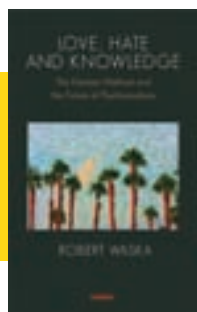


# KARNIVAL

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## Telling Stories? Attachment-Based Approaches to the Treatment of Psychosis

**Sarah Benamer** is a member of the Bowlby Centre, where she is a tutor and teacher. She works as a relational psychotherapist in private practice and has a particular interest in trauma and the body. Prior to training as a psychotherapist she was an independent advocate working to support those in crisis within the National Health Service (NHS) Psychiatric System and for people with physical disabilities

Explores the contemporary state of affairs in the understanding and treatment of psychosis. An inclusive approach to mental distress requires that in order to truly understand psychosis we must begin by listening to those who know this from the inside out; the voices and narrative of those who have been condemned as “unanalysable” and mad. Far from being fantastical, the complex stories that are being articulated communicate painful truths and the myriad ways in which the human psyche survives overwhelming trauma. This book is the culmination of an integrated and creative alliance between those on the cutting edge, experientially, in research, diagnosis, and treatment; this multidisciplinary dialogue proposes a new relational and attachment orientated paradigm for the 21st century. In contrast to the containment model that is currently favoured, this advocates listening and talking therapies, and the healing power of a loving relationship, offering those with psychosis the possibility of more nourishing engagement with the world.

Karnac Books, September 2010, 154 pp, Pb 978-1-85575-875-9/£16.99



## The Role of Brief Therapy in Attachment Disorders

*UKCP Series*

**Lisa Wake** is a highly experienced and well respected psychotherapist, trainer, coach, facilitator and change management consultant. She has an MSc in Advanced Clinical Practice focusing on the applied psychology of NLP. As former Chair and Vice Chair of the United Kingdom Council for Psychotherapy, Lisa has long been a proponent of the effectiveness of brief therapy and has actively campaigned

for rigor of standards, ethics and research in psychotherapy

A comprehensive summary of the range of approaches that exist within the brief therapy world, including Cognitive Analytic Therapy, Cognitive Behavioural Therapy, Eye Movement Desensitisation and Reprocessing, Ericksonian Therapy, Neurolinguistic Psychotherapy, Provocative Therapy, Rational Emotive Behaviour Therapy, and Self Relations Therapy. Historically, many of the founders of these therapies commenced their psychotherapy careers as psychodynamic or systemic therapists, and have changed their allegiance to briefer therapies, viewing these as more respectful and offering greater potential for assisting the client to change through an outcome-oriented approach.

Karnac Books, August 2010, 214 pp, Pb 978-1-85575-697-7/£20.99



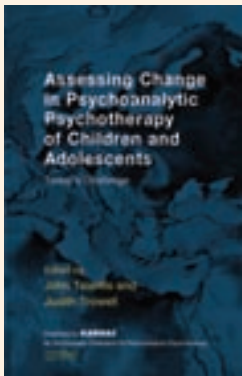
## On Latency

### Individual Development, Narcissistic Impulse Reminiscence and Cultural Ideal

**M. Leticia Franieck** PhD practiced as Clinical Psychologist in Brazil for many years before moving to Germany where she carries out research into cultural differences in latency and children's representations of family relationships at the University of Tübingen, and **Michael Gunter** is a senior lecturer and senior head physician in the Department of Psychiatry and Psychotherapy for Children and Adolescents at the University of Tübingen. He is a child and adolescent psychiatrist and psychoanalyst (DPV/IPS) and also a medical specialist in psychotherapeutic medicine

Latency is a developmental period that plays a transitional role, like "a bridge", between early childhood and adolescence (the beginning of early adulthood). However, the latency period is a subject that has not been studied enough in psychoanalysis in recent years. As a result, interest in the latency period has been put in the shade: left dormant as its definition would imply. The aim of this book is to raise a number of relevant questions, which have not received much attention in psychoanalysis up to now. To this end empirical findings are related to conceptual elaboration in order to advance knowledge. The book shows convincing evidence that this kind of work can contribute to a better understanding of cultural pattern influences on the child's emotional development process in latency, in particular contributing to an elaboration of psychoanalytic concepts for this period.

Karnac Books, September 2010, 138 pp, Pb 978-1-85575-740-0/£16.99



## Assessing Change in Psychoanalytic Psychotherapy of Children and Adolescents

### Today's Challenge

*EFPP Series*

*Edited by* **John Tsiantis**, a Professor of Child Psychotherapy, President of European Union of Medical Specialists Section of Child and Adolescent Psychiatry and **Judith Trowell**, an Honorary Consultant Psychiatrist, Tavistock Clinic, and Professor of Child Mental Health, West Midlands NIMHE/CSIP and University of Worcester. She is a psychoanalyst and child analyst and worked for many years in the NHS as a clinician, trainer, and clinical researcher

This book draws together work from across Europe by leading clinical researchers who have taken up this challenge to undertake clinical research to look at the effectiveness of psychoanalytic interventions. They are mostly time limited, brief, non-intensive ways of working so are applicable in many settings and can therefore be generalised to other clinical teams. The populations worked with are diverse and often present mainstream services with refractory clinical problems so an applied psychoanalytic approach is well worth trying given the evidence in this volume. There is in addition an excellent theoretical chapter on the issues for such clinical research from Stephen Shirk which merits consideration by those wanting to evaluate their own work. This book has had a long gestation but it is an important contribution to services for child and adolescent mental health services to ensure the full menu of interventions is retained in these times of financial restraint with increasing family distress and concerns about inadequate parenting, family breakdown and troublesome adolescents.

Karnac Books, September 2010, 250 pp, Pb 978-1-85575-708-0/£20.99



# Therapy with Children

## An Existential Perspective

*UKCP Series*

**Chris Scalzo** is a UKCP registered existential psychotherapist. He currently works full-time for the National Health Service as a therapist and clinical supervisor and is part of a county-wide specialist Child & Adolescent Mental Health Service (CAMHS). He has worked as a therapist with children and families across a wide range of settings and in his present role provides extensive training and specialized consultation to professionals from Health, Social Care, Education and the Voluntary sector

*specialized consultation to professionals from Health, Social Care, Education and the Voluntary sector*

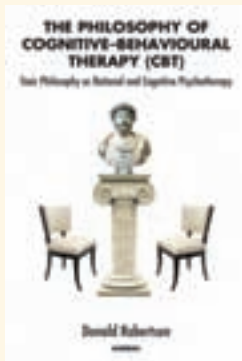
This book explores the existential themes and challenges present in all therapeutic relationships when working with children. Existential ideas and concepts are a rapidly growing influence on the practice of psychotherapy and yet their application to work with children remains largely unexplored. This book begins to redress this imbalance in a practical and engaging way by presenting an existential perspective on some key themes in practicing psychotherapy with children, including: play, anxiety, guilt, choice, family relationships, language and process. Each chapter is punctuated with engaging vignettes of case material, blending theoretical insight with the realities of practice. Through these narratives readers are challenged to question their own assumptions and beliefs whether they are new to existential psychotherapy or already immersed in its rich philosophical traditions.

Children are born into the world without choice and are drawn towards making connections with others, developing self-awareness and personal identity. As contemporary psychology and psychotherapy with children focuses increasingly on the importance of the therapeutic relationship, *Therapy with Children: An Existential Perspective* takes this as its starting point to develop a powerful model for practice.

*'In his book, Chris Scalzo not only manages to make difficult existential thought and ideas accessible and understandable, but by grounding them in thoughtful and sometimes moving examples, clearly demonstrates their relevance to clinical practice. In this way he has made an important contribution to existential therapeutic thought and has written a book that is of value—to anyone—professional or otherwise—who truly cares about understanding and relating to children.'* - **Paul McGinley**, Chair of the Society for Existential Analysis, senior lecturer at Regents College on their Psychology MA & Doctorate and the Advanced Diploma in Existential Psychotherapy

*'Illustrated throughout with vibrant case examples, this philosophically-rich text opens up an important dialogue about the application of existential ideas to therapeutic work with children. Useful reading, not just for existential therapists, but for practitioners of all orientations who put understanding, relating and a deep respect for their young clients before objectification and diagnosis.'* - Professor **Mick Cooper**, Professor of Counselling, University of Strathclyde, author of *Essential Research Findings in Counselling and Psychotherapy: The Facts are Friendly*

**Karnac Books, August 2010, 182 pp, Pb 978-1-85575-730-1/£18.99**



# The Philosophy of Cognitive-Behavioural Therapy (CBT)

## Stoic Philosophy as Rational and Cognitive Psychotherapy

**Donald Robertson** is an integrative psychotherapist and trainer, who specialises in the treatment of anxiety and the use of cognitive-behavioural approaches to clinical hypnotherapy

Why should modern psychotherapists be interested in philosophy, especially ancient philosophy? Why should philosophers be interested in psychotherapy? There is a sense of mutual attraction between what are today two thoroughly distinct disciplines. However, arguably it was not always the case that they were distinct. Donald Robertson takes the view that by reconsidering the generally received wisdom concerning the history of these closely-related subjects, we can learn a great deal about both philosophy and psychotherapy, under which heading he includes potentially solitary pursuits such as “self-help” and “personal development”.

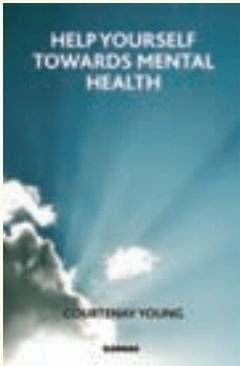
*‘This book is a fascinating interweaving of Stoic philosophy and contemporary Cognitive-Behavioural Therapy (CBT). Robertson rightly reminds us of how much CBT owes its philosophical origins to the Stoics but, sadly, how often this debt is insufficiently acknowledged. He urges us to redirect our attention to the past to see how modern CBT still has much to learn from its ancient precursors. Highly recommended.’ - Michael Neenan, Co-Director of the CBT Programme, Centre for Stress Management, Bromley, Kent, UK*

*‘Many of us have felt the need for a book that covers the underlying philosophy of the cognitive-behavioural therapies in much greater depth. This book provides us with the missing link between the theory and the philosophy. It is a fascinating read and could be considered as either a prequel or a sequel to the standard textbook read by a trainee or experienced cognitive-behavioural or rational emotive practitioner who wants to understand these approaches to therapy within an historical framework.’ - Professor Stephen Palmer, PhD, FARBT, FBACP, Director of the Centre for Stress Management, London*

*‘The author has uncovered a wealth of connections between modern cognitive-behavioural therapies and ancient Stoic philosophy. It should be read by anyone interested in understanding the historical roots of CBT or in learning about how ancient psychotherapeutic methods can add to the modern therapist’s toolkit.’ - Tim LeBon, UKCP registered psychotherapist and author of Wise Therapy*

*‘Donald Robertson is blazing a trail to discover the sources of cognitive-behavioural therapy, and Stoic philosophy is prime among these. A fascinating work that should be compulsory reading for all practitioners in the field and interested lay people, providing insights into how ancient philosophy can give us the coping and life success strategies we are all looking for, both as professionals and in private life. A great read!’ - Tom Butler-Bowdon, author of 50 Self-Help Classics and 50 Psychology Classics*

**Karnac Books, September 2010, 318 pp, Pb 978-1-85575-756-1/£22.99**



## Help Yourself Towards Mental Health

**Courtenay Young** is a humanistic, transpersonal and body-oriented psychotherapist, who has worked in a wide variety of different ways and in different situations in the mental health field over the last twenty-five years. He was resident psychotherapist at the Findhorn Foundation, an international spiritual community located in north-east Scotland, for over seventeen years, and now works privately, and in the NHS, as a psychotherapist and counsellor in and around Edinburgh and the Scottish Borders

A comprehensive guide to how an individual can help themselves resolve a wide variety of ordinary, everyday life problems and improve their mental health. Topics covered include:

**STRESS** Basic information; Self-help for stress; Stress and modern life; Fitting exercise into your life; Different types of exercise; Relaxation; Meditation and mindfulness; Symptoms of stress; Other anti-stress exercises; Stress and life events.

**DEPRESSION** Self-help for depression; Working with depression; Foods for depression; Somatic aspects of depression; Different views of depression; Emotional expression in depression; Basic working principles for depression; A bit about anti-depressant drugs; Negative emotions; Thoughts and moods in depression; Thinking distortions in depression; Common irrational belief systems; How to change your negative thinking.

**THE PROCESS** Your inner process; Points to remember.

**ANXIETY** About anxiety; Relaxation; Social anxiety; Panic attacks; Working with panic attacks; Phobias; General anxiety disorder.

**SELF-ESTEEM ISSUES** Introducing issues of self-esteem; Improving self-esteem; Becoming more assertive.

**WHAT WORKS?** An overview of what works; Self-awareness; Legitimate needs; Asserting yourself; Responding to criticism.

**FAMILY ISSUES** Bereavement and grieving; Having to care for others; Information for carers and families; Parents at home, parents at work; Relationship issues; Relationship difficulties; Divorce and separation.

**OTHER ISSUES** Anger management; Sleep issues; Problems at work; Weight, body image, and eating issues; Chronic fatigue syndrome; Twelve-step programmes; Trauma and post traumatic stress disorder; Self-harm; Money worries; Ageing issues; Travel.

**WELL-BEING** Natural health; The path to mental health; The road to change; Wider and different perspectives.

*'This is an extensive collection of self-help material, which has been written to provide resources to complete self-exploration or professional counselling. The knowledge has been built up through years of working in the field of mental health, listening to patients, and searching for the materials that could make a difference. The skill is in how the handouts have been put together to be easily accessible and helpful, and in a format that allows flexibility and tailoring to the individual. The attitude of current evidence-based guidelines is to support a range of self-help approaches and talking therapies to enable people to achieve better mental health, rather than turning to drugs. This is therefore a most welcome tool from which patients will benefit, and indeed, we could all use to help us achieve a better life/work balance and feeling of well-being.'* - **Dr Patricia Donald**, MBE

**Karnac Books, May 2010, 488 pp, Pb 978-1-85575-474-4/£29.99**



## Mirrors and Reflections Processes of Systemic Supervision

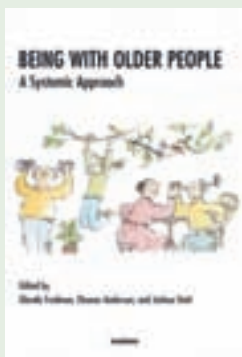
### Systemic Thinking and Practice Series

*Edited by* **Charlotte Burck**, *Consultant Systemic Psychotherapist, Trainer and Researcher in the Child and Family Department of the Tavistock Clinic, London and* **Gwyn Daniel**, *systemic psychotherapist and trainer at the Tavistock Clinic who has experience of working in both children's services and in adult mental health*

In this volume, as the title indicates, the focus is on understanding and elaborating what might be said to be "going on" in supervision as well as further exploring what is distinctive about systemic supervision. Looking at processes within systemic supervision involves engaging with the different contexts within which the supervision takes place and engaging with a range of theories—some developed or applied within therapeutic contexts and others drawn from theories of learning.

Various theoretical frameworks have emerged and been described as underpinnings for systemic supervision. Social constructionist and narrative ideas have been vital in the creation of supervisory practices that promote open dialogues, multiple perspectives and the interrogation of traditional assumptions about expertise and hierarchy. This has inevitably led to a discussion of tensions and contradictions: unease about implicit practices of power, the problematics of assessment and evaluation and issues concerning the allocation of clinical responsibility. Positioning theory, dialogic theories and ideas from the field of adult education have also contributed helpful theoretical concepts for use by systemic supervisors. This book takes many of these ideas further as they are grappled with, critiqued and operationalised in different settings—within agencies and training institutes.

**Karnac Books, August 2010, 418 pp, Pb 978-1-85575-600-7/£29.99**



## Being with Older People A Systemic Approach

### Systemic Thinking and Practice Series

*Edited by* **Glenda Fredman**, *consultant clinical psychologist and systemic psychotherapist with Camden and Islington NHS Foundation Trust; Eleanor Anderson*, *originally a highly specialist systemic psychotherapist in the older adult mental health service at St Charles Hospital, London, now an older adult herself and semi-retired, she supervises, consults and works voluntarily with the Peace Hospice Bereavement Service in Watford; and Joshua Stott*,

*clinical psychologist working with older people in Camden and Islington. He is also clinical tutor/joint co-ordinator of the 'working with older people' curriculum for the clinical psychology doctorate at University College London*

The authors of this volume take as their starting point "striking moments" in their practice with older people, their families and other practitioners. They integrate these with current systemic thinking to offer new perspectives on working with older people in a range of physical health, mental health and social care contexts. This book is practice led and contains a wealth of examples that will be familiar both to practitioners working with older people and to older people themselves and their families. The authors, all experienced clinicians, place an emphasis on how systemic and narrative approaches might relate to these real world dilemmas and point to ways forward in working with older people in a world where social isolation, ageism and discrimination are commonplace.

**Karnac Books, June 2010, 300 pp, Pb 978-1-85575-582-6/£21.99**





## Resistance, Rebellion and Refusal in Groups: The 3 Rs

*New International Library of Group Analysis Series*

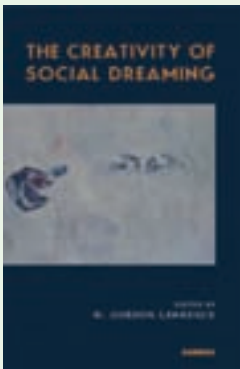
**Richard M. Billow**, PhD is a diplomate in group psychotherapy, a clinical psychologist and psychoanalyst, and an active contributor to the psychoanalytic and group literature. He is Clinical Professor and Director of the Group Program of the Derner Institute of Advanced Psychological Studies, Adelphi University, New York, with a private practice in Great Neck, New York

**Richard M. Billow** expands and develops his ideas, first presented in *Relational Group Psychotherapy: From Basic Assumptions to Passion*. He constructs a theoretically sophisticated, yet experience-near approach to contemporary group therapy. Building on Bion's striking theoretical realignment, replacing the polarity unconscious-conscious with infinite-finite, Billow revises traditional concepts and terms to offer a new model of relational group psychotherapy.

In this book he defines the essential therapeutic task: to address the hunger for truth, an appetite stimulated by the group itself. Group members bring infinite potential into the room, but the truth that is developed and realized is bounded by the nature of their interrelationships, individual psychologies and perspectives, as well as by human limitations in processing experience to make it meaningful. How the therapist, along with group members, assess and respond to the need for truth, in the immediate clinical context, create the phenomena of resistance, rebellion, and refusal. The group therapist remains central in the action: evaluating and responding to the truth needs of the various individuals and the group itself and detecting and minimizing the impact of falsity.

Using lively clinical anecdotes, Billow demonstrates how the group therapist deals with the dynamic forces of the 3 Rs, operating in four relational modes: diplomacy, integrity, sincerity, and authenticity. This volume is essential reading for individual and group psychoanalysts and psychotherapists, academics, and students of psychoanalytic theory.

**Karnac Books, July 2010, 296 pp, Pb 978-1-85575-774-5/£22.99**



## The Creativity of Social Dreaming

**Dr W. Gordon Lawrence** is a managing partner of *Social Dreaming Ltd.*, London, and is a visiting professor at the University of Northumberland, Newcastle, the New Bulgarian University, Sofia, and at La Sapienza, the University of Rome. Formerly, he held a visiting professorship at Cranfield University, Bedford

This broad range of papers covers different aspects of social dreaming. The book begins with a summary of the Social Dreaming Matrix conceptualised as a temporary system with its intakes, transformation processes and outputs. The remaining chapters cover social dreaming in different contexts including, amongst others, from the perspectives of art, architecture, theatre, working with immigrants, with pilots and lawyers and family mediators and hospitals. All the papers cover areas outside of the goal orientated activities

of the institution, and examine what they may be saying about the organization of the participants. This book is a 'working note' stating the understanding of the Social Dreaming Matrix at this point in time. The Social Dreaming Matrix is a collaborative effort of participants to understand their dreams, and always has surprising insights.

**Karnac Books, May 2010, 276 pp, Pb 978-1-85575-682-3/£20.99**



## The Body of the Organisation and its Health

**Richard Morgan-Jones** is an organisational consultant and a psychoanalytic psychotherapist with a practice in Eastbourne, UK. He directs *Work Force Health: Consulting and Research*. His original education was at Cambridge, Oxford and Exeter Universities in Anthropology, Theology and Education. He worked at the National Institute for Social Work in London 1980–1992 as a consultant and trainer where he developed a course in consulting skills

- Should organisations carry a health warning?
- Do they have the capacity to get under the skin?
- How do they cause emotional stress or physical ailments?
- What are the ailments that different work places infect?
- What is a healthy organisation?—lower stress, less sickness or systemic effectiveness?
- What do the characteristic patterns of organisational ailments reveal about organisational positioning and strategy in relation to their market and environment?

These are crucial questions for directors, managers, HR, consultants, psychotherapists, counsellors and the work force.

This groundbreaking book seeks to address questions that underlie organisational health and humanity. Each chapter develops the relation between bodily experience of the individual and experience of the body of “corporate” and social organisation. An early chapter addresses the seemingly catastrophic risks of giving birth—to bodily life, emotional liveliness, and belonging. An endnote describes a death and its meaning that like its earlier bookend, describes how we might be connected in humanity.

Leadership that contains anxiety applies the theory and practice of individual, group and organisational dynamics. In being informed by psychoanalysis, group and open-systems theory, this book seeks to develop tools for organisational change—not top down or bottom up, but outside in and inside out. If one perspective is of the organisational system as a whole shaping individuals, another is how the individual’s defences against emotional conflicts are embodied in the work group.

- What draws people to specific kinds of workplace and work group culture?
- How do the complex bodily, emotional and social experiences of work interact?
- What makes people go sick or stay at work when they are unwell?

More than that, how can we begin to define the *spirit* or *soul* of an organisation in a way that goes beyond its morale, its *esprit de corps*? And if there is such a thing, how can thoughtfulness about it provide a nourishing skin to “keep body and soul together” under the fire of overstretched working lives, and the often disjointed complex of inter-related systems that contemporary organisations comprise?

**Karnac Books, September 2010, 316 pp, Pb 978-1-85575-776-9/£20.99**

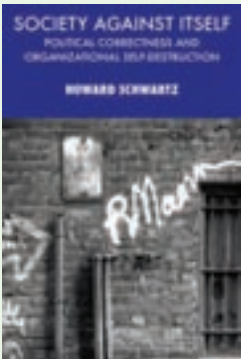


## Olympus Inc. Intervening for Cultural Change in Organizations

**Bernie Neville and Tim Dalmau**

In *Olympus Inc.*, Bernie Neville and Tim Dalmau use the ancient Greek Gods to explore the values, practices and beliefs that underpin businesses, schools corporations and the like, and through this they illuminate the complex forces and currents that are at work in modern organizations. They demonstrate that autocratic Zeus, uber-efficient Apollo, the slippery trickster Hermes—in fact, all the gods of the Greek pantheon—are alive and thriving in our workplaces, clubs and institutions. By combining ancient myth with archetypal psychology, Neville and Dalmau deliver an approach to the complex issues of organizational change. Their approach is creative and engaging, but also down-to-earth and practical. *Olympus Inc.* includes a discussion of the DNAI (Dalmau-Neville Archetypology Indicator), a powerful and easily applicable tool that distills the theory or archetypal psychology in ways that enable organizations to see themselves not only as they are ... but as they want to be.

**Karnac Books, September 2010, 200 pp, Pb 978-1-85575-804-9/£20.99**



## Society Against Itself Political Correctness and Organizational Self-Destruction

**Howard Schwartz** was for a time a graduate student of Herbert Marcuse, then became a student of the psychodynamics of organizations in the form of a critical approach to organizational hierarchy that focused on what was called “narcissistic processes”

Political correctness involves much more than a restriction of speech. It represents a broad cultural transformation, a shift in the way people understand things and organize their lives; a change in the way meaning is made. The problem addressed in this book is that, for reasons the author explores, some ways of making “meaning” support the creation and maintenance of organization, while others do not. Organizations are cultural products and rely upon psychological roots that go very deep. The basic premise of this book is that organizations are made up of the rules, common understandings, and obligations that “the father” represents, and which are given meaning in the oedipal dynamic. In anti-oedipal psychology, however, they are seen as locuses of deprivation and structures of oppression. Anti-oedipal meaning, then, is geared toward the destruction of organization. This is done in the name of a higher morality, which demands compensatory love for those who have been deprived of love in the past by the father and his organizations, who should be hated and destroyed. The author looks at how anti-oedipal dynamics have played out in various organizational failures to which political correctness has led. These include the Jayson Blair scandal at the *New York Times*, the destruction of employee morale at the Ford Motor Company and the Cincinnati Police Department, the self-destruction of Antioch College, and the forcing out of Larry Summers at Harvard University. He concludes with some reflections on the shift from oedipal to anti-oedipal meaning that is represented by Princess Diana supplanting Queen Elizabeth as the national symbol of the United Kingdom.

**Karnac Books, September 2010, 252 pp, Pb 978-1-85575-763-9/£20.99**

# CENTRE FOR FREUDIAN ANALYSIS AND RESEARCH LIBRARY

CFAR was founded in 1985 with the aim of developing Freudian and Lacanian psychoanalysis in the UK. Lacan's rereading and rethinking of Freud had been neglected in the Anglophone world, despite its important implications for the theory and practice of psychoanalysis. The CFAR Library aims to make classic Lacanian texts available in English for the first time, as well as publishing original research in the Lacanian field.



## The Trainings of the Psychoanalyst

**Annie Tardits** studied Philosophy at the *Ecole Normale Supérieure*. She is a Freudian psychoanalyst practicing in Paris. Translated by **Marc du Ry**

If psychoanalysis, for Freud, was an impossible profession, what consequences would this have for psychoanalytic training? And if one's own personal analysis lay at the heart of psychoanalytic training, how could what one had learnt from this be transmitted, let alone taught? In this groundbreaking book, Annie Tardits explores the many attempts that analysts have made to think through the problems of psychoanalytic training. Moving from Freud and his first students through to Lacan

and his invention of the 'pass', Tardits charts the changing conceptions of psychoanalytic training. With clarity and elegance, she shows how different ideas of what psychoanalysis is will have effects on how training is understood. If psychoanalysis involves each person's unique unravelling of the unconscious and of sexuality, what kind of training would be appropriate, or even possible?

**Karnac Books, May 2010, 176 pp, Pb 978-1-85575-643-4/£20.99**



## Lacan and Levi-Strauss or The Return to Freud (1951–1957)

**Markos Zafiroopoulos** is a psychoanalyst and a sociologist. He is Director of Studies at the CNRS Centre for Research in Psychoanalysis and Social Practises in Paris. Translated by **John Holland**

Lacan and Levi-Strauss are often mentioned together in reviews of French structuralist thought, but what really links their distinct projects? In this important study, Markos Zafiroopoulos shows how Lacan's famous 'return to Freud' was only made possible through Lacan's reading of Levi-Strauss. Via a careful and illuminating comparison of the work of the psychoanalyst and that of the anthropologist, Zafiroopoulos

shows how Lacan's theories of the symbolic function, of the power of language, of the role of the father and even of the unconscious itself owe a major debt to Levi-Strauss. *Lacan and Levi-Strauss* is much more than an academic study of the relations between these two thinkers: it is also a superb introduction to the work of Lacan, setting out with detail and lucidity the major concepts of his work in the 1950s.

**Karnac Books, May 2010, 242 pp, Pb 978-1-85575-726-4/£21.99**



## Old Testament Stories with a Freudian Twist

**Leo Abse** (1917–2008) was a lawyer and writer. He attended the London School of Economics and acquired a reputation for his independence of spirit. He was a senior figure within the Labour Party and was a Member of Parliament over nearly 30 years. After his retirement he wrote several political books whose main topics are revealed and explained through a psychoanalytic viewpoint

This collection of Leo Abse's last essays are writings that he was working on from 2006 up to and during his final illness. They take as their starting point stories from the Old Testament. For Abse, the Bible provided a great inspiration for analysis, reflection, and speculation. His own distinctive voice is evident in every essay. Chapters include: Jubal: A discursive meditation on music and its origins; Jacob's wrestling match; The judgment of Solomon; Abishag: The lure of incest; and The nakedness of Noah.

**Karnac Books, September 2010, 240 pp, Pb 978-1-85575-832-2/£12.99**



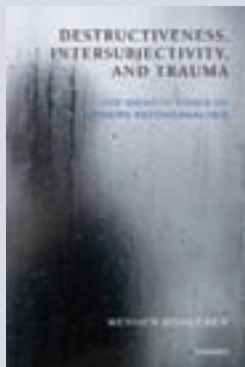
## Psychosomatics Today A Psychoanalytical Perspective *IPA-Psychoanalytic Ideas and Applications*

*Edited by* **Marilia Aisenstein** a member and training analyst of the Paris Psychoanalytical Society and of the Hellenic Psychoanalytical Society and **Elsa Rappoport de Aisemberg** a member and training analyst, and former Vice President of the Argentine Psychoanalytic Association (APA)

Psychosomatics have classically been of peripheral importance within our wellknown theoretical models, despite the fact that they do have a history in the field of psychoanalysis. This might be owing to the fact that Freud did not explicitly approach psychosomatics and, in consequence, did not put forward any hypotheses within his theoretical body. However, the Freudian concepts of actual neuroses and mixed neuroses are a basis in order to understand psychosomatic phenomena. The same could be said about the connections established with subsequent Freudian theoretical models, such as: the introduction of narcissism, unresolved mourning processes, early trauma and the action of Thanatos.

*'From its beginnings, psychoanalysis has been interested in the relationship between the mind and the body. However, Freud's attention to pathology focused on psychopathology, with little interest in somatic disorders. Others—particularly Alexander—have attempted to develop theories of psychosomatics, but it was particularly the Paris school, and Pierre Marty, who developed a truly psychoanalytic theory of psychosomatics. This volume provides an important introduction, summary and critique of that work, and also offers perspectives on it from around the world.'* - **Robert Michels**, MD, University Professor of Medicine and of Psychiatry at Weill Cornell Medical College

**Karnac Books, September 2010, 240 pp, Pb 978-1-85575-861-2/£22.99**



# Destructiveness, Intersubjectivity and Trauma

## The Identity Crisis of Modern Psychoanalysis

### *Developments in Psychoanalysis Series*

**Werner Bohleber**, Dr Phil, is psychoanalyst in private practice in Frankfurt am Main, Germany. He is a training and supervising analyst, and a former President of the German Psychoanalytical Association (DPV)

*'At last we have a book that provides a comprehensive overview and assessment of the intersubjective turn in psychoanalysis, showing its logical and clinical limitations and exploring its social and cultural determinants. Bohleber emphasizes the clinical importance of real traumatic experience along with the analysis of the transference as he reviews and broadens psychoanalytic theories of memory in relation to advances in cognitive psychology and neuroscience. Psychoanalytic ideas on personality, adolescence and identity are re-thought and updated. Bohleber brilliantly presents a unique understanding of malignant narcissism and prejudice in relation to European anti-Semitism and to contemporary religiously inspired terrorist violence.'* - **Cyril Levitt**, Dr Phil, Professor and former Chair Department of Sociology, McMaster University Hamilton, Ontario

*'Bohleber's book is a gem. It is the product of one of the most creative psychoanalytic minds of our generation. It purposefully avoids the extreme, is rooted in a balanced portrayal that eschews rhetoric or other attempts at short-circuiting serious balanced enquiry. It stands as a testament to the values within psychoanalysis that it celebrates, to resist idealisation and the destructiveness which it skirts.'* - **Peter Fonagy**, PhD FBA, Freud Memorial Professor of Psychoanalysis, Head of the Research Department of Clinical, Educational and Health Psychology, University College London, Chief

**Karnac Books, April 2010, 272 pp, Pb 978-1-85575-672-4/£22.99**



# Eigen in Seoul

## Volume 1: Madness and Murder

**Michael Eigen** is a psychologist and psychoanalyst. He is Associate Clinical Professor of Psychology in the Postdoctoral Program in Psychotherapy and Psychoanalysis at New York University, and a Senior Member of the National Psychological Association for Psychoanalysis

This book contains a seminar—given over a three day period—presented by Michael Eigen in Seoul, Korea, in 2007. The seminar traces transformations of madness and faith in psychoanalysis—particularly Freud, Klein, Bion and Winnicott—emphasizing basic rhythms of experience steeped in clinical details, social issues and personal concerns, and takes up problems of madness and faith besetting the

world today. It is filled with clinical portrayals and discussions of personal and social issues. Eigen describes ways we live through challenging experiences in therapy relevant for how life is lived. Discussions go back and forth between clinical details and cultural dilemmas, touching the taste of life, how one feels to oneself. This work is at once personal, learned, and down-to-earth. One gets the feeling that a lifetime of dedicated work is being condensed and transmitted, mind to mind, person to person, soul to soul. The reader will feel he or she is a member of an ongoing seminar alive today, this moment, carrying the work further.

**Karnac Books, September 2010, 120 pp, Pb 978-1-85575-819-3/£16.99**



# Psychoanalytic Perspectives on a Turbulent World

**Halina Brunning** is a Chartered Clinical Psychologist, Organizational Consultant and Executive Coach and **Mario Perini MD** is a psychiatrist, psychoanalyst and organizational consultant, a member of the Italian Psychoanalytic Association

*'This is a much needed book, giving a readable, insightful and constructive perspective on many of today's societal, political and economic ailments. It is my fervent hope that it finds a large readership in the leadership echelons of our society. Whoever reads it will have difficulty putting it down as, the content is gripping.'* - **Anton Obholzer**, psychoanalyst and organisational consultant, formerly director, Tavistock Centre London

*'At a time when our world badly needs thinking that takes us out of our conventional boxes, these papers bravely and thoughtfully offer new perspectives on key problems. The authors gathered together in this important volume show how terrorism, war, financial crisis, and corporate irresponsibility gain much of their intractable power by drawing on unconscious motives and working through unseen mechanisms. They also help us to understand the extraordinary demands placed on our leaders.'* - **Ken Eisold**, former President of The International Society for the Psychoanalytic Study of Organizations (ISPSO)

*'This impressive book should convince even the most hardened sceptic that psychoanalysis is not dead! It clearly demonstrates that it is alive, fresh and relevant to the most challenging problems facing the world today. This book shows that systems-psychodynamic thinking, in the hands of leading academics and practitioners in our field, can be applied to situations of war and conflict, including terrorism; institutions in crisis, including the world financial crisis; and to changing ways of approaching leadership, power and authority. Both breathtaking insights and unexpected and creative ways of intervening are revealed throughout.'* - **Clare Huffington**, organisational consultant and executive coach, President of The International Society for the Psychoanalytic Study of Organizations (ISPSO)

*'In the line of Freud's Civilization and its Discontents, this book is a remarkable attempt to apply psychoanalytic knowledge to the external reality, a task which is far from being easy. Here, the quality of the various chapters and authors gathered by Halina Brunning and Mario Perini help throw an original and meaningful light on key, and sometimes dramatic, aspects of our present society. One of the merits of this book, and not the least, is the authors' ability to articulate psychoanalysis with other social sciences.'* - **Gilles Amado**, Professor of Organisational Sociopsychology at HEC School of Management, Paris

*'In a world marked by political violence and economic chaos this book offers a sustained, imaginative and critical challenge to rationalist models of understanding and intervention. Global in its range of authors and case studies, Psychoanalytic Perspectives on a Turbulent World reaffirms the continued relevance of psychoanalysis to the understanding of social, political and economic life today.'* - **Paul Hoggett**, Professor of Politics, Director of the Centre for Psycho-Social Studies, University of the West of England, Bristol

*'In a world marked by political violence and economic chaos this book offers a sustained, imaginative and critical challenge to rationalist models of understanding and intervention. Global in its range of authors and case studies, Psychoanalytic Perspectives on a Turbulent World reaffirms the continued relevance of psychoanalysis to the understanding of social, political and economic life today.'* - **Paul Hoggett**, Professor of Politics, Director of the Centre for Psycho-Social Studies, University of the West of England, Bristol

**Karnac Books, June 2010, 256 pp, Pb 978-1-85575-810-0/£22.99**



## Questioning Identities Philosophy in Psychoanalytic Practice

**Mary Lynne Ellis** is a qualified analyst in private practice in North London. With over twenty-five years clinical experience she has contributed to a number of psychoanalytic and art psychotherapy trainings and **Noreen O'Connor** is a qualified analyst practising in North London for over twenty-five years. She has a PhD in Contemporary European Philosophy (NUI, Cork)

Face-to-face with differences in the analytical relationship analysts frequently confront the limitations of their theories. In this new book Mary Lynne Ellis and Noreen O'Connor move to the heart of 21st century intertwining of psychoanalytical and philosophical critical reflections. They highlight how philosophical perspectives on language, embodiment, time, history, and conscious/unconscious experiences can contribute to clinical interpretations of gender, sexuality, race, age, culture, and class. Vital to *Questioning Identities: Philosophy in Psychoanalytic Practice* is its emphasis on clinical material, and on attentiveness to the uniqueness of individuals' articulations of their desires and identities.

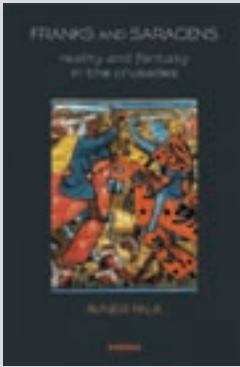
*'This welcome book shows up some of the mistaken beliefs about identities and particularly sexual minorities held in the psychoanalytic profession ... When engaging with the reality of racism in patients' lives is seen as delving into sociology and beyond the remit of psychoanalytic psychotherapy, there is cause for concern. Ellis and O'Connor's work is lively and well referenced. Unusually, the case examples are diverse, drawn from a variety of class and ethnic backgrounds ... The authors have positioned themselves in such a way that they can think about people's lived experiences as clinicians and also rigorously use both philosophical and psychoanalytic work to examine the therapeutic process. Like Wild Desires and Mistaken Identities it will provoke a great deal of thought and discussion.'* - **Lennox K. Thomas**, Psychoanalytic Psychotherapist, BAP, Nafsiyat, UK

*'This excellent book offers a revision of psychoanalytic theory. In a compassionate account of individual human experience Ellis and O'Connor locate their inspiring insights within the context of 20th century philosophy. They propose appreciation of individual identities within culture. Gender, sexuality, sexual orientation, as well as attitudes to race, are perceived as potentially fluid. The discourse challenges fixed notions and is animated with lively clinical examples. This is an innovative contribution and will appeal to a wide range of readers including clinicians and theorists, students and experienced practitioners; indeed all who are interested in psychoanalysis.'* - Professor **Joy Schaverien**, Ph.D., Jungian Psychoanalyst in private practice. Author of *Desire and the Female Therapist* and *The Dying Patient in Psychotherapy*

*'In this original book Ellis and O'Connor argue for the critical importance of an encounter between psychoanalytic and contemporary European philosophical texts such as those of Merleau-Ponty, Levinas, and Foucault, as well as of race and cultural theory. Their sensitive and engaging case illustrations show how this encounter can help us to generate more nuanced interpretations of an individual's sense of identity and difference in the analytical relationship. They offer a dynamic portrait of the socio-historical specificity of a person's lived embodiment in the co-created space of the analytic dyad. I believe this work will be an important contribution to the growing integration of psychoanalysis with the socio-cultural field.'* - **Jessica Benjamin**, Psychoanalyst, Professor, NYU Postdoctoral Psychology Program. Author of *Shadow of the Other*

**Karnac Books, July 2010, 210 pp, Pb 978-1-85575-895-7/£20.99**



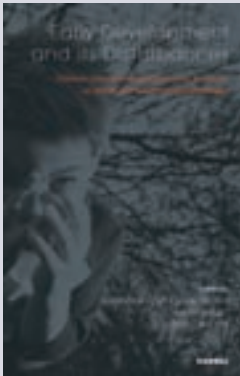


## Franks and Saracens Reality and Fantasy in the Crusades

*Dr Avner Falk is an internationally-known Israeli scholar in the interdisciplinary fields of psychohistory and political psychology. In addition to a long career in clinical psychology and psychotherapy, he has published dozens of articles and ten books in these fields, as well as in psychobiography, psychogeography, the psychoanalysis of literature, and other areas of applied psychoanalysis*

This is the first and only book to examine the Crusades from the added viewpoint of psychoanalysis, studying the hidden emotions and fantasies that drove the Crusaders and the Muslims to undertake their terrible wars. The reader will learn that the deepest and most powerful motives for the Crusades were not only religious or territorial—or the quest for lands, wealth or titles—but also unconscious emotions and fantasies about one's country, one's religion, one's enemies, God and the Devil, Us and Them. The book also demonstrates the collective inability to mourn large-group losses and the collective needs of large groups such as nations and religions to develop a clear identity, to have boundaries, and to have enemies and allies. Motives which the Crusaders and the Muslims were not aware of were among the most powerful in driving several centuries of terrible and seemingly endless warfare.

**Karnac Books, August 2010, 238 pp, Pb 978-1-85575-733-2/£21.99**



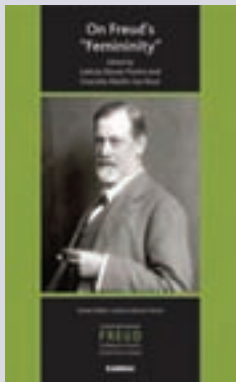
## Early Development and its Disturbances Clinical, Conceptual and Empirical Research on ADHD and other Psychopathologies

*Developments in Psychoanalysis Series*

*Edited by Marianne Leuzinger-Bohleber, Professor for Psychoanalytic Psychology at the University of Kassel, and Head Director of the Sigmund Freud Institute, Frankfurt; Mary Target, PhD Professor of Psychoanalysis at University College London, and Professional Director of the Anna Freud Centre, London; and Jorge Canestri, M.D, Professor of Psychology of Health at the Roma 3 University*

In this volume internationally well known experts discuss whether psychoanalysis—with its rich of clinical experiences and conceptualizations of early development and symptoms—has something unique to offer through deepening the understanding of children suffering from this and similar developmental disturbances. We consider therapeutic strategies as well as possibilities of early prevention. Surprisingly, psychoanalysts have only during the past few years actively engaged in the on-going and very important controversial discussions on Attention Deficit Hyperactivity Disorder (ADHD). There may be many reasons for the increasing interest in this topic over the past few years. e.g., the dialogue between psychoanalysis and contemporary neurobiology/brain research which opens a fascinating window on an old problem in European culture: the mind-body problem. This exchange also promises to enlarge the understanding of psychic problems probably connected with some neurobiologically-based pathologies, widely assumed to include ADHD.

**Karnac Books, September 2010, 250 pp, Pb 978-1-85575-745-5/£29.99**



## On Freud's "Femininity"

### IPA-Contemporary Freud: Turning Points and Critical Issues

Edited by **Leticia Glocer Fiorini**, a training psychoanalyst of the Argentine Psychoanalytic Association and **Graciela Abelin-Sas Rose**, a member of the New York Psychoanalytic Institute and of the Association for Psychoanalytic Medicine

In this book a group of contemporary psychoanalytic authors dedicated to studies on women and the feminine have been assembled with the objective of displaying points of concordance and discordance in relation to Freudian proposals.

*'A collection of fascinating essays on many critical issues regarding femininity from a variety of perspectives. They consider classic as well as contemporary issues, in the context of changes in psychoanalytic theory, society, and culture. Unsettled controversies on female masochism and penis envy are revisited. But the essays confirm that there is much more to a woman's destiny than her anatomy and physiology, addressing the role of object relations, culture, and education on the development and expression of femininity. The relationship of attitudes towards motherhood to instinctual drives and female sexuality is explored in a cultural context in which many women elect not to have children. Psychoanalytic views on non-traditional family patterns, such as single mother and homosexual couples with biological or adopted children invoke issues that were never envisioned in the earlier psychoanalytic literature. Bisexuality as an essential component of analytic work supersedes the narrow proposition of the "bedrock" repudiation of femininity in the male. Not disregarding universal aspects of femininity, such as periodicity, the editors emphasise the unique qualities of each woman; the creativity of women is highlighted rather than their limitations. The scope and depth of the individual essays, their stimulating cross-currents, and the balanced views and reviews engage controversy without polemics. The book is a valuable set of contributions to its timeless topic. It is highly recommended for very rewarding analytic reading and reflection.'* - **Harold P. Blum**, MD, Clinical Professor of Psychiatry, New York University School of Medicine, former editor, *Journal of the American Psychoanalytic Association*

Karnac Books, July 2010, 272 pp, Pb 978-1-85575-701-1/£22.99



## Thanatos, Shame, and Other Essays On the Psychology of Destructiveness

**Pentti Ikonen MA**, is a training psychoanalyst who has worked in private practice in Helsinki and **Eero Rechartt** is a docent of psychiatry at the University of Helsinki. He is a training psychoanalyst who has worked in private practice in Helsinki

*'In their review of Freud's dualistic drives Eros and Thanatos, the authors describe how the act of 'binding' strives to remove the mentally disturbing or the 'unbound'. Destructiveness is seen not as a drive in itself but as a branch of the Thanatos tree, one of the ways of binding to gain peace and relief. The authors also have an original approach to the concept of libido, often so difficult to understand, which they define as a need for mutuality. This relates to the significance of shame and its various mani-*

*festations, and how it differs from guilt. While guilt is linked with our intentions or deeds, shame applies to the whole self, which is felt to be worthless and unavailable for mutuality. The authors vividly describe the implications of this for the intolerance of intimacy in the psychoanalytic relationship.'* - **Anneli Hautala**, Board member, Foundation for Adolescent Psychotherapy, Finland

Harris Meltzer Trust, March 2010, 240 pp, Pb 978-1-85575-648-9/£19.99



## A Meltzer Reader

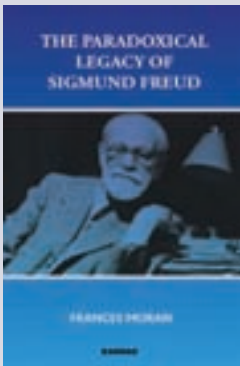
### Selections from the writings of Donald Meltzer

**Donald Meltzer** (1923–2004) is widely known as a psychoanalyst and teacher throughout Europe and South America. Edited by **Meg Harris Williams**, writer and artist, studied English at the Universities of Cambridge and Oxford and art at the Accademia di Belle Arti in Florence, and has had a lifelong psychoanalytic education. She has written and lectured extensively in the UK and abroad on psychoanalysis and literature, and teaches at the Tavistock Centre in London, and the University of Surrey

This selection from the writings of Donald Meltzer is intended to offer new readers a taste of his ideas and teaching. Each chapter consists of a substantial extract from one of his books or papers, and is introduced by one of his colleagues and former students.

*'Donald Meltzer was a distinguished psychoanalyst and one of Klein's most productive and prominent analysts. He was a very influential teacher internationally and an extraordinary practitioner and theorist as well. He codified Kleinian technique, was innovative in the treatment of autistic children, and was the foremost metapsychologist for Klein's and Bion's works. Of his many outstanding contributions, The Apprehension of Beauty, which he co-authored with Meg Harris Williams, heralded a new age in psychoanalysis by providing its aesthetic perspective in relation to that of infant development.'* - **James Grotstein**, Psychoanalyst, Los Angeles; author, *A Beam of Intense Darkness: Wilfred Bion's Legacy to Psychoanalysis*

**Harris Meltzer Trust, April 2010, 174 pp, Pb 978-1-85575-784-4/£20.99**

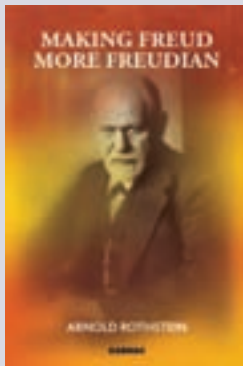


## The Paradoxical Legacy of Sigmund Freud

**Frances Moran** (BBSoc (Hons), MSc (ClinPsych), PhD, MAPS) is in private practice in Armadale, Australia, working as a clinician within the psychoanalytic tradition

By way of a new reading of *The Complete Works of Sigmund Freud*, this book introduces the notion of a theory of practice to the psychoanalytic endeavour. Spelled out in terms of interdependent components, namely; aim, technique and theoretical premises, the author takes the reader through Freud's oeuvre so that he emerges as a relentless, theoretically grounded, practitioner. Frances Moran argues that the nub of the Freudian inheritance is the concept of human subjectivity. In the light of this finding and her reading of Freud, she presents the work of Paul Verhaeghe (*On Being Normal and Other Disorders*), anew and calls on Marie Cardinal, (*The Words to Say It*), to provide telling evidence of what it means to be a Freudian subject. Given the objectifying processes at work in the contemporary culture, the relevance of Freud for our times becomes compelling. Here practitioners will find a clearly presented framework within which to operate and a way of organizing the material that informs their clinical pursuits. The exploration of an underpinning structure to the *Complete Works* will be of the utmost assistance to those who wish to embark upon a search for knowledge of the human condition through the highways and byways of the legacy of Sigmund Freud.

**Karnac Books, June 2010, 196 pp, Pb 978-1-85575-725-7/£20.99**



## Making Freud More Freudian

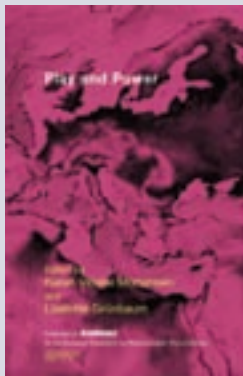
**Arnold Rothstein** has taught psychoanalytic theory and technique for more than forty years. He has been Chair of the Program Committee of the American Psychoanalytic Association and is presently Program Chair for North America of the International Psychoanalytical Association

This book demonstrates the clinical value of “making Freud more Freudian”. The theoretical contributions of Charles Brenner are summarized and emphasized. They are built on an elaboration of Arlow’s “fantasy function” and Freud’s “compromise formation”. The author applies this theoretical perspective in elaboration of the concepts of narcissism, masochism, shame and guilt to the distinction between psychiatric and psychoanalytic diagnoses, as

well as to a variety of specific clinical topics. Finally, the author emphasizes that the ubiquity of unconscious conflict demonstrates that all perceptions are subjective and relationships intersubjective.

*‘Arnold Rothstein has constructed a volume that is both simultaneously evolutionary and revolutionary. He expertly blazes new pathways for Freudian thought and shows how this theoretical position is both a powerful explicator of human experience and a useful way of viewing clinical interactions. This volume is extraordinarily important on a number of levels while being amazingly concise and extremely well written. I found myself reading and rereading this amazing and engrossing clinical-theoretical narrative.’ - Steven J. Ellman, PhD, Professor Emeritus City University of New York, author of When Theories Touch: A Historical and Theoretical Integration of Psychoanalytic Thought*

Karnac Books, August 2010, 144 pp, Pb 978-1-85575-731-8/£16.99



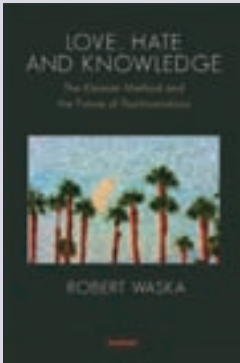
## Play and Power

*EFPP Series*

Edited by **Karen Vibeke Mortensen**, a registered M.Sc. in Psychology, Dr Paed., and group analyst. She is an honorary Professor of clinical child psychology at Aalborg University and in private practice in Copenhagen, and **Liselotte Grunbaum**, a registered M.Sc. in psychology, specialist and supervisor of psychotherapy and child psychology, in private practice in Copenhagen

The power of play, so central to psychoanalytic theory and practice, is conjoined to the social psychological or socio-politically coloured concept of power, giving rise to many fruitful discussions of how these concepts manifest themselves in clinical work with children, groups and adults. The inspiration for this book was the 3-section EFPP conference in Copenhagen in May 2007 with the main theme “Play and Power”. At the conference and in the book, this theme is presented both inside and outside the therapeutic space. It is amply illustrated in clinical cases from individual psychotherapies with children and adults and from group analysis. Most of the examples are with hateful or resigned children and adults who have been exposed to extremely damaging or unhelpful environments, and who demonstrate convincingly some of the devastating consequences that abuse of power in the real world may have. Play and power are also explored in the broader context of the community, however. In relation to society at large, psychoanalytic psychotherapy has important contributions to offer society, and we need playful creativity and power to bring forward our knowledge about it.

Karnac Books, June 2010, 206 pp, Pb 978-1-85575-803-2/£20.99

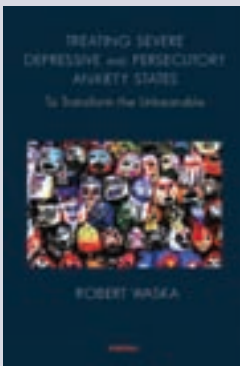


## Love, Hate and Knowledge The Kleinian Method and the Future of Psychoanalysis

**Robert Waska** *MFT, PhD is a graduate of the Institute for Psychoanalytic Studies and has a private psychoanalytic practice for individuals and couples in San Francisco and Marin County*

This book introduces the clinical concept of analytic contact. This is a term that describes the therapeutic method of investigation that makes up psychoanalytic treatment. The field has been in debate for decades regarding what constitutes psychoanalysis. This usually centers on theoretical ideals regarding analyzability, goals, or procedure and external criteria such as frequency or use of couch. Instead, the concept of analytic contact looks at what takes place with a patient in the clinical situation. Each chapter in this book follows a wide spectrum of cases and clinical situations where hard to reach patients are provided the best opportunity for health and healing through the establishment of analytic contact. This case material closely tracks each patient's phantasies, and transference mechanisms which work to either increase, oppose, embrace, or neutralize, analytic contact. In addition, the fundamental internal conflicts all patients struggle with between love, hate, and knowledge are represented by extensive case reports.

**Karnac Books, September 2010, 270 pp, Pb 978-1-85575-753-0/£24.99**

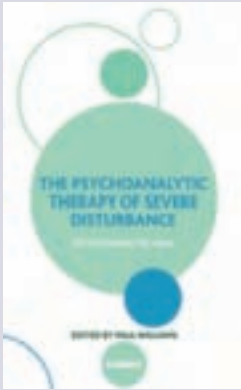


## Treating Severe Depressive and Persecutory Anxiety States To Transform the Unbearable

**Robert Waska** *MFT, PhD is a graduate of the Institute for Psychoanalytic Studies and has a private psychoanalytic practice for individuals and couples in San Francisco and Marin County*

This book serves two purposes. First, it provides the psychoanalyst or psychotherapist with a more flexible method of practicing psychoanalysis. This is the clinical approach of Analytic Contact, a technical stance in which more patients can be reached in a deeper and more helpful manner. Analytic Contact is an operationally robust Kleinian approach for the real world of private practice and targets the combination of internal and external factors there are consistently at play with all patients. The second aim of this book is to examine specific groups of patients that present unique challenges to the psychoanalyst. These populations are examined and new and creative ways of working with them are introduced. The author invites the reader to discover the clinical value and technical utility of Analytic Contact.

**Karnac Books, September 2010, 294 pp, Pb 978-1-85575-720-2/£24.99**



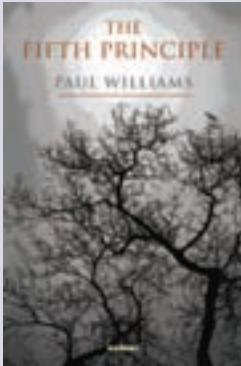
## The Psychoanalytic Therapy of Severe Disturbance

### *Psychoanalytic Ideas Series*

*Edited by Paul Williams, a Consultant Psychotherapist in the British National Health Service, a Training and Supervising Analyst of the British Psychoanalytic Society and a Professor at Queen's University, Belfast. From 2001–2007 he was Joint Editor-in-Chief with Glen O. Gabbard of The International Journal of Psychoanalysis. He lives in Hampshire, England where he divides his time between private psychoanalytic practice and National Health Service work*

This book presents the proceedings of the conference on the Psychoanalytic Therapy of Severe Disturbance held in Belfast. The aim of the conference was to offer a state of the art communication of the key psychoanalytic thinking and approaches to the conceptualisation and treatment of severe disturbance. The result of a unique gathering of the most eminent psychoanalysts in the field with insights into their work on personality disorder, psychotic states and the nature and function of suicidal ideation. This book will be of interest to mental health professionals—psychiatrists, psychoanalysts, psychotherapists, psychologists, social workers and nurses who have an interest in psychoanalysis and psychotherapy.

**Karnac Books, June 2010, 268 pp, Pb 978-1-85575-640-3/£19.99**



## The Fifth Principle

*Paul Williams is a Consultant Psychotherapist in the British National Health Service, a Training and Supervising Analyst of the British Psychoanalytic Society and a Professor at Queen's University, Belfast. From 2001–2007 he was Joint Editor-in-Chief with Glen O. Gabbard of The International Journal of Psychoanalysis. He lives in Hampshire, England where he divides his time between private psychoanalytic practice and National Health Service work*

The first of three books that take as their subject aspects of the author's life. This book reflects upon a period between birth and eight years of age; the second book will address adolescence and the third, adulthood.

It would be misleading to consider what follows to be autobiography, or the "case history" of an individual. The author of the book, and the individual written about, are not the same person. It is a piece of literature that furnishes an account of the methods of a mind in its efforts to prevail in oppressive circumstances.

One might say that the author has undertaken, on behalf of the subject, to provide a faithful, intelligible account of unintelligible events. The mind in question, in so far as it resembles other minds, will speak to the reader in ways that are recognisable, though some of the things that are written about may be unfamiliar. The extent to which the narrative finds a home in the mind and the imagination of the reader will be the measure of its worth.

*'The Fifth Principle is an unassuming literary gem. The writing is spare, highly charged, quietly explosive. Williams looks unflinchingly into his experience as a child, finding there a soul struggling to survive, or perhaps more accurately, trying not to allow the little bit of life that remains to be extinguished.'* - **Thomas Ogden**

*'Paul Williams writes of a childhood devastated by lifelessness, disconnected from the real world, under the sway of fear and rage. His searching and deeply affecting confession deserves a place on the bookshelf beside Marie Cardinal.'* - **J.M. Coetzee**

*'The mystery is that he survived, and what is more survived as a talented, intelligent, resourceful person. A masterpiece.'* - **Eric Rhode**

**Karnac Books, August 2010, 128 pp, Pb 978-1-85575-789-9/£14.99**



## Why do Therapists Choose to Be Therapists?

### A Practice-Based Inquiry

#### UKCP Series

**Sofie Bager-Charleson** is an integrative psychotherapist and supervisor. She works with individuals and couples with a special interest in relationships patterns and communication. She holds a PhD from Lund University in Sweden

Almost two decades ago, the psychoanalyst Sussman concluded that the therapist's motivation for practicing was a neglected area. Is this maybe a question best left alone? This book revisits the question. The author supports Sussman's rationale for raising the issue in the first place and wonder if much has changed since he referred to it as a 'neglected' area twenty years ago? This is an inquiry that moves from personal musing to collaborative and systematic inquiry. At the heart of the book lie six separate accounts as told by counsellors and psychotherapists in a reflective writing- and peer support group. Each therapist represent a different modality and all come with very different backgrounds. These accounts are put into context of ongoing literature and viewed with reference to a survey where 238 other therapists provide their perspective on the question. The attention paid to what therapists bring into the therapeutic relationship is shared with Steve Page who explores the therapists' input in terms of both potential enlightenment and shadows.

Karnac Books, September 2010, 184 pp, Pb 978-1-85575-826-1/£20.99



## A Relational Approach to Rehabilitation Thinking about Relationships after Brain Injury

### Brain Injuries Series

Edited by **Ceri Bowen**, a Clinical Psychologist and Family Therapy Practitioner, he has previously worked in Community Neuro-rehabilitation and in numerous Family Therapy Clinics; **Giles Yeates**, principal clinical neuropsychologist and also a couples psychotherapist at the Community Head Injury Service, Aylesbury; and **Siobhan Palmer**, a clinical psychologist based at Kerwin Court, West Sussex, part of the Brain Injury Rehabilitation Trust

This book is one of very few books on the topic of family adaptation and relationships after brain injury. It is an important topic because of the unique impact that such a trauma can have on families. Whether professionals are working in the community doing home visits, or working in rehabilitation and care settings where family members visit, the issues are important not just to help family members cope in adverse conditions but also to improve outcomes for the people with brain-injuries. This book will be of value to all health and social care practitioners working in the field of brain injury and chronic illness (e.g., physicians, clinical psychologists, neuro-psychologists, social workers, speech therapists, occupational therapists, physiotherapists, dieticians, nurses).

*'This book is a welcome addition to the brain injury literature. It is timely, thoughtful, comprehensive and important. The tide has been turning in neuro-rehabilitation, with growing awareness that brain injuries do not simply happen to individuals but also their families and the broader community. Each person's ability to function effectively is defined within this context. The authors tackle the complexities of brain impairment from neuropathology through to rehabilitation from a contextual framework. Their focus on interventions embraces a spectrum of systemic approaches with clear relevance to acquired brain injury. This book is a wonderful resource for clinicians and researchers interested in holistic rehabilitation.'* - Professor **Skye McDonald**, University of New South Wales, Australia

Karnac Books, September 2010, 392 pp, Pb 978-1-85575-748-6/£26.99



## Constructing Stories, Telling Tales A Guide to Formulation in Applied Psychology

**Sarah Corrie** is a Chartered Psychologist and Registered Clinical Psychologist. She received her undergraduate degree in Psychology and Counselling Psychology from the University of Surrey. **David Lane** is a Chartered Psychologist and Director of the Professional Development Foundation

Formulation remains one of the most important activities that those using psychological approaches undertake as part of their work. Arguably, however, formulation is an activity that remains poorly understood. In a current climate demanding quick fix solutions there is a tendency, which the authors refuse, towards oversimplification. Instead this book sets out to explore the challenging complexity of psychological formulation. By drawing on a wide range of sources from psychology and the arts the authors find ways to honour the stories clients tell yet offer key psychological insights to facilitate change. They provide a clear guide to enable the reader to think about the purpose of their work with clients, the perspectives which inform it and the process used to ensure effective outcomes. The chapters, supported by exercises on key issues, examine key debates on the role of formulation in professional practice, a framework for developing a systematic approach to formulation and a detailed account of the purpose, perspective and process of formulation. Guest contributions—including actors **Simon Cal- low**, **Prunella Scales** and **Timothy West**—are included from various fields of practice including: clinical, coaching, educational, forensic, occupational, and from the arts. The book will enable all practitioners (whatever the stage of their career) who need to work with client stories to find new ways to enhance their practice.

Karnac Books, April 2010, 446 pp, Pb 978-1-85575-642-7/£29.99



## Life Scripts A Transactional Analysis of Unconscious Relational Patterns

*Edited by* **Richard G. Erskine Ph.D.**, a clinical psychologist and licensed psychoanalyst. He is the Training Director of the Institute for Integrative Psychotherapy in New York City and conducts seminars, workshops and training programs in the United States and internationally. He is also a certified clinical transactional analyst and a licensed psychoanalyst who has specialized in psychoanalytic self-psychology and object-relations theory

An exciting collection of contemporary writings on Life Script theory and psychotherapeutic methods. Each chapter describes an evolution of Eric Berne's original theory and brings together a stimulating range of international perspectives, theoretical positions, clinical experiences and psychotherapy practices, as well as a psychotherapy story that illustrates the theory. The concept of Life Scripts has frequently been associated with the determinism represented in theoretical scripts, yet, this book offers some new and diverse perspectives. A few contributors address the significance of early childhood experiences in forming a Life Script, while others reflect the perspectives of post-modernism, constructivism, existential philosophy, neuroscience, developmental research, mythology and the importance of narrative. An illustrious group of authors has integrated a broad professional perspective into their understanding of a theory of mind, theories of personality and the methods of psychotherapy. Each chapter provides a unique theoretical perspective; some are provocative and challenge Berne's and others long held notions about Life Scripts. Every chapter includes a clinical case of an actual client that illustrates how the theory of Life Scripts is used in psychotherapy.

Karnac Books, June 2010, 336 pp, Pb 978-1-85575-662-5/£23.99





# Managing Vulnerability

## The Underlying Dynamics of Systems of Care

### Tavistock Clinic Series

**Tim Dartington** was a researcher at the Tavistock Institute of Human Relations in the 1970s and worked there with Eric Miller and Isabel Menzies Lyth. He has continued to carry out consultancy and research in health and social care from a systems psychodynamic perspective and has written on the organisational issues in the delivery of care

Clinicians, managers and researchers—as well as politicians and religious leaders—are worrying about a lack of compassion and humanity in the care of vulnerable people in society. In this book Tim Dartington explores the dynamics of care. He argues that we know how to do it, but somehow we seem to keep getting it wrong. Poor care in hospitals and care homes is well documented, and yet it continues. Care for people in their own homes is seen as an ideal, but the reality can be cruel and isolating. Tim describes research over forty years in thinking why institutional and community care are both subject to processes of denial and fear of dependency. His examples include children in hospital, people with disabilities living in the community, and the care of older people and those with dementia. He asks why there has been such splitting between health and social care and what underlying purpose this split may have in a societal response to vulnerability and long-term dependency. He also explores the implications of such dynamics of care in a vivid case study, drawn from his own experience, of the care as it developed over six years around a vulnerable person living and dying at home.

*'A unique, intelligent and passionate text about the many ways we—as individuals and as society—try to evade, actually hate, facing the facts of helplessness. Public services designed to provide rapid positive outcomes become clumsy when dealing with deterioration, yet that is where our humanity is tested. And we will be there ourselves, one day. Tim Dartington reveals the wisdom of decades of experience as a Tavistock social scientist, with painful examples from his consultancy practice of life at the front line, then gives a brilliant account of his attempts to get coherent help for his wife, Anna, as she became demented in middle age. With comments from Anna herself, this is very moving. A learned account of defences against vulnerability laced with deadpan irony creates irresistible and instructive reading for all who use or provide public services.'* - **Dr Sebastian Kraemer**, Consultant Psychiatrist, Whittington Hospital, London

*'Original, absorbing, unsettling and beautifully written, Managing Vulnerability is an important book for anyone dealing seriously with the predicaments of caring institutions or who is concerned with renewing the capacity of society to address profound human need. Tim Dartington brings to light the social and psychological matrix that shapes our systems of care and how today's cultural context, which so often de-values dependence, creates debilitating cross currents for leaders and managers of organizations providing care. This book provides a penetrating account of how emotions associated with the work of caring find their way into the structure, informal processes, and functioning of modern caring institutions.'* - **James Krantz**, PhD, Principal, Worklab Consulting, NYC; Past President, International Society for the Psychoanalytic Study of Organizations (ISPSO)

*'The writing is elegant and passionate, and I recommend this book to anyone who is managing care and wants to work at a deeper level than quality assurance, procedures and standards.'* - **John Burton**, Caring Times

**Karnac Books, May 2010, 256 pp, Pb 978-1-85575-888-9/£19.99**



## Psychotherapy and Culture Weaving Inner and Outer Worlds

**Zack Eleftheriadiou** holds an MSc in Child Development, MA in the Psychology of Therapy and Counselling, Diploma in Eating Disorders (NCfED), Diploma in Infant Mental Health, and is a Registered Psychologist, as well as an integrative psychotherapist and a psychoanalytic psychotherapist

This book explores cross-cultural relationships and the psychological journey of migration, drawing from the author's extensive experience in this field. Many complex theoretical and clinical questions are raised and creative ways to integrate cross-cultural issues into clinical work

are demonstrated. It is a delicate process to address the conscious and unconscious inner world and understand it within its appropriate socio-cultural context, and this is illustrated throughout the text with rich case material from clinical and non-clinical populations. The basic premise of the book is that if we take on board the cross-cultural dimension, the more the client's material 'flows' and clinical work reaches a much deeper level, appropriately serving the needs of our culturally diverse client groups. This text is a valuable practical resource for counsellors and psychotherapists who wish to find ways to incorporate the role of racial and cultural issues in their clinical work.

*'This book emphasises that all healing is cultural, in its own particular social and political context, rooted in particular notions of the person, of healing, of the family and other individuals, and in language and symbolisations. In the midst of all this, some sense of self emerges—and this of course is the particular concern of psychotherapy. The emphasis here is less on "the" correct approach (which can be a disabling conceit) as on our thinking about whatever happens, or doesn't happen, in therapy—and then taking that into account. Particularly useful is the idea of migration and subsequent acculturation as a psychological journey for which the second and third generations offer variants. The authors offer a perspective which moves us away from an idea of pathology or problem to one that presents the minority experience as potentially creative, both for the individuals so poignantly concerned and for the rest of us. Truly an exciting journey.'* - **Roland Littlewood**, Professor of Anthropology and Psychiatry, University College London, Department of Anthropology and Department of Mental Health Sciences

*'Zack Eleftheriadiou's book seeks to integrate our clinical praxis with its sociopolitical context. It resists the temptation to offer a neatly packaged theoretical model or manualized treatment guideline. Instead it painstakingly deconstructs the macro-notions of "culture" and "race" and demonstrates their subtlety and intricacy as well as their ubiquitous presence in the clinical chamber. Deftly weaving ideas from cultural anthropology, social constructivism, existentialism, and psychoanalysis, Psychotherapy and Culture helps the reader look afresh and with the startled sense of discovery at clinical interventions with minority, immigrant, exiled, and refugee patients. A profound contribution indeed!'* - **Salman Akhtar**, MD, Professor of Psychiatry, Jefferson Medical College; Training and Supervising Analyst, Psychoanalytic Center of Philadelphia

*'The book covers a range of topics written from different perspectives. [It] is inclusive and topical within British society today, covering a range of views. Psychoanalysts/psychotherapists need to be aware of the issues of "race", culture and ethnicity and their impact in the transcultural/cross-cultural psychotherapeutic context. I see this book as a welcome opportunity to set the record straight and for the book to be part of a culturally appropriate practice in psychodynamic counselling and psychotherapy—wherein the primary beneficiaries are the users of psychoanalytic psychotherapy.'* - Professor **Zenobia Nadirshaw**, BA (Hons), DSc, DLit, CPsychol, CSci and AFBPsS. Head of Psychology Services (the Learning Disability Services), Central London Community Healthcare

**Karnac Books, August 2010, 240 pp, Pb 978-1-85575-625-0/£20.99**



## Effective Short-Term Counselling within the Primary Care Setting

### Psychodynamic and Cognitive-Behavioural Therapy Approaches

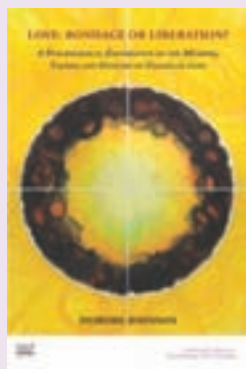
**Valerie Garrett** has twenty-five years' experience in counselling and has worked as a primary care counsellor for five years. She now supervises counsellors working in that setting

This book covers two distinct yet related topics: the primary care setting and the counselling carried out within it, and it can be dipped into or read straight through. Part One, using psychodynamic and systems theory, explores the

holding environment of primary care, the interpersonal relationships within the primary care team, and other variables affecting counselling in a medical organisational setting. Part Two takes the counsellor through the 'how' of using psychodynamic and Cognitive-Behavioural Therapy (CBT) approaches within short-term contracts in this setting. Case studies and scenarios are given to illustrate these. The counsellor is guided through assessing the patient's counselling needs either within a psychodynamic or CBT model or to formulate a 'tailor-made' short-term contract, using elements drawn from psychodynamic, CBT, and supportive counselling.

*'I am delighted with this book—it acknowledges the privileged position of the Primary Care counsellor to make a clinical decision, based upon a clear rationale, to use either a psychodynamic or CBT approach, or to adapt and integrate them to meet the individual needs of the patient.'* - **Pat Seber**, Past Chair of the Faculty of Healthcare Counsellors and Psychotherapists (FHCP)

**Karnac Books, June 2010, 244 pp, Pb 978-1-85575-751-6/£20.99**



## Love: Bondage or Liberation?

### A Psychological Exploration of the Meaning, Values and Dangers of Falling in Love

*UKCP Series*

**Deirdre Johnson** is a Training Analyst with the Association of Jungian Analysts and a member of the International Association for Analytical Psychology

Much has been written about the function of falling in love in the course of therapy itself. This book has a much broader aim. Deirdre Johnson, a Jungian analyst and psychotherapy trainer, uses her teaching and clinical experience to illuminate the whole range of this near universal human experience.

How, and why, does falling in love affect us so profoundly? How can it enhance who we are, or must it ultimately fade without lasting value? Johnson argues that the many valuable studies by psychoanalysts, relational psychologists, anthropologists, neuroscientists, and philosophers have all made valuable contributions, and uses these to highlight and explore the many values and dangers inherent in passionate love. However, she claims that a more holistic approach is required to show how these various accounts can be seen as complementary rather than competing, and can be accommodated within an overarching view of the integration of the human being in its heights and depths. Deirdre Johnson's interdisciplinary approach cuts across the different modalities and will appeal to a good cross-section of psychotherapists and counsellors, while being accessible to anyone interested in the meaning of falling in love.

**Karnac Books, June 2010, 208 pp, Pb 978-1-85575-510-9/£19.99**



## The Gossamer Thread

### My Life as a Psychotherapist

**John Marzillier** is a clinical psychologist and psychotherapist. He worked as a therapist for thirty-seven years in various clinical settings including psychiatric hospitals, GP practices, a university clinic and in private practice before retiring from his professional practice in 2006. He now works as a writer

What really goes on in the therapist's consulting room? And in this most private of relationships, what is the therapist thinking? In this warm, revealing memoir, Dr John Marzillier, one of Britain's most experienced clinical psychologists, tells the story of his life and career as a psychotherapist. He recounts his journey from hard-nosed behaviour therapist, where every treatment method needed scientific justification, through trainings in cognitive therapy and psychodynamic therapy, to his final understanding of the value of the therapeutic relationship.

Using case material from his professional practice, Dr Marzillier vividly describes his encounters with some fascinating and often tricky people who rarely conform to what is expected of them. He is candid about the mistakes he made and the lessons he eventually learned. He reflects on his experience of different psychotherapy schools and shows how his understanding of what matters most in therapy changed over the years. This is a richly human memoir, illuminating the person behind the therapist. Above all, it reveals the power of the therapeutic relationship to change lives for the better. Essential reading for all aspiring therapists and for anyone entering therapy.

*'I found this book so riveting that I could not put it down and read it in one sitting ... John Marzillier describes his personal journey, revealing the human stories behind the distilled 'science' of psychotherapy. It will be an effective antidote to any tendency to assume that any one approach has the answer.'* - **Phil Mollon**, clinical psychologist and psychoanalyst, and author of *Shame and Jealousy*

*'I cannot recommend this book highly enough ... John Marzillier writes in a way that is a pleasure to read, being open and personal, always accessible and frequently with humour. His book is full of telling clinical examples. This is a book from which anyone in the helping professions has much to learn.'* - **Patrick Casement**, a psychoanalyst and author of *Learning from the Patient*

*'An insightful and entertaining account of what it takes to work as a psychotherapist ... John Marzillier has produced a book that is warmly written, very informative and a pleasure to read.'* - **Paul Gilbert**, Professor of Clinical Psychology, University of Derby, and author of *The Compassionate Mind and Overcoming Depression*

*'Filled with personal reflections and clinical vignettes, this gem of a book should be essential reading for all therapists from all therapeutic persuasions.'* - **Windy Dryden**, Professor of Psychotherapeutic Studies, Goldsmiths, University of London

**Karnac Books, May 2010, 290 pp, Pb 978-1-85575-802-5/£12.99**



## Attachment and New Beginnings

### Reflections on Psychoanalytic Therapy

*UKCP Series*

**Jonathan Pedder** trained as a psychiatrist at the Maudsley and subsequently worked at the Middlesex and St Mary's before returning in 1980 as a consultant psychotherapist. Edited by **Gary Winship**, a UKCP registered psychotherapist, NMC MHN registered, Associate Professor—Centre for the Study of Human Relations, School of Education, University of Nottingham. Senior Fellow of the Institute of Mental Health, Nottingham University

This collection of written pieces plots the work of an NHS psychiatrist, turning the science of psychiatry into human encounters. Jonathan Pedder could recast the ordinary everyday problems of the public service into an elegantly refined discourse on the Shakespeare, interweaving the psychoanalytic unconscious with the aesthetically creative. He had a career teaching and inspiring colleagues and students with psychoanalytic ways of thinking, encouraging and supporting them in the everyday chores, and challenges of contemporary psychiatry.

*'The noblest therapist of them all. We all have much to learn from this reticent master of our discipline, and I am sure this book, like its subject, will evoke the admiration, affection, and respect it deserves.'* - **Jeremy Holmes**, Author of John Bowlby and Attachment Theory

*'Jonathan Pedder was a passionate and eloquent advocate for psychoanalysis as a necessary component of all the helping professions, he was always ready to endorse eclectic approaches in which psychoanalytic ideas are adapted to clinical and political realities without losing their essential nature. I would wholeheartedly recommend this book to all interested in psychoanalytic practice in the NHS.'* - **Ronald Doctor**, Chair of the Association of Psychoanalytic Psychotherapy in the NHS (APP)

Karnac Books, September 2010, 196 pp, Pb 978-1-85575-632-8/£20.99



## "Race" and Culture

### Tools, Technique and Trainings:

### A Manual for Professionals

*Systemic Thinking and Practice Series*

**Renee Singh** (DSysPsych) is a consultant systemic psychotherapist and research specialist at the Tavistock and Portman NHS Foundation Trust, and **Sumita Dutta** (MSysPsych) is a systemic psychotherapist and supervisor. She is the Chair for graduate courses in Systemic Psychotherapy at the Institute of Family Therapy

A practical resource to trainers who wish to work with the issues raised by racial and cultural diversity in their own agency settings. It is intended as an easy guide and a 'hands-on' tool for practitioners (family therapists, clinical psychologists, social workers, GPs, nurses, health visitors, counsellors, teachers etc), academics, educators and students. It brings together contributions from professional trainers working in multiple and diverse settings. It is aimed both at those who would like to initiate training on diversity in their agency contexts or those who wish to include the important dimensions of 'race' and culture into their existing trainings. This book emerged directly from training developed by Reenee Singh and Sumita Dutta for professionals working with refugees in their own communities, at the Centre for Cross Cultural Studies at the Institute of Family Therapy (2006–2009).

Karnac Books, September 2010, 146 pp, Pb 978-1-85575-771-4/£16.99

# Neuropsychanalysis

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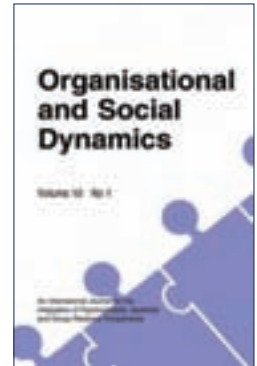
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# Attachment

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