of family therapy has been assumed and it is hoped that the book will be useful not only to those who are new to family therapy but also to those in the early phases of their training.

Joe: The Only Boy in the World

Blastland, Michael.
Catalogue No. 24866
Profile Books
Price: £7.99

Joe is ten and mentally disabled. He's funny, fascinating and mad-dening, and this memoir tells his moving story, but also argues that until we know Joe's life, we can't understand our own. Through philosophy, psychology and medical research, the author explains how we are mind-readers, how we make sense of other people and how we understand guilt and innocence, and shows that Joe sets our humanity in sharp relief. But in that case, is Joe part of it? The author who asks that outrageous question is Joe's father.

Touchpoints: Birth to Three: Your Child's Emotional and Behavioral Development: Second Revised Edition

Brazelton, T. Berry & Sparrow, Joshua D.
Catalogue No. 24950
Da Capo Press
Price: £10.99

Intended for anxious parents of babies and small children. This book introduces medical information, guidance for the new stresses on families and fears of children, and a fresh focus on the role of fathers and other caregivers. It brings a child psychiatrist's insights into the many perennial childhood issues covered in it. This is a major new edition of a parenting classic which has sold over 1 million copies worldwide, and been translated into 30 languages. "Touchpoints" has become required reading for anxious parents of babies and small children.

Containment and Reciprocity: Integrating Psychoanalytic Theory and Child Development Research for Work with Children

Douglas, Hazel.
Catalogue No. 25542
Routledge
Price: £18.99

"Containment and Reciprocity" shows how the psychoanalytic concept of containment and the child development concept of reciprocity can be used together to inform clinical work with young children and their families. Using extracts of mother/child and therapist/child interactions, Hazel Douglas explores, for the first time, the relationship between these concepts, and shows how they underpin the quality of an attachment. Using clinical examples from the author's own psychoanalytic work with very young children as well as her recent research, the book explores these two concepts with important implications for psychotherapeutic technique.

Hope and Despair in Narrative and Family Therapy: Adversity, Forgiveness and Reconciliation

Flaska, Carmel et al (Eds).
Catalogue No. 24962
Routledge
Price: £29.99

How do experiences of hope and despair impact upon our capacity to meet life's challenges in narrative and family therapy? Clients' experiences of hope and despair can be complex, reflecting individual and family histories, current patterns and dynamics, the stresses of everyday life, and the social contexts of families' lives. This book analyses how therapists meet and engage with these dichotomous aspects of human experience. The editors place the themes of hope and despair at the centre of a series of reflections on practice and theory.

Doing Research with Children: Second Edition

Greig, Anne D. et al.
Catalogue No. 25320
Sage
Price: £20.99

The Second Edition of "Doing Research with Children" is a welcome development of this key textbook for a growing market. The book continues to provide a comprehensive and practical introduction to undertaking a research project with children, and now accommodates and accounts for many of the changes that have taken place in research practice and in discussions about research with children in recent years. Specifically, this new edition provides: extended guidance on research ethics; attention to views of children as active research participants rather than as passive subjects of research; expanded pedagogy: chapter summaries, practical exercises, contextualising cases and features; and, details of the many changes in the law that have changed the nature of the researcher's relationship to children and to storing and transmitting information about children.

Making an Impact: Children and Domestic Violence - A Reader: Second Edition

Hester, Marianne & Pearson, Chris.
Catalogue No. 25247
Jessica Kingsley
Price: £22.99

This fully updated Reader provides a comprehensive review of recent research and legislation relating to domestic violence and its consequences for children, and identifies the implications for practice. It is divided into three parts. Part One describes evidence for the links between domestic violence and the concomitant abuse of children and assesses the effects on children's future well-being. Part Two is a comprehensive and accessible guide to relevant current criminal and civil legislation. Highlighting the success of multi-agency approaches, the final part details practical issues for interventions with children and their carers, male perpetrators, and, new to this edition, women.

Childhood Autism: A Clinician's Guide to Early Diagnosis and Integrated Treatment

Hillman, Jennifer et al.
Catalogue No. 25122
Routledge
Price: £19.99

"Childhood Autism" provides clinicians with a comprehensive guide for working with autistic children and their families. It offers practical assistance with early diagnosis, cutting edge treatment options and goals, interdisciplinary insights, and available resources. Empirical research findings are presented in a clear, accessible manner. Perhaps most importantly, vivid case examples bring both the therapist's and patient's experience to the fore as they work towards recovery. This clear and informative book should be required reading for professionals and students in the fields of medicine, social work, psychology, education, and any other clinicians who work with children on the autism spectrum.

Counselling and Psychotherapy with Children and Adolescents

Hopper, Linda.
Catalogue No. 25659
Palgrave
Price: £19.99

Offering a judicious balance of theory and practical discussion, "Counselling and Psychotherapy with Children and Adolescents" focuses on the essential knowledge needed to work therapeutically with children and thus represents an ideal foundation text for students undertaking training in child counselling. Drawing on the work of Bowlby, Winnicott and others, it promotes understanding of children's emotional development and examines how they use play and other creative means to express their inner feelings. A comprehensive guide, it also discusses issues of difference and identity, the counselling process and ethical issues in counselling children.

Systemic Coaching: A Target-Oriented Approach to Consulting

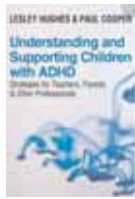
Tomaschek, Nino.
Catalogue No. 24483
Carl Auer International
Price: £13.99

Systemic-constructivist coaching incorporates the ideas and thoughts of constructivist epistemology and cybernetic systems theory and puts them into practice. This book provides an in-depth study of systemic-constructivist coaching and illustrates its practical relevance by following the Kiel Consulting Model. With its special outline of the consulting process, this book presents a detailed description of the approach to target and solution-focused coaching. It discusses the techniques, principles, and strategies in practice-related examples.

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



Understanding and Supporting Children with ADHD: Strategies for Teachers, Parents and Other Professionals



Hughes, Lesley A. & Cooper, Paul.
Catalogue No. 24798
Paul Chapman
Price: £17.99

Children with Attention Deficit Hyperactivity Disorder (ADHD) can be hard to include in a mainstream classroom, and managing their behaviour is often a challenge. Drawing directly from real classroom experience, "Understanding and Supporting Children with ADHD" shows you how effective management strategies can improve behaviour in the classroom, and at home. This interdisciplinary approach will provide teachers with: strategies to deal with disruptive behaviours; ways to channel children's positive characteristics; advice on how teachers can support and guide parents; behaviour management techniques to promote positive behaviour; and advice on collaborative working, and how teachers can build partnerships with other professionals.

Creating New Families: Therapeutic Approaches to Fostering, Adoption and Kinship Care



Kenrick, Jenny et al (Eds).
Catalogue No. 16972
Karnac
Price: £18.99

"Creating New Families" is intended to reflect the practice of the specialist, multi-disciplinary Fostering and Adoption team in the Child

and Family Department of the Tavistock Clinic. The team is firmly rooted in an approach which values inter-disciplinary working for the contribution which the thinking of each discipline makes to the overall endeavour with the child and family. It also places great importance on multi-agency collaboration, especially with social services and education, without which no intervention with this group of children can succeed. The book represents the differing ways in which members contribute to the work of the team, with individual and joint accounts by clinicians of the ways in which their therapeutic practice has evolved and about the theoretical thinking on which it is based.

Eating Disorders in Childhood and Adolescence: Third Edition

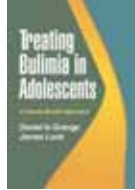


Lask, Bryan & Bryant-Waugh, Rachel (Eds).
Catalogue No. 25543
Routledge
Price: £22.99

In the third edition of this accessible and comprehensive book, Bryan Lask and Rachel Bryant-Waugh build on the research and

expertise of the previous two editions. First published in 1993, "Eating Disorders in Childhood and Adolescence" was the earliest book of its kind to explore eating disorders in people under 15, a population that is very distinct from the more common research carried out on people in their late teens and adulthood. The contributors' experience and knowledge has increased greatly in the past 15 years. This fully revised edition offers a distillation of current information in the younger population, and contains brand new chapters on areas of research and practice such as: eating disorders and the brain; nutrition and refeeding; and motivational approaches.

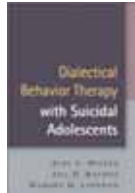
Treating Bulimia in Adolescents: A Family-Based Approach



Le Grange, Daniel & Lock, James.
Catalogue No. 25557
Guilford Press
Price: £24.00

An indispensable clinical resource, this groundbreaking book is the first treatment manual to focus specifically on adolescent bulimia nervosa. The authors draw on their proven approach to treating anorexia nervosa in the family context and adapt it to the unique needs of this related yet distinct clinical population. Evidence-based strategies are presented for helping the whole family collaborate to bring dysfunctional eating behaviors under control, while also addressing co-occurring psychological problems and parent-child relationship conflicts.

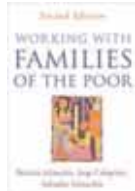
Dialectical Behavior Therapy with Suicidal Adolescents



Miller, Alec L. et al.
Catalogue No. 25312
Guilford Press
Price: £27.00

This highly practical book adapts the proven techniques of dialectical behavior therapy (DBT) to treatment of multi-problem adolescents at highest risk for suicidal behavior and self-injury. The authors are master clinicians who take the reader step by step through understanding and assessing severe emotional dysregulation in teens and implementing individual, family, and group-based interventions. Insightful guidance on everything from orientation to termination is enlivened by case illustrations and sample dialogues.

Working with Families of the Poor: Second Edition



Minuchin, Patricia et al.
Catalogue No. 25558
Guilford Press
Price: £16.99

Now in a substantially revised second edition, this widely adopted text and practical guidebook presents the fundamentals of family-based intervention with clients struggling with chronic poverty-related crises and life stressors. Grounded in Salvador Minuchin's influential systemic model and the extensive experience of all three highly regarded authors, the book illustrates innovative ways for professionals within substance abuse, foster care, and mental health contexts to build collaboration with families and other helpers, and to elicit families' strengths.

Identifying Emotional and Psychological Abuse: A Guide for Childcare Professionals



O'Hagan, Kieren.
Catalogue No. 25333
Open University Press
Price: £20.99

The principal objectives of this book are to enable childcare workers to understand and deal more effectively with cases of emotional and psychological abuse. The concepts of emotional development, emotional abuse, psychological development, and psychological abuse are fully explored and clearly defined, within the contexts of: existing literature and research; childcare legislation and practice; and, child abuse enquiry reports, in particular that of Victoria Climbie.

Living Alongside a Child's Recovery:



Therapeutic Parenting with Traumatized Children
Pughe, Billy & Philpot, Terry.
Catalogue No. 25246
Jessica Kingsley
Price: £15.99

The idea of using therapeutic parenting to help with the recovery of traumatized children is the focus in the latest title in the "Delivering Recovery" series, "Living Alongside a Child's Recovery". In this new selection, the focus is on the effects of attachment, the benefits of residential care, and what is needed to make therapeutic parenting work for children who have been traumatized. The authors stress the need for structure and consistency and this is highlighted in the chapters describing residential care. The need for routine is described in detail, with information regarding nurturing, primary care and providing a structured environment for the children. The discussion of psychodynamic theories of child development and issues of maternal preoccupation are also emphasized and used as background information for the practical application of guiding children through their trauma, in order to eventually function outside of residential care.

You and Your Mid-Adolescent



Rose, James.
Catalogue No. 24813
Karnac
Price: £8.99

This is a book which seeks help those going through the process of mid-adolescence - either from the point of view of the adolescent or their families - it attends to the serious strains that may have to be borne if the picture portrayed is to have any realism. 'Youth culture' may idealize the adolescent and vilify parents; but, as we shall see, the paradoxical expectations placed on both adolescents and their parents arise from the creative tension between the desire to progress and the desire to regress as mid-adolescents consolidate the move out of childhood and prepare for adulthood. No easy task for the mid-adolescent and those responsible for them.

An Integrated Approach to Family Work for Psychosis: A Manual for Family Workers



Smith, Gina et al.
Catalogue No. 25245
Jessica Kingsley
Price: £18.99

"An Integrated Approach to Family Work for Psychosis" is a manual for using cognitive behavioural approach to working with families of people with severe mental illness. The authors, all experienced clinicians, discuss the various core components of family work, including what constitutes family work, when it might be offered, and how and where it might be applied. As well as these core concerns, the authors also look at reframing challenges and overcoming common personal and external barriers to effective family work. Each chapter can be read individually or as part of the integrated manual. The central argument of the book is that family work must be individualised and it offers a clear approach to engaging and working with families to ensure that this happens, including guidance on how to link components of a service user's plan with their family's strengths and strategies for reducing stress.



ATTACHMENT: NEW DIRECTIONS IN PSYCHOTHERAPY AND RELATIONAL PSYCHOANALYSIS

By Joseph Schwartz

MOST READERS will be familiar with Thomas Kuhn's concept of the paradigm shift. Introduced in the 1960s, Kuhn was concerned to correct the common misconception that science proceeds smoothly and uneventfully from observation to theory and back to observation with nary a hair raised along the way. Kuhn knew better.

A former theoretical physicist himself, he knew about the bitter disputes that had torn physics and many of its most famous practitioners apart during the rise of atomic physics from 1900-1920. Ludwig Boltzmann, co-author with Joseph Stefan, Freud's teacher of physics at the University of Vienna, committed suicide in 1907 because of the attacks on his invention of statistical mechanics. This bitter dispute prompted Max Planck, himself a pioneer of the new atomic physics, to observe in 1947 that a new theory does not triumph because it convinces its opponents. Rather it triumphs simply because a

new generation grows up with it and gets used to it.

Similarly David Hilbert, who created the mathematical framework for the new atomic physics, suffered a severe psychotic breakdown in 1910, committing himself to a sanatorium, and famously and tragically Paul Ehrenfest, Einstein's best friend and one of the originators of the new physics, suffered severe depression, feeling he was not intelligent enough to understand the mathematics of the new atomic physics. In 1933, he went to the Professor Watering Institute in Amsterdam where his son Wassik, a child with Down's syndrome, was being treated, shot the child and then himself.

Paradigm shifts are non-trivial affairs. They involve pain, struggle and suffering on the part of all the major players. In issue 1 of ATTACHMENT celebrating the centenary of John Bowlby's birth, Richard Bowlby describes the pain his father experienced at the continual rejection of attachment theory by the British psychoanalytic establishment of the 1950s. As Peter Fonagy observes in the same issue: "You know the only way Melanie Klein and Anna Freud were ever united was in their hatred of Bowlby".

Psychoanalysis has been going through a painful paradigm shift from drive theory to attachment and relational theories that has taken a half century to complete. These are some of the markers sign-posting the road we are on are (From Editorial, ATTACHMENT, issue 1):

Washington, 1936: William Alanson White on separation anxiety as basic:

...when the individual is separated as it were from those whom he loves or upon whom he is dependent or to whom he looks for guidance, then there develops the separation anxiety which is at the bottom of neuroses and psychoses (White, 1936, p.127)

London, 1940: Bowlby enters the lists on the centrality of separation anxiety:

If it became a tradition that small children were never subjected to complete or prolonged separation from their parents in the same way that regular sleep and orange juice have become nursery traditions, I believe that many cases of neurotic character development would be avoided (Holmes, 1993, p.21).

London, 1942: Marjorie Brierley frames the paradigm conflict:

One way of stating the problem before us is to ask the question: Is a theory of mental development in terms of infant object relationships

compatible with theory in terms of instinct vicissitudes? (King and Steiner, 1991, 18 February 1942)

London, 1946: Fairbairn's first principle of relational psychoanalysis:

...the general proposition [is] that libido is not primarily pleasure seeking but object seeking. The clinical material on which this proposition is based may be summarised in the protesting cry of a patient to this effect - 'You're always talking about my wanting this or that desire satisfied; but what I really want is a father' (Fairbairn, 1946, p.137).

London, 1956: Winnicott reformulates Klein relationally:

The 'good breast' is not a thing. It is a name given to a technique. It is the name given to the presentation of the breast (or bottle) to the infant, a most delicate affair and one which can only be done well enough at the beginning if the mother is in a most curious state of sensitivity which I for the time-being call the State of Primary Maternal Preoccupation. Unless she can identify very closely with the infant at the beginning she cannot have a good breast because just having the thing means nothing whatever to the infant (Newman, 1995, p.182)

London, 1962. Guntrip summarises his relational perspective:

Psychodynamic theory is an independent discipline whose subject matter is the personal motivated life of human beings in their mutual relationships. Any attempt to construct such a psychological science on the pattern of physiological thinking involves a depersonalisation and falsification of the subject matter (Guntrip, 1962, p.75)

London, 1974. Anna Freud acknowledges the passing of drive theory:

Psychoanalysis is above all a drive psychology. But for some reason people do not want to have that. (Young-Bruehl, 1988)

The journal ATTACHMENT is part of the still continuing paradigm shift from a one person to a two and many person psychology. ATTACHMENT is an international journal inviting colleagues from every orientation consistent with our values who would like to contribute to the development of clinical work within the attachment/relational paradigm in psychotherapy, counseling and relational psychoanalysis to send us their ideas or queries for contributions. Our values for clinical work are:

- We believe that mental distress has its origin in failed or inadequate attachment relationships in early life and is best treated in the context of a long-term human relationship.
- Attachment relationships are shaped in a social world that includes poverty, discrimination and social inequality. The effects of the social world are a necessary part of the therapy.
- Psychotherapy should be available to all, and from the attachment perspective, especially those discriminated against or described as 'unsuitable' for therapy.
- Psychotherapy needs to be provided with respect, warmth, openness, a readiness to interact and relate, and free from discrimination of any kind.
- Those who have been silenced about their experiences and survival strategies need to have their reality acknowledged and not pathologised.

ATTACHMENT is a professional journal, not an academic journal. We encourage a wide range of contributions, from reviews to clinical reports to personal memoirs to theoretical arguments. Footnotes are not necessarily required. For subscribers, we believe the journal offers leading edge articles for clinicians working relationally with their clients and up-to-date briefings on latest developments in neuroscience relevant to psychotherapy and counseling; it is an international journal with contributions from colleagues from different countries and cultures. We feel the time is right to bring out a journal that promotes attachment and inclusivity, that exists to serve our common project of advancing the development of what is now clearly the paradigm of choice for humane effective psychotherapy and counseling.



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Judith Lewis Herman

Clinical Professor of Psychiatry at Harvard Medical School and Director of Training at the Victims of Violence Program at The Cambridge Hospital, Cambridge, Massachusetts.

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Resilience, Suffering and Creativity: The Work of the Refugee Therapy Centre



Alayarian, Aida (Ed).
Catalogue No. 24633
Karnac
Price: £22.50

"Resilience, Suffering, and Creativity" offers a particularly thoughtful overview of what is needed by those who have come finally to rest in some refuge. The specific issues in this kind of work are raised here - the role of words in treating trauma that comes from physical and bodily privation; the indicators by which we can pick those whose resilience can carry them through; the place of social network support (and its loss); the role of the therapeutic institution for people who have been institutionally persecuted; and so on. It is a far-reaching contribution to addressing these various issues and is, by necessity, a vehicle that gives us a feel of the refugee experience through the vignettes. The book itself does a containing job on this most disorientating of all fates. It is a job to help those with less resilience, and it is a job to help those who have to listen therapeutically to the refugee experience. - Bob Hinshelwood, Psychoanalyst, Professor in the Centre for Psychoanalytic Studies, University of Essex.

Enhancing Social Work Management: Theory and Best Practice from the UK and USA



Aldgate, Jane et al (Eds).
Catalogue No. 25242
Jessica Kingsley
Price: £22.99

This book looks at the nature of management in the human services sector and examines the prevailing issues affecting both the UK and USA. Contradictory forces affect the act of management, such as the imperatives driving the introduction of new control systems which exist alongside the requirement to cut resources. In this book, contributors present both the problems and opportunities associated with the growth of management in the social care sector. They cover key topics including the implementation of change in the childcare sector; diversity - looking at the ways in which care managers can more effectively serve a growing multicultural and global society; performance measurement; the impact of electronic technologies and telecommunications; risk and safety in the workplace; and ethics in making personnel decisions, managing finances, planning and maintaining key relationships. This will be essential reading for social workers and human services managers, and students.

Words and Symbols: Language and Communication in Therapy



Barden, Nicola & Williams, Tina.
Catalogue No. 25339
Open University Press
Price: £17.99

What lies behind the language we use as counsellors and psychotherapists? How does language fit into a therapeutic context? Can we truly say what we mean, and hear what is said, in the consulting room? This book takes apart, lays out and repositions the most basic of therapeutic tools - the language used to communicate between therapist and client. It begins with a summary of the different schools of thought on language acquisition from infancy onwards. It addresses ways in which philosophical and social contexts may impact on the thoughts and words available for speech. Following this it focuses on the detail of the words spoken in a consulting room, and considers dialogue in the arts therapies, where speech may not be the primary tool for understanding. The book also examines what happens when words fail, how symbols are essential for communication, and whether the emphasis on words in the talking therapies has limited the range of communication in the consulting room.

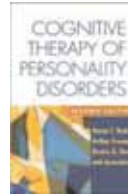
A Secret Madness: The Story of a Marriage



Bass, Elaine.
Catalogue No. 24868
Profile Books
Price: £7.99

In post-war London two girls are relieved to find husbands. One lands the 1950s dream of wealth and security. The other, Elaine, endures 14 years married to a man with Obsessive Compulsive Disorder. At first Elaine finds Gerald's activities curious but manageable. But he grows increasingly withdrawn, his mania grows and his actions obscure, he even becomes violent. The birth of their daughter heralds a complete breakdown and five years of silence, fear and despair. Elaine Bass's true story reads like a novel: with startling honesty she describes their poverty, her loneliness, her fears for her child, finding comfort in an affair with the village doctor and how the relationship finally ends.

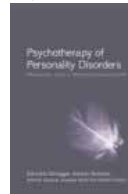
Cognitive Therapy of Personality Disorders: Second Edition



Beck, Aaron T. et al.
Catalogue No. 25566
Guilford Press
Price: £16.99

Now newly available in paperback, this landmark work was the first to present a cognitive framework for understanding and treating personality disorders. Aaron T. Beck and his distinguished team of co-authors present an extensively rewritten and updated second edition, integrating over a decade's worth of tremendous advances in theory and practice. Richly illustrated with expanded case material, the second edition also includes a wealth of new information on therapeutic impasses and how to overcome them.

Psychotherapy of Personality Disorders: Metacognition, States of Mind and Interpersonal Cycles



Dimaggio, Giancarlo et al.
Catalogue No. 24502
Routledge
Price: £29.99

An accurate description of the problems associated with personality disorders can lead to psychotherapists providing better treatment for their patients, alleviating some of the difficulties associated with handling such disorders. The authors draw on existing therapeutic approaches and concepts to offer a treatment model for dealing with personality disorders. "Psychotherapy of Personality Disorders" clearly discusses the models for different types of personality disorder, along with general treatment principles, focusing on: Principles for identifying and classifying types of disorder; theoretical analyses that are characteristic of each type; practical therapeutic principles that are grounded in the basic theory. The language is clinician-friendly and the therapeutic model is illustrated with clinical cases and session transcripts making this title essential reading for psychotherapists, personality disorder researchers and cognitive scientists as well as professionals with an interest in personality disorders.

Six Therapists and One Client: Second Edition



Dumont, Frank & Corsini, Raymond J. (Eds).
catalogue No. 25286
Springer
Price: £13.99

This volume demonstrates how six therapists working within the structures of six different major theoretical orientations would treat the same person. Approaches include: Ericksonian Hypnotherapy (Lankton), REBT (Ellis), Multimodal Therapy (Lazarus), Individual Psychotherapy (Corsini), Person-centered Therapy (Zimring), and Cognitive Behavior Therapy (McGrady). Each chapter is followed by a critique by experts in the field.

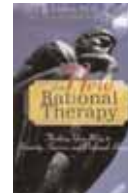
Meaning-Full Disease: How Personal Experience and Meanings Cause and Maintain Physical Illness



Broom, Brian.
Catalogue No. 25029
Karnac
Price: £19.99

This book is about the nature of meaning, the relationship of meaning to the body, and the way in which meaning expresses itself in our health or lack of it. In another way it is about the conjunction of mind, body, and spirit. In a more practical perspective, the message is that meaning-full disease does make sense, that we do have a sound basis for a holism that includes meaning, and that we had better sort out our models of healthcare if we want to be the sorts of clinicians and healers our patients and clients deserve.

The New Rational Therapy: Thinking Your Way to Serenity, Success, and Profound Happiness



Cohen, Elliot D.
Catalogue No. 25365
Rowman and Littlefield
Price: £46.00

Throughout the ages, great thinkers such as Plato, Aristotle, Epicurus, Aquinas, Descartes, Spinoza, Kant, Nietzsche, and many others have had incredibly useful things to say about overcoming the strife of everyday living and attaining happiness. Unfortunately contemporary approaches to psychology have made only limited use of this guidance. At last, here is an uplifting psychology that systematically applies the wisdom of the ages to attaining life pregnant with insight, meaning, value, and purpose. Guided by the vision of great minds, this book shows you how you can still feel secure and hopeful in a precarious, uncertain universe; face evil with life-affirming courage; build self-esteem, respect for others, and global reverence; become your own person; take control of you're emotions and behavior; strengthen your willpower; confront moral problems creatively; build rapport and solidarity with others; and hone your practical decision-making skills.

Dryden's Handbook of Individual Therapy: Fifth Edition



Dryden, Windy (Ed).
Catalogue No. 24780
Sage
Price: £27.99

This newly updated fifth edition presents a comprehensive overview of the key approaches to individual therapy practice, including three new chapters on Narrative Therapy, Solution-Focused Therapy and Integrative and Eclectic Approaches. Written by experts in their own therapeutic field, "Handbook of Individual Therapy" introduces the principles and methods of individual therapy concisely and accessibly. Following a clearly defined structure, each chapter outlines one approach in detail and provides case examples to illustrate how that approach works in practice. Each form of therapy is described in terms of: its historical context; the main theoretical assumptions; the mode of practice; which clients will benefit most; and the general strengths and limitations of the approach. Further chapters place counselling and psychotherapy in its social context, explore training and supervision and relate research to individual therapy practice.

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



Handbook of Evidence-Based Psychotherapies: A Guide for Research and Practice
Freeman, Chris & Power, Mike J. (Eds).



Catalogue No. 24919
John Wiley
Price: £105.00

At a time when healthcare organisations are increasingly emphasising the need for evidence-based intervention, this comprehensive and timely handbook provides an up-to-date overview of the current evidence-base for psychological therapies and major psychological disorders. The "Handbook of Evidence-Based Psychotherapies" takes a pluralistic approach, covering cognitive and behavioural therapies as well as counselling and humanistic approaches. Internationally-renowned experts guide the reader through the latest research, taking a critical overview of each practice's strengths and weaknesses. Specific therapies and disorder chapters are interspersed between a general introduction and critique of issues for the evidence-base, and a final chapter provides an overview for the future.

The Therapeutic Relationship in the Cognitive Behavioral Psychotherapies



Gilbert, Paul & Leahy, Robert L. (Eds).

Catalogue No. 25064
Routledge
Price: £27.99

How do the cognitive behavioral therapies develop and utilise the therapeutic relationship? Although the therapeutic relationship is a major contributor to therapeutic outcomes, the cognitive behavioral psychotherapies have not explored this aspect in any detail. This book addresses this shortfall and explores the therapeutic relationship from a range of different perspectives within cognitive behavioral therapy and emotion focused therapy traditions. "The Therapeutic Relationship in the Cognitive Behavioral Psychotherapies" covers new research on basic models of the process and the therapeutic relationship, and explores key issues related to developing emotional sensitivity, empathic understanding, mindfulness, compassion and validation within the therapeutic relationship.

Difference: An Avoided Topic in Practice



Foster, Angela et al.
Catalogue No. 23326
Karnac
Price: £19.99

Difference is a complex and often disturbing issue. The purpose of this book is to encourage a culture of open enquiry into an emotionally charged subject which, the editors argue, has been largely avoided by the profession. Theoretically psychoanalysis is all about recognition and appreciation of difference, yet the psychoanalytic profession itself does not have a good reputation in this area.

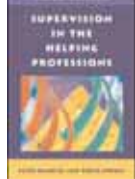
Who Is It That Can Tell Me Who I Am ? The Journal of a Psychotherapist



Haynes, Jane.
Catalogue No. 25233
intheconsultingroom.com
Price: £11.99

Jane Haynes originally worked as an actress at the Royal Court Theatre. After she met R.D. Laing and read his book "The Divided Self" she gave up the theatre and became involved with Laing's work at Kingsey Hall and later trained as a Jungian psychoanalyst. In the course of clinical practice - over time - Haynes has moved away from the theoretical position of a classical psychoanalyst to that of a psychotherapist who considers that it is the combination of dialogue - within an ethical therapeutic relationship - and a trained ear that are the essential ingredients of 'The Talking Cure'.

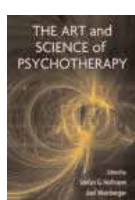
Supervision in the Helping Professions: Third Edition



Hawkins, Peter & Shohet, Robin.
Catalogue No. 25337
Open University Press
Price: £23.99

The latest edition of this best selling book on supervision updates and expands the previous two editions with references to the developments and writing in the field over the last six years. Since the publication of the previous edition, supervision has continued to spread from the professions of counselling, psychotherapy and social work, into all medical professions and more recently into education, coaching, mentoring and human resources management. This book provides relevant information for people working in all of these fields. The seven-eyed supervision model which is at the core of the book has been expanded and developed to reflect its use in many professions and different parts of the world.

The Art and Science of Psychotherapy



Hofmann, Stefan & Weinberger, Joel (Eds).
Catalogue No. 24497
Routledge
Price: £28.00

Psychotherapy, like most other areas of health care, is a synthesis of scientific technique and artistic expression. In recognition of these two basic skill sets within the field, the editors have compiled a group of leading therapists to give insight into the creative side of psychotherapy. Central to this collection is the premise that a toolbox full of treatment approaches, no matter how comprehensive, is not enough to effectively reach your patients. This book addresses the fundamental split between the researchers and scholars who use scientific methods to develop disorder-specific treatment techniques and those more clinically inclined therapists who emphasize the individual, interpersonal aspects of the therapeutic process. Once this polarization of approaches is clearly defined, contributors systematically unearth and explore the variety of unspecific, subtle factors in psychotherapy that are often overlooked by even those therapists who are conscious of interpersonal theories.

The Complete Women's Psychotherapy Treatment Planner



Jongsma, Arthur E. & Ancis, Julie R.
Catalogue No. 25429
John Wiley
Price: £30.99

Covers nineteen of the most commonly seen presenting problems in treating women. This treatment planner provides therapists with guidance on diagnosis, and includes long-term goals, short-term objectives, and clinically tested treatment options for the largest population of individuals seeking mental health services. The latest entry in the 'Practice Planners' series, this is also first book to detail treatment approaches for women and girls based on major new guidelines recently issued by the American Psychological Association.

The Psychodynamic Counselling Primer



Klein, Mavis.
Catalogue No. 25303
PCCS Books
Price: £10.50

This book presents an unparalleled, comprehensive introduction to psychodynamic counselling in the twenty-first century. It is essential reading for: students requiring a comprehensive introductory text for initial psychodynamically-oriented training, input for comparative essays and therapeutic approaches on integrative courses, and a theory bridge between introductory and certificate/diploma level texts; anyone requiring a concise, understandable yet authoritative guide to psychodynamic counselling theory and practice.

Brief Counselling in Schools: Working with Young People from 11 to 18: Second Edition



Lines, Dennis.
Catalogue No. 24778
Sage
Price: £19.99

"Brief Counselling in Schools", Second Edition is a practical guide to providing help and support to young people experiencing a range of difficulties in their home and school lives. Recognizing the constraints of working within school settings, the book illustrates how counselling can nevertheless be effective, even when time is short and confidentiality is hard to preserve. Based on a method of brief integrative counselling that can be adapted to the range of problems which pupils bring to counselling, and illustrated with rich and varied case material, the chapters look at issues of: self-esteem; depression and suicidal thoughts; bullying; parental separation and step-parent conflict; loss and bereavement; spiritual concerns; smoking, drug and alcohol use; sexuality. This fully updated new edition includes a brand new chapter covering anger, aggression and violence.

Solution-focused Therapy: Theory, Research and Practice



MacDonald, Alasdair.
Catalogue No. 25325
Sage
Price: £18.99

Solution-Focused Therapy is a relatively new, but strongly supported and growing approach. "Solution-Focused Therapy: Theory, Research and Practice" contains an overview of current research in the area and an account of the use of solution-focused approaches in various relevant therapeutic situations. Written by Dr Alasdair J MacDonald, one of the leading Solution-Focused Therapy specialists in Europe and a key figure in the European Brief Therapy Association, this book provides both trainees and practitioners with instruction in the method of solution-focused brief therapy. As well as outlining the model and basic principles, "Solution Focused Therapy" also summarises the evidence base for solution-focused therapy, discusses ethical issues and includes a series of chapters on applications of the approach with illustrative case studies.

Counselling Skill



McLeod, John.
Catalogue No. 25330
Open University Press
Price: £19.99

This book is key reading for people working in helping, managing or supervisory roles: it provides efficient and ethical strategies that will improve their ability to assist or advise others. It is also of use to counsellors and counselling students who wish to develop a better understanding of their craft.

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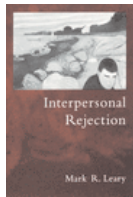


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Interpersonal Rejection



Leary, Mark R. (Ed).
Catalogue No. 25400
Oxford University Press
Price: £18.99

Interpersonal rejection ranks among the most potent and distressing events that people experience. Romantic rejection, ostracism, stigmatisation, job termination, and other kinds of rejections have the power to compromise the quality of people's lives. As a result, people are highly motivated to avoid social rejection, and indeed, much of human behaviour appears to be designed to avoid such experiences. Yet despite the widespread effects of real, anticipated, and even imagined rejections, psychologists have devoted only passing attention to the topic, and the research on rejection has been scattered throughout a number of psychological subspecialties (e.g., social, clinical, developmental, personality). In the past few years, however, we have seen a surge of interest in the effects of interpersonal rejection on behavior and emotion. The goal of this book is to pull together the contributions of several scholars, whose work is on the cutting edge of rejection research, providing a scholarly yet readable overview of recent advances in the area.

Demystifying Love: Plain Talk for the Mental Health Professional



Levine, Stephen B.
Catalogue No. 25531
Routledge
Price: £21.99

Intended primarily for mental health professionals, "Demystifying Love" deals plainly with topics rarely written about for clinicians. The book discusses in a

small package highly readable and useful topics, such as love (as both noun and verb), psychological intimacy, sexual desire, as well as infidelity, both in background concepts and clinical guidelines. As the book shows, love is the logical point of departure for a clinical understanding of sexuality and its problems. It is the most conventional framework for understanding sexual behaviors, the one that is broadly endorsed across many cultures, often as the ideal context for sexual expression. The book integrates an analysis of love in patients dealing with intimacy, sexual desire, infidelity, forgiveness and reconciliation. Detailed with compelling case studies, the author's skill as a therapist comes through in the discussion of these topics - many of which are at the heart of numerous couple problems.

An Introduction to Cognitive Behaviour Therapy: Skills and Applications



Westbrook, David et al.
Catalogue No. 24783
Sage
Price: £19.99

Cognitive Behaviour Therapy has become one of the most widely practised and most popular therapeutic approaches. "An

Introduction to Cognitive Behaviour Therapy" is a beginner's guide to its basic theory, skills, and applications. Part One of this practical text sets out the core concepts and generic skills of CBT including: the method of Socratic dialogue; case formulation; the therapeutic relationship; and therapeutic strategies - cognitive, behavioural, and physiological. Part Two illustrates how these techniques can be applied to the most common mental health problems - depression, panic and agoraphobia, OCD and health anxiety, social anxiety, and generalized anxiety disorder.

What Therapists Don't Talk About and Why: Understanding Taboos That Hurt Us and Our Clients



Pope, Kenneth S. et al.
Catalogue No. 24141
American Psychological Association
Price: £24.50

This book was created to help therapists and therapists-in-training

explore the myths and taboo topics that weaken their practice and cause anxiety, discomfort, and confusion. Some of these topics include feeling incompetent; making mistakes; getting caught off guard by fee entanglements; becoming enraged at patients; managing illness; understanding sexual arousal and impulses; praying with patients as part of therapy; feeling ashamed; being fired; and not knowing what to do.

Integrative Therapy: Second Edition



O'Brien, Maja & Houston, Gaie.
Catalogue No. 24782
Sage
Price: £18.99

For many therapists it is clear that no one approach can offer everything they and their clients need. However, by combining elements from different models, a more flex-

ible and potentially more effective way of working can be developed. "Integrative Therapy, Second Edition" is a practical guide to the knowledge and skills needed to work integratively as a therapist.

Power Games: Influence, Persuasion, and Indoctrination in Psychotherapy Training



Raubolt, Richard (Ed).
Catalogue No. 25391
Other Press
Price: £21.99

This is a book written from the perspective of scholars and experienced clinicians who are acutely aware

both on a personal and theoretical level of the disruptive role of power games in psychoanalytic institutes. The collection features a highly nuanced and comprehensively developed psychoanalytic understanding of the use and misuse of power, authority, status and control operating in many traditional and non-traditional training experiences. Finally, new supervisory and training models based on empathy, respect for subjective experiences, and democratic principles are proposed as an alternative to the abusive practices so powerfully described in this book.

My Dearest Enemy, My Dangerous Friend: Making and Breaking Sibling Bonds



Rowe, Dorothy.
Catalogue No. 25539
Routledge
Price: £9.99

Stories about siblings abound in literature, drama, comedy, biography, and history. We rarely talk

about our own siblings without emotion, whether with love and gratitude, or exasperation, bitterness, anger and hate. Nevertheless, the subject of what it is to be and to have a sibling is one that has been ignored by psychiatrists, psychologists and therapists. In "My Dearest Enemy, My Dangerous Friend", Dorothy Rowe presents a radically new way of thinking about siblings that unites the many apparently contradictory aspects of these complex relationships. This helps us to recognise the various experiences involved in sibling relationships as a result of the fundamental drive for survival and validation, enabling us to reach a deeper understanding of our siblings and ourselves. If you have a sibling, or you are bringing up siblings, or, as an only child, you want to know what you're missing, this is the book for you.

Playing the Other: Dramatizing Personal Narratives in Playback Theatre



Rowe, Nick.
Catalogue No. 25248
Jessica Kingsley
Price: £18.99

This book is an exploration and critique of 'playback theatre', a form of improvised theatre in which a company of performers spontaneously enact autobiographical stories told

to them by members of the audience. With more than ten years' experience as an actor with Playback Theatre York, the author introduces the reader to the basics of playback theatre within a historical and theoretical context. The history and development of the form is traced, from its conception in the late 1970s to its subsequent growth worldwide, and its relationship to the psychodrama tradition from which it has evolved is discussed. Through an examination of playback performances from the perspectives of performers, 'tellers' of their stories and the audience, the author critically explores the nature, implications and ethics of the performers' response to the teller's experience, how notions of the public and personal are constructed, and the risks involved in improvising a response to a member of the audience's story.

The Person-centred Counselling Primer: A Steps in Counselling Supplement



Sanders, Pete.
Catalogue No. 25300
PCCS Books
Price: £10.50

This book presents an unparalleled, comprehensive description of person-centred counselling in the twenty-first century.

Personality theory, motivation, therapy theory, non-directivity and the process of change are all covered in Pete Sanders easy and accessible style. It is written for: Students requiring: comprehensive introductory text for initial person-centred training, input for comparative essays and therapeutic approaches on integrative courses, and a theory bridge between introductory and certificate/diploma level texts; anyone requiring a concise, understandable yet authoritative guide to person-centred counselling theory and practice.

Therapist into Coach



Smith, Julia Vaughan.
Catalogue No. 25338
Open University Press
Price: £18.99

This book is written for qualified and experienced psychological therapists who are interested in what coaching may have to offer their clients or their practice. It considers

what coaching is, the routes by which people have become coaches, the coaching client, coaching methods and the issues within running a mixed practice. This includes a thorough exploration of the points of difference between therapeutic and coaching models, including the nature of interventions, mind set of the coach and the structuring of the process. Aspects of therapeutic models which are inappropriate for coaching are highlighted as well as the elements which add a richness to it.

The Integrative Counselling Primer



Worsley, Richard.
Catalogue No. 25302
PCCS Books
Price: £10.50

Written in an approachable and encouraging style, this book presents an unparalleled, comprehensive introduction to integrative counselling with a person-centred foundation in the twenty-first century. It presents the principled application of the non-formulaic use of self and experience in the service of the client and is essential reading for anyone requiring a concise, understandable yet authoritative guide to the principles of integrative (rather than eclectic) counselling theory and practice based on a foundation of person-centred therapy the preferred approach of many thousands of counsellors.



Clinical Handbook of Co-existing Mental Health and Drug and Alcohol Problems



Baker, Amanda & Velleman, Richard (Eds).
Catalogue No. 25050
Routledge
Price: £27.99

Co-existing mental health and drug and alcohol problems occur frequently in primary care and clinical settings. Despite this, health professionals rarely receive training in how to detect, assess and formulate interventions for co-existing problems and few clinical guidelines exist. This handbook provides an exciting and highly useful addition to this area. Leading clinicians from the UK, the US and Australia provide practical descriptions of assessments and interventions for co-existing problems. These will enable professionals working with co-existing problems to understand best practice, ensuring that people with co-existing problems receive optimal treatment. A range of overarching approaches are covered, including: Working within a cognitive behavioural framework; Provision of consultation-liaison services, training and supervision; Individual, group and family interventions; and Working with rurally isolated populations. The contributors also provide detailed descriptions of assessments and treatments for a range of disorders when accompanied by drug and alcohol problems, including anxiety, depression, schizophrenia, bipolar disorder and learning difficulties.

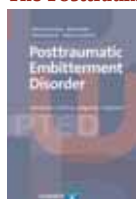
Offenders' Memories of Violent Crimes



Christianson, Sven-Ake (Ed).
Catalogue No. 24867
John Wiley
Price: £29.99

Violent offenders often claim amnesia in order to avoid punishment. It is important for investigators and juries to ascertain whether such amnesia is genuine or feigned; an offender with amnesia is not able to enter a plea, and issues of automatism are raised. There are also implications for the interview strategies employed by police officers, when amnesia is claimed. In addition, offenders who deny any memory of their crime tend to be less likely to benefit from rehabilitation programmes. This edited collection will help forensic psychologists and forensic clinical psychologists.

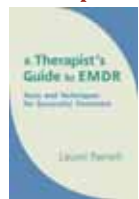
The Posttraumatic Embitterment Disorder: Definition, Evidence, Diagnosis, Treatment



Linden, Michael et al.
Catalogue No. 24972
Hogrefe & Huber
Price: £17.99

This book provides a comprehensive description of PTED. Pathological reactions to adverse life events are frequent. However, it has become increasingly clear that current clinical descriptions and diagnostic classifications, which subsume all such reactions under terms such as "PTSD" or "reactive and adjustment disorder," are inadequate. One widely seen type of pathological reaction can be classified as "Posttraumatic Embitterment Disorder (PTED)." Like PTSD, this disorder is characterized not by a particular type of stressful events, but by a distinct psychological process (experiences of injustice and violation of basic beliefs) and by a highly specific psychopathological profile (embitterment and intrusions). While the incidence of PTSD rises in times of danger, such as war, PTED is seen more frequently in times of societal changes which force people to cope with reorganizations of their lives and prospects. The symptoms of PTED can be very severe, chronic, life-threatening (because of suicidal and/or homicidal) psychiatrists who may have to give expert opinions in cases involving trauma.

A Therapist's Guide to EMDR: Tools and Techniques for Successful Treatment



Parnell, Laurel.
Catalogue No. 24260
W.W.Norton
Price: £23.00

"A Therapist's Guide to EMDR" reviews the theoretical basis for EMDR and presents new information on the neurobiology of trauma. It provides a detailed explanation of the procedural steps along with helpful suggestions and modifications. Areas essential to successful utilization of EMDR are emphasized. These include: case conceptualization; preparation for EMDR trauma processing, including resource development and installation; target development; methods for unblocking blocked processing, including the creative use of interweaves; and session closure. Case examples are used throughout to illustrate concepts. The emphasis in this book is on clinical usefulness, not research. This book goes into the therapy room with clinicians who actually use EMDR, and shows readers how to do it in practice, not just in theory. In short, this is the new, practical book on EMDR.

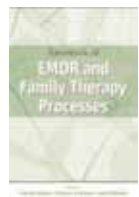
The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook - What Traumatized Children Can Teach Us About Life, Loss and Healing



Perry, Bruce & Szalavitz, Maia.
Catalogue No. 25527
Basic Books
Price: £15.99

What happens when a young brain is traumatized? How does terror, abuse or disaster affect a child's mind - and how can that mind recover? Child psychiatrist Bruce Perry has helped children faced with unimaginable horror: genocide survivors, murder witnesses, kidnapped teenagers and victims of family violence. In "The Boy Who Was Raised as a Dog", he tells their stories of trauma and transformation through the lens of science, revealing the brain's astonishing capacity for healing. Deftly combining unforgettable case histories with his own compassionate, insightful strategies for rehabilitation, Perry explains what exactly happens to the brain when a child is exposed to extreme stress - and reveals the unexpected measures that can be taken to ease a child's pain and help him grow into a healthy adult.

Handbook of EMDR and Family Therapy Processes



Shapiro, Francine et al (Eds).
Catalogue No. 24961
John Wiley
Price: £33.99

The "Handbook of EMDR and Family Therapy Processes" is the first book to combine these two powerful psychotherapy approaches into a comprehensive integrated treatment. This unique volume blends theory, practice descriptions, and case examples to illustrate the integrative process with a wide variety of presenting complaints. Fascinating and readable, the "Handbook" will prove invaluable for both students and experienced clinicians. It demonstrates through detailed case examples how EMDR and family therapy can complement and enhance each other. Ideal for psychologists, psychiatrists, social workers, and marriage and family therapists, whether or not trained in EMDR, the "Handbook of EMDR and Family Therapy Processes" broadens the scope and efficacy of both approaches and offers relief to thousands of individuals with a wide range of challenging problems.

Working with 'Denied' Child Abuse: The Resolutions Approach



Turnell, Andrew & Essex, Susie.
Catalogue No. 25340
Open University Press
Price: £22.99

How can professionals build constructive relationships with families where the parents dispute professional allegations of serious child abuse? How can meaningful safety for children be created in these families? How can professionals work together constructively in such cases? Situations where parents refute child abuse allegations made against them are often deemed to be impossible or untreatable by statutory and treatment professionals. These cases can consume enormous amounts of professional time and energy and frequently become bogged down by ongoing professional-family mistrust and dispute. Often, the decision to close such cases comes about not because the children are safe, but rather because the professionals run out of ideas, time and energy. "Working with 'Denied' Child Abuse" presents an innovative, safety-focused, partnership-based, model called Resolutions, which provides an alternative approach for responding rigorously and creatively to such cases. It describes each stage of this practical model and demonstrates the approach through many case examples from therapists, statutory social workers and other professionals working in Europe, North America and Australasia. The book is key reading for legal, health and social care professionals working in the area of child protection.

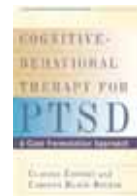
Violence Risk: Assessment and Management



Webster, Christopher D. & Hucker, Stephen J.
Catalogue No. 25437
John Wiley
Price: £21.99

"Violence Risk: Assessment and Management" provides background and information to mental health professionals working in forensic settings on release decision making, with a particular focus on violent offenders. Emphasizing how best to achieve the safe release of individuals from psychiatric hospitals and prisons in a way that protects society while avoiding the undue restriction of individuals, each chapter focuses on a specific topic such as law, risk, diagnosis, evidence, and assessment tools, and includes chapter summaries and case illustrations. Featuring a new section on risk management, this second edition brings the material up-to-date and enlarges the section on risk variables.

Cognitive-behavioral Therapy for PTSD: A Case Formulation Approach



Zayfert, Claudia & Becker, Carolyn B.
Catalogue No. 25549
Guilford Press
Price: £21.99

This is a practical guide to flexibly implementing CBT in tough cases. It provides empirically grounded, step-by-step coverage of treatment interventions for PTSD. Trauma specialists will welcome the descriptions of how to translate evidence-based techniques into real-world practice. The book helps clinicians deal with adherence problems, relapse, and other complications, and emphasizes a case formulation approach, which is crucial in PTSD treatment.

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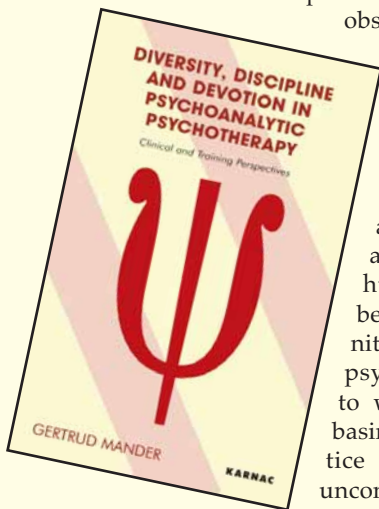


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IN 1997 I wrote a paper called *Towards the Millenium: The Counselling Boom* in which I reflected on the fast-growing movement that has been called 'The Coming of the Counsellors' (Halmos, 1965). I invoked Freud's post-WWI vision of a 'psychotherapy of the people, based on the pure gold of psychoanalysis alloyed with the copper of suggestion' (1919) and drew a parallel with the words of Dietrich Bonhoeffer (1971) that 'man has come of age through enlightenment, science and education' and that this has led to a widespread condition of 'religionlessness', a decline of the established Bible-based religions, from which people received personal comfort and pastoral care . I



observed how in the wake of this decline and together with the rise of New Age spirituality the faith of the counsellors created a fast-growing profession of helping and caring for troubled people. There are now many different approaches to this belief , humanistic, person-centred, behavioural, existential and cognitive, next to the large group of psychoanalytic psychotherapists to which I belong that has been basing their psychodynamic practice on Freud's discovery of the unconscious, on his method of listening attentively to the patients, and on his encouraging them to share their

emotional conflicts, fears and pain. This methodology is based on free associating and interpreting, on using oneself 'like an instrument' in order to receive the patients' unconscious anxieties and projections. Freud's aim had been to develop an understanding of the complex dynamics of the human mind and to offer the therapeutic relationship as a space in which the patient could be held and helped to find release from emotional suffering. 'Much will be gained', he wrote in 1895, 'if we succeed in transforming hysterical misery into common unhappiness', in other words, more simply, in helping people gain, or regain, their ability 'to love and work'.

The counselling boom was based on the understanding and implementation of Freud's offer of 'salvation from within'. For many people, particularly women, there has always been a call for helping others, and the tools fashioned by Freud and his followers have enabled them to build up a flourishing profession on this philanthropic impulse that is often experienced as a vocation. In the last few decades this became a growth industry, a pluralistic scenario of different orientations and of diverse skills, sometimes resembling the ecclesiastical sectarianism of previous centuries, and it has developed into a hierarchy, with the psychoanalysts at the top, followed by the psychotherapists and the counsellors forming the broad base. Freud's vision of a 'psychotherapy for the people' has thus been realised by armies of faithful counsellors following his gospel or the modified versions by C.G. Jung, Abraham Maslow, Carl Rogers and others who coined concepts like individuation, self-actualization and person-

centredness, all of which stressed the pressing need of individuals to heal and ingrate fractured selves and to develop into whole persons. The pastoral image of the shepherd has been replaced by images of growing, maturing, and integrating, in the presence of nurturing, holding and emphatic others. I also want to include the 'alternative therapies' and the 'complementary medicines' which have developed alongside this movement, and we can now name 200-odd different methods of dealing with people's psychological and somatic ills, each with their own 'holistic gospel' for the modern world.

An inevitable consequence has been the endeavour to order and gain status and this has led to constructive attempts at self-regulation and to two regulatory umbrella organisations, which are protecting the consumer as well as the practitioner and have encouraged the government to work towards a licencing law for therapeutic services.

Meanwhile there has been a vigorous growth of counselling trainings in universities and further education colleges, offering diplomas, MAs, MSCs, Ph.Ds, and employing lecturers and professorships in university departments of psychoanalytic studies. This move into academia could be seen as a move from the heart, where it started in the 'feeling' Sixties, to the head which is more characteristic of the competitive 21st century.

At the same time, there has been the development of brief and time-limited therapies, and an increasing number of trained practitioners have consequently moved into the medical and corporate sector to work. Another consequence has been that in a very short time it has become difficult for psychotherapists to get enough work at higher frequencies than once a week, to fill their private practices and to survive the increased competition , with the result that some of the most prestigious psychotherapy trainings are beginning to experience difficulties in recruiting sufficient recruits to keep their courses going.

All this is a development connected to the free-market spirit of our age, in which training is considered an investment, money can be made from conferences and lecture series, from contract deals with medical authorities and with commercial companies. Like the economy the profession as a whole has moved from booming to struggling within the space of two decades, and already the question is being asked : where is all this going to go?

The medical and commercial contexts in which much therapy happens nowadays, have turned out not to be quite what was hoped for in the seventies, when the plan was to storm these ancient citadels of resistance and to introduce the psychodynamic services 'for the people' as Freud had predicted. These contexts are now employing large numbers of therapists and counsellors who do mostly brief work on their terms and within their culture. Therapy has to be cost-effective, competitive and geared to deadlines, and this can conflict with the open-ended and process-centred attitudes of the conscientious practitioners, who are becoming concerned that fitting into a different culture may mean that they are asked to make compromises, for instance with regard to boundaries. There are also transference complications, as doctors in G.P. practices are sharing the patients' transferences, and in the commercial world there is the stress factor of competitiveness, the need for

concrete results and the pressure for coming up with results.

I firmly believe that what brings many people in to train and to work in the profession is their own woundedness apart from their curiosity and interest in other people, and above all this is a reparative tendency which relates to their own stories, to their parenting, their childhood, and their traumatic life experiences. There is, however, always a 'but'. The wounded healer is a beautiful image of the dedicated psychotherapist, but this image also reflects the dangerous edge of dedication. Wounds can re-open, they leave scars, pain can lead to aggressive and retaliatory action, pathology to acting out. There is an impulse to help that is healthy and an impulse to help that is unhealthy, based on a need for narcissistic gratification, and this requires constant vigilance. It means that supervision is an essential part of the process, providing a safety net when the helpers hesitate, an encouragement when they doubt, and a place of constantly learning from experience, of experimentation and exploration. Equally important is the training therapy which develops self-reflection and self-reliance. Containment is all.

I believe that never before have so many emotionally troubled people resorted to help for their personal problems from professionals who offer themselves to listen to them and who have been trained to help them explore ways of finding their own solutions. It is helpful to think of this trend in relation to Abraham Maslow's 'pyramid of basic needs' which reaches from a broad base of lower and

instinctive needs for food, warmth, shelter and security to the higher cultural needs of psychological self-development and self-actualisation. In a world 'come of age' constructive self-reflection and realistic self-questioning has become a universal imperative, leading to living more fully in the community of humankind.

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Gertrud Mander, Dr. phil., FPC, Fellow of BACP, is a psychoanalytic psychotherapist and supervisor, trained and worked at the Westminster Pastoral Foundation and has written the book *A Psychodynamic Approach to Brief Therapy* (Sage, 2000).

Diversity, Discipline and Devotion in Psychoanalytic Psychotherapy: Clinical and Training Perspectives by Gertrud Mander (208 pages, Cat. No. 25069) £18.99

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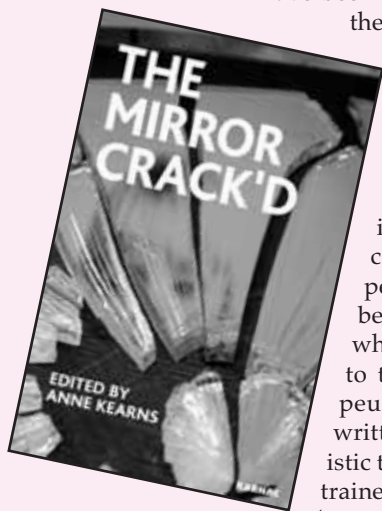
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The Mirror Crack'd is the result of seven years of research towards a doctorate in psychotherapy. This was research with an aim to effect practical and political change and, to that end, I talked to a lot of people who had first hand experience of having been through complaints procedures of UKCP organisations or the BACP. Although *The Mirror Crack'd* has been written with a humanistic/integrative audience in mind I believe that it should be of interest to anyone who practices the 'talking cure' in what has become a very cold climate in which clients who feel aggrieved by an unsuccessful or interrupted therapeutic relationship are increasingly being encouraged and supported to take their former therapists to court.



I have been concerned for many years that the procedures governing ethical complaints against psychotherapists and counsellors in the UK do not adequately address the complexities of the therapeutic relationship, including the reality that psychotherapists and counsellors often work with people whose ability to relate has been significantly impaired and who present powerful challenges to the therapist and to the therapeutic relationship. I have also written of my concern that humanistic trainings are not preparing their trainees to work in the 'real world' (Kearns 2005). This, combined with humanistic psychotherapy's failure to address the power dynamics in the therapeutic relationship, does not equip the beginning therapist to offer the relational conditions that are necessary for effective psychotherapy nor does it support him to have a 'healthy respect' for what is not in his nor the client's awareness or control.

I've undertaken the project that resulted in this book for a number of reasons. The first is as a wake-up call to take seriously the climate in which we practice in which complaints and civil actions against psychotherapists and counsellors are on the increase, and to sharpen assessment skills accordingly. The second is to help the reader to think about the 'therapeutic frame' and what can happen to both the practitioner and the client when it is broken, and finally to give voice to some colleagues who have been involved in the area of complaints in the hope that the readers and the organisations under whose codes of ethics they practise will take more of an interest in making those codes and frameworks more relevant to the intricacies of the therapeutic relationship. My message is brief: injuries that happen in relationship need to be addressed in relationship.

The book is divided into two parts. Part One includes chapters on 'The Therapeutic Frame' and, 'Assessment and

Risk Management' that were written with the aim of helping practitioners to think more clearly about boundary disturbances and about the kind of client with whom you will need more than your regular professional support. The chapter on 'Love and Hate in the In-between' was written with Steven Smith in order to integrate concepts from psychoanalytic and object relations therapy with humanistic principles to offer practitioners an opportunity to deepen their thinking about erotic transference and countertransference. The last chapter in part one is a lovely example of a therapist, Patti Owens, who supports her client through an impasse and potential rupture. I have included it here as evidence of what can be achieved when principles of autonomy and transparency are held alongside and are informed by a developmental perspective, diagnosis and clear contracting.

Part Two gives voice to people who have been involved in the area of ethical complaints. 'Theresa Bernier', an integrative psychotherapist, was willing to share her experience of being complained against, joining me in a call for governing bodies to consider mediation as a first step in any complaints procedure that does not involve gross professional misconduct such as sexual abuse or fraud. Bee Springwood, who also contributed some of her experience to the chapter on 'The Therapeutic Frame' writes of her organisation, the UKAHP's, journey towards and successful implementation of just such a system that offers support to both parties to a complaint. Sue Jones, who like me has recently received a DPsych (Prof) through Middlesex University and the Metanoia Institute, was willing to share some of her research in a chapter that looks at the 'shadow' in training organisations. She offers an example from her own organisation of how complaints and grievances are used as opportunities for dialogue and learning. Finally, Tim Bond writes about the risk and uncertainty that are inescapable existential challenges in counselling and psychotherapy and urges the profession to embrace an ethics of trust, which will support the development of a more reciprocal professional relationship.

The Mirror Crack'd is the second book to result from my work as a supervisor of humanistic and integrative psychotherapists. The first, *The Seven Deadly Sins? - Issues in Clinical Practice and Supervision for Humanistic and Integrative Practitioners* (Kearns 2005) – also published by Karnac – was based on a post-qualification course of the same name that was designed to address certain areas that I and colleagues had identified as under-discussed in the original training. Two of those areas – sexuality and erotic transference (Chapter 5) and money (Chapter 2) – were not included in my first book as they more naturally seemed to belong in this one as these are the areas where the misattunements that can become problematic often occur.

The Mirror Crack'd (When Good Enough Therapy Goes Wrong and Other Cautionary Tales) by Anne Kearns (Ed)
(208 pages, Cat. No. 25137) £19.99

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Introduction

The statutory registration of psychotherapists looms ever closer in the United Kingdom and is already in place in many countries. This gives rise to a key question of what analytical psychology has to offer in today's world. *Who Owns Jung?* sets out its academic, clinical and scientific credentials along with its knowledge base and history, and provides an in-depth view of the diversity and interdisciplinary thinking that is a feature of the international Jungian community. That said, it is not a feel-good volume but is written from a critical perspective by academicians and clinicians world-wide, each of whom has in-depth knowledge of and experience in their particular area. The book is dedicated to the greatly loved and respected analytical psychologist, Philip Tyler

Zabriskie, who died on Christmas Day 2005 and who contributed so much to this field.

Foreword and Epilogue

Hayao Kawai is an analytical psychologist, who also holds a ministerial position in the Japanese Government. In his Foreword to *Who Owns Jung?* he asserts that this valuable book will contribute to opening up new fields as the ideas in it will be accepted world-wide.

Roberto Gambini writes movingly in the Epilogue about Jung's discoveries and hypotheses being a gift to culture, including his response to the paradoxes of reality, the uncertainties

of knowledge, and the pain and glory of life itself.

Academic

Toshio Kawai sets out to show the rapid and continuing spread of Jung's psychology in the past forty years in Japanese society and the academy. Among the various schools and theories of psychotherapy on offer in that country, analytical psychology has been the most influential.

Roderick Main takes up Max Weber's idea of the disenchantment of modern culture and suggests that re-mythologizing or re-sacralizing of modernity is to be found in Jung. At the same time, he acknowledges that concepts like synchronicity and the autonomous psyche are especially problematic in creating a rapprochement in the academy between analytical psychology and sociology.

Denise Ramos shows how Jungian thought and the clinical tradition of analytical psychology have been present in Brazil since the early 1950s. When it arrived in Brazilian universities it was strongly opposed by school directors with behaviourist leftist leanings but is now taught in graduate programmes in psychology, education, philosophy and medicine.

David Tacey states that at one time clinical practice 'owned' Jung as analysts felt his work did not belong in the academy. In teaching Jung studies, Tacey insists the numinous and the religious attitude cannot be eradicated to fit into a secular academy but must be an integral part of Jung studies. Tacey critiques academics who try to make Jung acceptable through conforming, updating or reconstructing. He is equally critical of Jungian academics who go to the opposite extreme of soul-making or being ultra purist.

Clinical

James Astor examines Michael Fordham's great contribution to analytical psychology and a Jungian approach to

child analysis. Fordham was the last founder of a movement in analysis, who seized an opportunity and positioned analytical psychology between psychoanalysis and Jung's original formulations. Fordham's work was a turning point in Jungian studies.

Astrid Berg shows how Jung experienced the 'otherness' of African people by being the only founder of psychoanalysis who ventured beyond the known world in his travels in 1925 in Kenya and Uganda. The chapter also explores the systematic study done by Vera Bührmann of African healing methods. Berg asks an all-important question of how to prevent neo-colonization based on patronizing and romanticizing African traditions combined with increasing westernization.

Michael Sinason, psychoanalyst, and *Andrea Cone-Farran*, analytical psychologist, collaborate in bringing ideas from their different vertices to praise and critique Donald Kalsched's theory of the archetypal self-care system. Their focus is on two co-existing selves to be found in everyone, described by Jung as his No.1 and No.2 personalities, which the authors suggest are a direct consequence of left and right brain functioning.

History

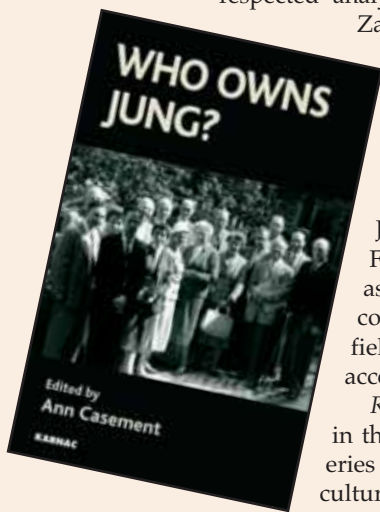
Mario Jacoby contributes memories and reflections from his 50-year-long experience at the C.G. Jung Institute in Zürich, which include insights into the founding of the Curatorium (governing board) of which Jung was the first President, and the training centre for adult and child analysts. Jacoby's writing is tinged with humour on the subject of the legendary figures from the Jungian world but his mood is more sombre in his depiction of the major split in the Institute of the late 1980s.

Thomas Kirsch's personal experience of Jungian psychology is unique as he has been immersed in it since childhood. In his writing on the legacy of Jung, the author addresses concepts that are now universal such as complex, archetype and typology, and more esoteric ones such as alchemy, but does not shirk the unpleasantness surrounding Jung's alleged pro-Nazi leanings in the '30s. His chapter also covers the founding of the IAAP in 1955 and the first international congress in 1958.

Sonu Shamdasani's collaboration with Ann Casement is an account of the Philemon Foundation and its mission to publish The Complete Works of C.G. Jung in English and German. The huge importance of this recent Foundation to the Jungian world is testified to by grants and a commitment to on-going collaboration on the part of the IAAP; the founding of the Philemon Readership in Jung History at UCL in collaboration with the Wellcome Trust Centre; and the \$40,000 matching grant (quickly matched) by the Andrew W. Mellon Foundation.

Sonu Shamdasani critiques the incompleteness of The Collected Works and gives a fascinating insight into the background and personality clashes that accompanied their coming into being, including comments by Jung. Shamdasani asserts The Collected Works are inferior to The Standard Edition of Freud's work or Harvard University Press' works of William James.

Ann Casement's history of the founding of *The Journal of Analytical Psychology* in 1955 includes previously unpublished letters by Jung and Michael Fordham. The diversity and interdisciplinary nature of the JAP is on display and an Appendix at the end has personal contributions from all its U.K. and U.S. Editors.



Philosophy

Joe Cambrey elegantly links imitation to recent research in neuron mirror imaging and suggests some revisions to Jungian thought that derive from that. A main focus of the paper is on Jung's spectral metaphor for archetypal processes from the ultra-violet (cultural-spiritual, imagistic pole) to the infra-red (somatic/instinctual pole).

Wolfgang Giegerich contends that Jung's later work is not just an elaboration of his beginnings but something more important in its own right. In Giegerich's words, one has to go *with Jung beyond Jung* where psychic objects as subsisting entities are replaced by the abstract notion of the oppositional *structure* or *form* of the psychic, whence the soul's logical life inheres from a consistent pattern following its own internal logic.

Hester McFarland Solomon explores the parallels between Jung's concept of the transcendent function and Hegel's notion of dialectical change. The latter is a schema for understanding how change happens throughout all living systems leading to the development of self-consciousness as it unfolds both intellectually and across society. She links this to Jung's theory of how the individual develops a sense of self-hood over time through the interplay, at conscious and unconscious levels, between inner and outer; collective and personal psychic contents.

Science

George Hogenson probes the question of change in the analytic process through linking it to the unbounded scal-

ing characteristics of fractal geometry and the organizing concept of emergence in the dynamics of complex systems. The whole notion of emergence in analysis and the sense that the density of the symbolic itself can shape the patterns of life in some genuinely unbounded ways may provide the answer to change in analysis.

Jean Knox suggests the continuing reluctance of many analytical psychologists and psychoanalysts to give any credence to each others' models means that the concept of the unconscious itself remains static and undeveloped, though some members from both camps are calling for recognition of the pluralistic nature of psychoanalysis. Historically, Jung is seen as ceding the territory of the personal unconscious to Freud in focusing on the structural aspects of the psyche, however, both Freud and Jung produced dynamic models of the psyche.

Margaret Wilkinson addresses the fact that 'contemporary Jungians' live in a period when contemporary neuroscience offers them an opportunity to explore the mind-brain relationship anew in the hope of grounding theory and clinical practice in the science of the 21st-century. It is the enrichment of understanding of the development of mind in the analytic process as emergent, associative and relational where Jungian thinking securely grounds insights that arise from neuroscience.

Who Owns Jung? edited by Ann Casement (375 pages, Cat. No. 24981) £19.99

JUNG AND ANALYTICAL PSYCHOLOGY

Embodiment: Creative Imagination in Medicine, Art and Travel



Bosnak, Robert.
Catalogue No. 25533
Routledge
Price: £17.99

This book discusses various approaches to dreams, body and imagination, and combines this with a Jungian, neurobiological, relational and cultural analysis. The author's fascination with dreams, the most absolute form of embodied imagination, has caused him to travel all over the world. From his research he concludes that while dreaming everyone everywhere experiences dreams as embodied events in time and space while the dreamer is convinced of being awake; it is after waking into our specific cultural stories about dreaming that the widely differing attitudes towards dreams arise. By taking dreaming reality, not our waking interpretation of it, as the model for imagination, this book creates a paradigm shock and produces methods which can be applied in a wide variety of cultural settings.

The Matrix and Meaning of Character: An Archetypal and Developmental Approach - Searching for the Wellsprings of Spirit



Dougherty, Nancy J. & West, Jacqueline J.
Catalogue No. 25130
Routledge
Price: £19.99

Character structures underlie everyone's personality. When rigidly defended, they limit us; yet as they become more flexible, they can reveal sources of animation, renewal and authenticity. "The Matrix and Meaning of Character" guides the reader into an awareness of the archetypal depths that underlie character structures, presenting an original developmental model in which current analytic theories are synthesised. The authors examine nine character structures, animating them with fairy tales, mythic images and case material, creating a bridge between the traditional language of psychopathology and the universal realm of image and symbol. This book will appeal to all analytical psychologists, psychoanalysts and psychotherapists who want to strengthen their clinical expertise. It will help clinicians to extend their clinical insights beyond a strictly behavioural, medical or cognitive approach, revealing the potential of the human spirit.

The Female Trickster: The Mask That Reveals Post-Jungian and Postmodern Psychological Perspectives on Women in Contemporary Culture



Tannen, Ricki S.
Catalogue No. 25126
Routledge
Price: £20.99

"The Female Trickster" presents a Post-Jungian postmodern perspective regarding the role of women in contemporary Western society by investigating the re-emergence of female trickster energy in all aspects of popular culture. Ricki Tannen explores the psychological aspects of what happened when women's imagination was legally and psychologically enclosed millennia ago and demonstrates how the re-emergence of Trickster energy through the female imagination has the radical potential to effect a transformation of western consciousness.

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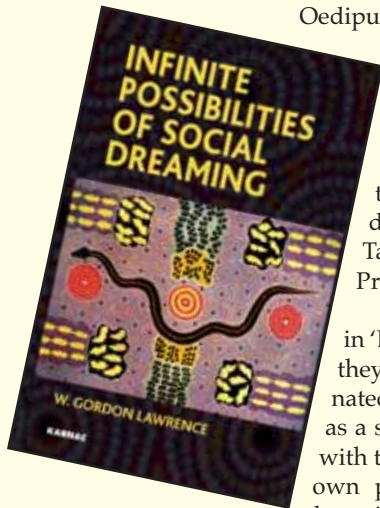


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THE SOCIAL DREAMING MATRIX STORY

By Gordon Lawrence

In contradistinction to the classic, analytic dyad, Social Dreaming is conducted with many simultaneously to access the many in the mind. The number of people participating can be as high as a hundred and low as ten. Essential in its development was Bion's distinction between the two vertices that can be taken to understand group life. On the one hand, the Oedipal method can be pursued by disentangling the 'pair relationships' of the individuals in the group. On the other hand, a sphinx vertex can be made use of which centres on the problem of knowledge and scientific method being deployed by the group (Bion, 1961, p.8). Social Dreaming falls into the domain of sphinx, and never entertains Oedipus.



The second vertex brought the Group Relations of the Tavistock into existence, particularly through the leadership of Kenneth Rice (1965). In the mid 1970s till 1982 I was joint director (with Eric Miller) of the Tavistock's Group Relation Programme.

Dreams were rarely mentioned in 'Leicester' Conferences but when they occurred they always illuminated the existential life of the group as a system. I had no way of dealing with these for my only model was my own psycho-analysis (Oedipus) and dreaming was never part of a confer-

ence discourse. But I felt that dreaming could offer a whole domain of understanding, insight, and knowledge that would illuminate the study of the unconscious of groups and systems and add a dimension to the classic basic assumptions of Bion's pioneering work.

It was not until I read Charlotte Beradt's *Third Reich of Dreams* (1966) that the final piece of the puzzle I was pre-occupied with fell into place. She discovered that the dreams of the Third Reich Jews came not from their inner, psychic conflicts but from the social context of persecution, lies, the half-truths and rumours of Nazi Germany.

The prototype, called 'Creativity and Social Dreaming', was held at the Tavistock Institute in 1982. Patricia Daniel was invited to join me in this unknown adventure for I was anxious, fearful, and needed an ally who was an analyst and very experienced in Group Relations working conferences. In the planning meetings we were both certain that dreaming was to be the currency of the venture. How could we realize this? Paddy suggested Matrix, which Pierre Turquet often had used to describe 'a place out of which something grows'. It made sense, given our purpose, so the Social Dreaming Matrix™ [SDM] was born.

Social dreaming has existed for millennia, but 'matrix' was the invention. We both wanted a thinking space for dreaming which would not be chained, or cluttered, by 'group processes' for we wanted to look at dreams in a cultural way *de novo*. In retrospect, we created a mental Faraday Cage to keep these known processes out of the Matrix, to concentrate exclusively on dreams and thinking. We made ourselves 'blind' to group, with its penumbra of associations and known phenomena, in order to 'see' the potential of Matrix, which is unknown and exists to discover what only a matrix can discover. The SDM mirrors while awake the space of the matrix of the undifferentiated unconscious while asleep.

Matrix was a new 'container' for receiving dreams and, consequently, the 'contained' of the dreaming changed. The hypothesis that it would be possible to dream socially was confirmed by the first venture in '82.

The purpose, or primary task, of a SDM is "to transform the thinking of the deams, presented to the matrix, by means of free association and in that process be available for new thinking." Dreaming is, as Freud said, a form of thinking which takes participants to the heart of sphinx.

A SDM proceeds by dreams and associations, spontaneously offered. There is no hierarchy and participants experience the SDM as democratic and freeing. The thinking of the Matrix reveals infinite possibilities of dream-meaning. The unconscious of individuals begin to resonate to yield the social unconscious, elaborated by Earl Hopper, which makes the unknown of the infinite present and immanent for the majority of participants. The unknown is the existential stuff of the SDM for it is from this that new knowledge and insight is gained. The knowledge contained in the dream is the personal knowledge of the participants and out of this new knowledge emerges.

Social Dreaming has exposed a new vista of the terrain of dreaming. There are a multi-verse of dreams, and potential meanings, in a SDM. The SDM becomes a transitional space understood by participants as being a contained, shared event that allows them to 'play' with dreams as objects and to examine privately their subjective thinking. The experience of bombardment by dreams and associations disturbs, or excites, the mental configurations of knowledge systems. This, for some, will bring about a 'catastrophic change' in their thinking patterns and produce new thinking and thoughts.

Whereas life in groups is about ego and leadership, the SDM is about learning to work in a state of ego-lessness, to be available for unconscious-dreaming experience. Since the SDM only lasts for an hour, the experience of having no-ego, in safety with others, allows the ego to be rediscovered anew.

Since the '82 prototype at the Tavistock, Social Dreaming has been, and is, conducted in Australia, Sweden, Finland, Denmark, Holland, France, Germany, Italy, Israel, Kosovo, Poland, Russia, Ireland, UK (particularly the University of the West of England and the Working Mens College), USA, and South America. Social Dreaming projects have all followed the primary task and are conducted with Palestinians-Israelis, with hospitals, universities, with schoolchildren, immigrants, young people, politicians, with business organizations and a wide range of systems, like voluntary organizations and churches.

The Social Dreaming Story has been difficult at times, but now I find people applying the SDM to discover new thinking and giving it back to me as a revelation. Bion (1970) wrote that what matters is the unknown, which should be our focus. The known is irrelevant. The SDM exists to explore the unknown-infinite of dreaming and thinking.

Beradt, C. (1966). *The Third Reich of Dreams*. Chicago: Quadrangle Books.

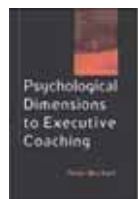
Bion, W.R. (1961). *Experiences in Groups*. London: Tavistock Publications.

Bion, W.R. (1970). *Attention and Interpretation*. London: Tavistock Publications.

Infinite Possibilities of Social Dreaming by Gordon Lawrence (Ed) (208 pages, Cat. No. 24832) £19.99

GROUPS, ORGANISATIONS AND COACHING

Psychological Dimensions to Executive Coaching



Bluckert, Peter.
Catalogue No. 25335
Open University Press
Price: £18.99

What are the critical success factors in effective executive coaching? What are the key competencies of a psychologically-informed coach? What are the similarities and differences between coaching and therapy? This book provides business coaches and management consultants with the framework for a psychological approach to executive coaching. It shows how performance-related issues in the workplace often have a psychological dimension to them and provides the reader with an understanding of how to work in more depth to help people resolve their issues and unlock their potential. It analyzes what constitutes effective coaching, stressing the importance of sound coaching principles, good coaching process, the desirable competencies of the coach, the importance of the coaching relationship and the issue of 'coachability'. It also examines the impact of a stronger psychological approach to coaching, exploring the key psychological competencies required, how to develop them, and the training and supervision issues implicit in this approach. A recurrent theme is the personal development of the coach throughout the coaching process and Peter Bluckert highlights the contribution that the Gestalt perspective offers the coach, through the use of self as instrument of change. Anecdotes, stories and case samples are used throughout the book to illustrate situations so that the reader builds a picture of what psychologically-informed coaching looks like and how to practice ethically, responsibly and competently. "Psychological Dimensions to Executive Coaching" provides business and executive coaches, management consultants, human resource specialists, corporate executives/senior managers, health/social workers, occupational psychologists, teachers, psychotherapists and counsellors with the essential information they need to be successful coaches and empower their clients.

Coaching and Mentoring at Work: Developing Effective Practice



Connor, Mary P. & Pokora, Julia B.
Catalogue No. 25328
Open University Press
Price: £17.99

This practical book is aimed at those who are interested in coaching and mentoring in the workplace. They may be managers, professionals, employees, HR specialists, trainers, consultants, students or full time coaches and mentors. The book explains how to get the most out of coaching and mentoring. It identifies the key principles of effective practice, and answers questions frequently asked by coaches, mentors and clients. It applies a tried and tested framework to coaching and mentoring, and invites the reader to develop their skills with interactive case material and checklists. The approach is grounded in the experience of the authors as practitioners and trainers.

Cognitive Therapy in Groups: Guidelines and Resources for Practice: Second Edition



Free, Michael L.
Catalogue No. 24863
John Wiley
Price: £29.99

The book guides the therapist through the selection of participants and the main phases of cognitive therapy: education, identification of automatic thoughts using the ABC method, identification of schemas through the vertical arrow method, challenging negative thinking by objective and logical analysis, countering negative beliefs, deconditioning any associated autonomic nervous system responses, and maintaining healthy thinking by means of cognitive techniques. This new edition covers developments in the theory of cognitive therapy, a greater focus on anxiety, group and individual process issues and case formulation. A new chapter deals with specific group issues such as suicidal ideation and acting out.

The Systems Psychodynamics of Organizations: Integrating the Group Relations Approach, Psychoanalytic, and Open Systems Perspectives



Gould, Laurence et al (Eds).
Catalogue No. 23279
Karnac
Price: £25.00

This authoritative source book on the learning and creative application of the systems psychodynamic perspective defines the field, presenting the key concepts, models, and social methodologies that derive from it, together with their theoretical and conceptual underpinnings in psychoanalysis, group relations and open systems theory.

Coaching, Mentoring and Organisational Consultancy: Polishing the Professional Mirror



Hawkins, Peter & Smith, Nick.
Catalogue No. 25329
Open University Press
Price: £23.99

What are the key skills needed to be a successful coach, mentor or supervisor? How can personal development be effectively facilitated? What are the ethical guidelines for practicing as a coach, mentor or organizational consultant? In the last ten years, there has been an enormous growth in the fields of coaching, mentoring and consultancy. These professions, like psychotherapy and counselling before them, are going through a phase of professionalization, with the establishment of formal standards, European bodies and standard requirements for supervision. This book provides a response to these growing demands with sections that examine: differences and similarities between coaching, mentoring and organizational consultancy; personal and professional development that leads to sustainable change; qualities, capabilities, skills and values necessary for effective coaching, mentoring and supervision; guidelines for practice.

Reflective Practice and Supervision for Coaches



Hay, Julie.
Catalogue No. 25336
Open University Press
Price: £17.99

Skilled craftspeople look after their tools and seek out new and improved versions. The tools for coaches are the coaches themselves - hence we need to pay attention to maintenance and to developing more advanced models of ourselves. Reflecting on our practice and getting professional support to develop our supervision are powerful ways of ensuring we sort out any problems and continue to improve. This book will take you through a series of theoretical frameworks, illustrated with practical examples and translated into structured activities, that will provide you with models for analysing what you do. You will be guided through the processes of reflection - alone, with colleagues and with a formal supervisor - and will be encouraged to go ahead and 'expose' your weaknesses and gain the significant growth that follows.

NLP Coaching



Hayes, Philip.
Catalogue No. 25334
Open University Press
Price: £17.99

What are the links between NLP (Neuro-Linguistic Programming) and coaching? How can an NLP-influenced approach help to coach clients effectively? How can a coach use NLP approaches with confidence? This book is a practical guide for executive coaches who would like to introduce elements of NLP into their coaching. NLP can be used to help individuals attain high performance in their lives and work, and this book allows practising coaches to utilise an NLP approach to achieve outstanding results for their executive clients. Based upon skills developed by the author over many years, the book describes a practical NLP-influenced approach to some of the issues that arise most frequently in executive coaching, such as: career or life development issues; issues of confidence in the workplace; relationship issues; goal-setting; resolution of dilemmas.

Managing Understanding in Organizations



Sandberg, Jorgen & Targama, Axel.
Catalogue No. 25310
Sage
Price: £21.99

Bringing a fresh perspective to the evaluation of management problems, "Managing Understanding in Organizations" draws upon interpretative research and builds upon existing interpretative studies to scrutinize the influence managers have on employees' understanding. It considers how managers use ideas and visions to frame their employees' internalized understanding of the external rules and instructions that govern their work. "Managing Understanding in Organizations" brings an interpretative perspective to the question of individual and group competence and looks at how this is linked with understanding. Throughout it refers to international case studies and considers the cross-cultural impact on management and understanding at work.

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The Descent of Madness: Evolutionary Origins of Psychosis and the Social Brain



Burns, Jonathan.
Catalogue No. 25053
Routledge
Price: £19.99

Drawing on evidence from across the behavioural and natural sciences, this book advances a radical new hypothesis: that madness exists as a costly consequence of the evolution of a sophisticated social brain in Homo sapiens. Having explained the rationale for an evolutionary approach to psychosis, the author makes a case for psychotic illness in our living ape relatives, as well as in human ancestors. He then reviews existing evolutionary theories of psychosis, before introducing his own thesis: that the same genes causing madness are responsible for the evolution of our highly social brain. Jonathan Burns' novel Darwinian analysis of the importance of psychosis for human survival provides some meaning for this form of suffering. It also spurs us to a renewed commitment to changing our societies in a way that allows the mentally ill the opportunity of living. "The Descent of Madness" will be of interest to those in the fields of psychiatry, psychology, sociology and anthropology, and is also accessible to the general reader.

The Handbook of Intellectual Disability and Clinical Psychology Practice



Carr, Alan et al (Eds).
Catalogue No. 25058
Routledge
Price: £32.99

"The Handbook of Intellectual Disability and Clinical Psychology Practice" will equip clinical psychologists in training with the skills necessary to complete a clinical placement in the field of intellectual disability. The book is divided into seven sections, which cover conceptual frameworks, assessment frameworks and intervention frameworks, and the specific problems that arise in infancy and early childhood, middle childhood, adolescence and adulthood. Chapters combine discussion of the theoretical and empirical issues with practical considerations. The authors incorporate detailed practice descriptions throughout, which will allow clinicians to use the book as a step-by-step guide to clinical work. Practice exercises are also included where relevant to aid skills development. This comprehensive, evidence-based practice handbook will prove an invaluable resource for anyone undertaking postgraduate training in clinical psychology, as well as practising clinical psychologists, psychiatrists and psychotherapists.

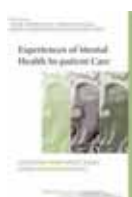
Reconceiving Schizophrenia



Chung, Man Cheung et al.
Catalogue No. 25415
Oxford University Press
Price: £30.99

Schizophrenia arguably is the most troubling, puzzling, and complex mental illness. No single discipline is equipped to understand it. Though schizophrenia has been investigated predominately from psychological, psychiatric and neurobiological perspectives, few attempts have been made to apply the tool kit of philosophy to schizophrenia, the mix of global analysis, conceptual insight, and argumentative clarity that is indicative of a philosophical perspective. This book is a major effort at redressing that imbalance. Recent developments in the area of philosophy known as the philosophy of psychiatry have made it clear that it is time for philosophy to contribute to our understanding of schizophrenia. The range of contributions.

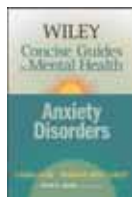
Experiences of Mental Health In-patient Care: Narratives from Service Users, Carers and Professionals



Hardcastle, Mark et al (Eds).
Catalogue No. 25534
Routledge
Price: £19.99

This book offers an insight into the experience of psychiatric in-patient care, both from a professional and a user perspective. The editors highlight the problems in creating therapeutic environments within settings which are often poorly resourced, crisis driven and risk averse. The contributors argue that for change to occur there needs first of all to be a genuine appreciation of the experiences of those involved in the unpredictable, anxiety-arousing and sometimes threatening environment of the psychiatric ward. Each chapter comprises a personal account of in-patient care by those in the front line: people who have been admitted to a psychiatric ward; their relatives; or those that provide the care. These accounts are followed by two commentaries written from different perspectives, suggesting lessons that can be learnt to improve the quality of care. "Experiences of mental health in-patient care" will be useful for all mental health professionals, including mental health nurses, psychiatrists, clinical psychologists, occupational therapists, arts therapists, social workers and trainees, as well as service users and carers organisations.

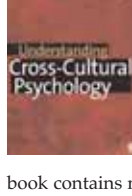
Anxiety Disorders



Kase, Larina & Ledley, Deborah Roth.
Catalogue No. 25425
John Wiley
Price: £19.99

"Anxiety Disorders" features a compact, easy-to-use format that includes: vignettes and case illustrations; a practical approach that emphasizes real-life treatment over theory; and, resources for specific readers such as clinicians, patients, and family members. It is ideal for new and seasoned practitioners, this educational resource is an indispensable reference for busy professionals.

Understanding Cross-Cultural Psychology: Eastern and Western Perspectives



Laungani, Pittu.
Catalogue No. 24799
Sage
Price: £21.99

Eloquently introducing students to international perspectives on cross-cultural psychology (both Eastern and Western cultures), this text-book contains many features to promote student learning. It contains an array of vignettes, case studies and other text features; addresses international research on cross-cultural psychology unlike other books that focus purely on Western perspectives; is thoughtfully yet provocatively written, appropriately combining the narrative and the informative. The main thrust of the book's content is to discuss the framework of culture, family structure, health, bereavement and intercultural interaction - and all of their intersections - and consideration is also given to methodological and ethical research issues and their application to differing cultures.

The Female Body in Mind: The Interface Between the Female Body and Mental Health



Nasser, Mervat et al (Eds).
Catalogue No. 25535
Routledge
Price: £22.99

"The Female Body in Mind" introduces new ways of thinking about issues of women's mental health assessment and treatment. The multidisciplinary approach incorporates social, psychological, biological and philosophical perspectives on the female body. The contributions, from notable academics in the field of women's mental health, examine the relationship between women's bodies, society and culture, demonstrating how the body has become a platform for women's expression of their distress and anguish. The book is divided into six sections, all centred on the theme of the body, covering: The Body at Risk; The Hurting Body; The Reproductive Body; The Interactive Body; Body Sensitive Therapies; and The Body on my Mind. All professionals involved in women's mental health will welcome this exploration of the complexities involved in the relationship between women's bodies and their mental health.

Caring for Adults with Mental Health Problems



Peate, Ian & Chelvanayagam, Sonya (Eds).
Catalogue No. 25427
John Wiley
Price: £19.99

"Caring for Adults with Mental Health Problems" provides the reader with many examples of thoughts, ideas and perspectives in a user-friendly, easily accessible format. The chapters are divided into discrete sections reflecting contemporary care approaches. Reference to care in a range of primary and secondary care settings is made throughout the book. Each chapter provides the reader with a clear and concise approach to health care, encouraging the reader to understand and delve deeper. Written by contributors who are experienced clinicians and academics with many years of clinical and academic experience in various health care settings, this text is based upon the principles of care, a foundation text that encourages the student to grow and develop. "Caring for Adults with Mental Health Problems" is a practice-based handbook or manual that has a sound evidence basis, and one that will challenge and encourage the student to develop a questioning approach to care. The text is designed to be used as a reference book by a variety of readers in either the clinical setting, classroom or at home, in statutory or non-statutory surroundings.

MindBody Medicine: Foundations and Practical Applications



Rotan, Leo W. & Ospina-Kammerer, Veronkika.
Catalogue No. 25061
Routledge
Price: £21.99

"MindBody Medicine" encapsulates a variety of interventions designed to change, strengthen, or enhance a patients thoughts, emotions, and behaviors in order to promote improved health and wellness. There has been a growing trend among professionals in the health care fields to better understand the mind-body connection. How do the body and mind interact and, more specifically, how can we use the energy of the mind to heal the body? Rotan and Ospina-Kammerer have sifted through already existing works on this topic and compiled a comprehensive overview of this expanding field of study. As a result, "MindBody Medicine" provides students and practitioners in a range of health care professions with a guide to more fully understand the relationship between body and mind.

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PATRICK CASEMENT - LOOKING BACK

I wrote my first book mainly to sort out my own thinking on the subject of psychoanalysis, not knowing whether it would ever be accepted for publication and not showing it to any publisher until the manuscript was complete. However, once published, this book seemed to catch a wave of interest amongst many who were ready to think afresh about analysis and the clinical practice of psychoanalytic therapy. Fifteen months later Harry Karnac told me that it had become his best selling book in his 40 years of being a specialist bookseller, a fact that he used to mention in his lecture on that subject.

Getting into writing that first book happened almost by chance. The title came into my mind, late one night, when I was not even thinking of writing. My mind then raced through the previous twenty years and it became clear that *learning from the patient* captured exactly my main clinical interest throughout that time. I knew immediately that this title would not let me go. I would have to write on this theme.

I had come to realize that patients are often giving us unconscious cues when we are getting things wrong. For instance, they may criticize someone else when they are unconsciously feeling critical of us. Similarly, they may point to someone else who gets things right, or who does a thorough job, when they are feeling that we may be failing them in these respects. They are also responding to much more than just *what* we say but to *how* we are saying it.

In order to process what was happening between a patient and myself I learned to enter into a dialogue with my own thinking in the session. Ideas from someone else often seemed to get in the way, especially when a supervisor or a seminar leader had indicated how he/she thought I should be interpreting.

I was looking for fresh understanding with patients rather than offering interpretations that had been arrived at from books or supervision, or from other clinical experience. In that task, what helped me most was the process I call *internal supervision*, an important part of which has been *trial identifying with the patient in the session*. This has often helped me to find several different ways of seeing what might be going on, and more than one way of trying to speak to it. I believe that when we try out different possibilities, from the point of view of the patient, we are in a better position to choose what to say and how to say it. This can help us to arrive at understanding within the process of a session and in ways that relate more clearly to a particular patient at that particular time, rather than giving interpretations that can easily become analytic clichés.

In supervising others I recalled times when I had come across mothers in social work who had felt undermined by experts telling them how they should mother their babies. It was from this observation that I developed the notion of the *nursing triad*, with a parallel in the *supervisory triad*, by which a mother or a therapist needs to feel supported by someone who believes in them *as mother* or *as therapist*, rather than feeling put

down by someone presenting themselves as the 'better' mother or the 'better' therapist.

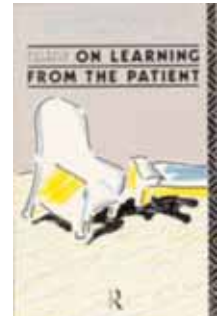
The title I initially chose for my second book was *The analytic Space and Process*. I think that the title eventually decided upon, *Further Learning from the Patient*, may have led to that second book being somewhat overshadowed by the first, as if it were merely offering "more of the same", whereas it is actually moving on from the first book to consider other issues – relating to the analytic space and process.

A very useful question for me has been: "Who is putting what into the analytic space?" This has often helped me to recognize when there is a risk that the process of a session could be taken over by what *we* put into the analytic space. Quite often this indicates as much about what is in *our* mind as it may indicate what could be in the patient's mind. It is then not surprising to find how often patients relate to us in terms of what we have unwittingly revealed about ourselves through how we speak to them. Some patients also take on the thinking of their analyst, whether or not this is a true expression of themselves.

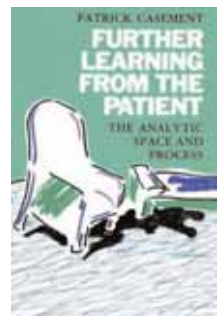
In noting how some analysts work I came to be concerned about the ways in which the analytic process can become circular and self-proving rather than leading to genuinely new understanding for the patient. So it was natural that my mind turned to the issue of *Learning from Our Mistakes* which, I believe, can help us to get back on course when we have been getting things wrong. In this book I re-visit the case of my burned patient, my work with her having been a major focus in my first book, sharing with the reader how that extraordinary analysis had unfolded as a result of my not holding her hand.

I have often worried that we sometimes speak from a position of sureness, which can seem like certainty, with the result that when something has been going wrong it is often the other person who is regarded as being at fault – not the analyst or therapist. Unfortunately, once we have ended our analysis we are all liable to slide back into projecting onto others the faults we no longer wish to find in ourselves. It can also happen that we begin to see ourselves as apparently knowing better than others. But we do not always know better.

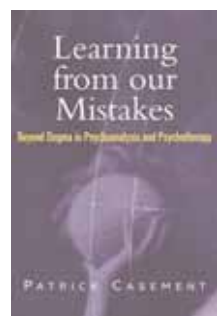
Learning from Life was written after I had retired from taking patients. It was only then that I felt free to be autobiographical. In sharing aspects of my own life I am hoping this may encourage others to find, in their own lives too, much that can help to enliven their understanding and their clinical practice. It is not only from books that we can discover the extraordinary power and relevance of psychoanalytic understanding. It is from life as it unfolds, outside the consulting room as well as in it, that I have learned so much that has helped to bring analytic thinking alive for me. This learning from life has also helped me to temper some analytic thinking with common sense, something which can be overlooked once we get caught into the zeal of analytic 'certainties'.



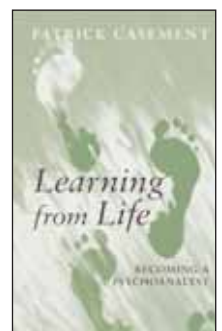
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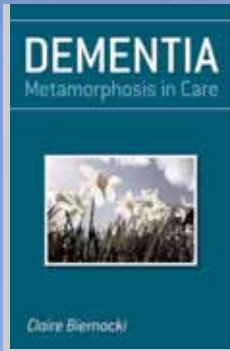


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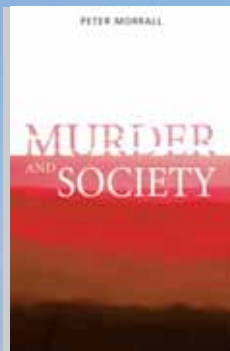
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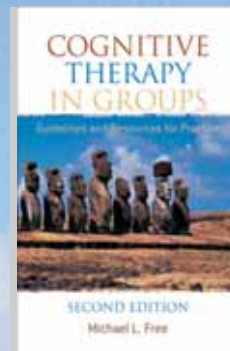
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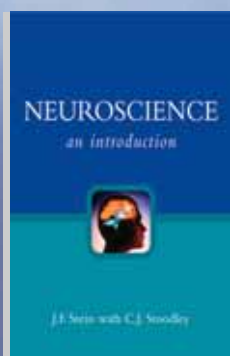
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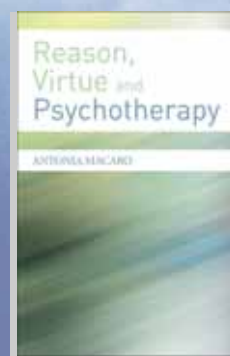
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