

NOVEMBER 2006



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FOOD FOR THOUGHT: The Living Planet

LAST FRIDAY, STRIDING purposefully to work, idly checking the sidewalk for coin of the realm, lost wallets and unstrung ropes of pearl, I was suddenly stopped in my tracks by what appeared to be a large, eldritch and baleful eye staring up at me from the worn, delapidated paving-stones. The truth of it, however, was even stranger than momentary atavism suggested, for when I looked again what I saw lying at my feet was a fried egg.

How would a Roman augur have dealt with this, I wondered? For my part, defying augury, it put me in mind of something in a similar vein which occurred about a year ago when I was personning a conference bookstall at the Tavistock Clinic.

There was I, with my wares laid out, happily minding someone else's business, when a young man approached me rather furtively and murmured in a low voice "Excuse me, there's a prawn on your Meltzer".

Surreptitiously I reached for my 'bookseller's friend' (a fifteenth-century iron mace I always take with me to external events) but, as it happened, the young man was not delusional - for there, pink and supine like Cabanel's seductive, wave-borne Venus, lay a king prawn, sheened in mayonnaise, on a bed of 'Sincerity and Other Works' by Donald Meltzer (Karnac, paper, £ 29.99).

O.K. - so in both cases there is probably some rational explanation. But who needs rational explanations? For today I am proposing that the egg and prawn were apports - objects materialized by the living planet for the sheer hell of it - a whimsical sleight of the telluric mind to bring a little surreal joy into the humdrum life of an ageing bookseller. And how I cherish the gift - the soul-warming pleasure of recalling that wondrous phrase, "Excuse me, there's a prawn on your Meltzer".

And a year later, standing on the pavement, aware of the coming weekend, able to offer up a variation on that age-old hymn of gratitude:-

"Thank God it's fried egg!".

MALCOLM's TOP TEN

1. 'Psychodynamic Diagnostic Manual (PDM)' edited by the Alliance of Psychoanalytic Organizations (Cat.No. 23623, £ 25.00, APO)
2. 'The Embodied Self: Psychoanalysis and Movement' by Katya Bloom (Cat.No. 22708, £ 22.50, Karnac)
3. 'Attachment in the Classroom: The Links Between Children's Early Experiences, Emotional Well-Being and Performance in School' by Heather Geddes (Cat.No. 23694, £ 17.99, Worth Publishing)
4. 'Executive Coaching: Systems-Psychodynamic Perspective' edited by Halina Brunning (Cat.No. 19181, £ 19.99, Karnac)
5. 'Handbook of Mentalization-Based Treatment' edited by Jon G. Allen and Peter Fonagy (Cat.No. 23794, £ 29.99, John Wiley)
6. 'Intellectual Disabilities: A Systemic Approach' edited by Sandra Baum and Henrik Lynggaard (Cat.No. 22705, £ 22.50, Karnac)
7. 'Understanding 6-7 Year Olds' by Corinne Aves (Cat.No. 23985, £ 8.99, The Tavistock Clinic/Jessica Kingsley)
8. 'Psychoanalytic Ideas and Shakespeare' edited by Inge Wise and Maggie Mills (Cat.No. 21998, £ 14.99, Karnac)
9. 'Identity, Gender and Sexuality: 150 Years After Freud' edited by Peter Fonagy, Rainer Krause and Marianne Leuzinger-Bohleber (Cat.No. 24507, £ 26.99, International Psychoanalytical Association)
10. 'Psychoanalysis and Religion in the 21st Century: Competitors or Collaborators?' edited by David M. Black (Cat.No. 23693, £ 20.99, Routledge)



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Editor's Message

Dear Readers,

Welcome to the latest edition of the Karnac Review.

There have been a number of changes since our last issue, not least of which is that my management team and I have completed a buyout of Karnac Books and we now own the company. This will allow us to continue to grow the company and expand into new and exciting areas.

Other changes that have occurred are that we have moved all our operations including mail-order and editorial departments into our Finchley Road site and finally the company is operating from one location. We hope that you will benefit from the synergies of efficiency and communication generated by this.

This new academic year sees the introduction of a special discount for students and trainees, as well as our regular *reward point scheme* for loyal customers. These discounts are available both from our website and direct over the counter in both our shops.

Finally I would like to thank all our customers for their continued support, as an independent publisher and bookseller in a world of conglomerates we rely on each and every one of you.

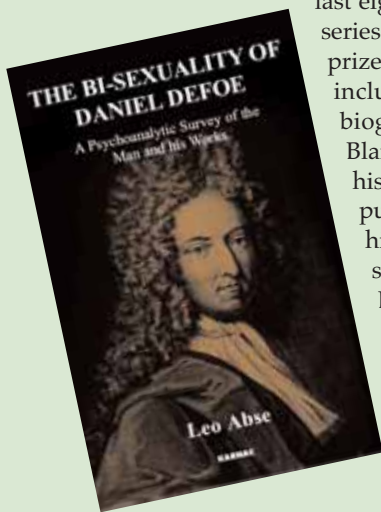
Oliver Rathbone
Managing Director

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[When, in 1987, at the age of 70, Leo Abse retired after thirty years in the Commons, he was well entitled to desist from his politicking and cultivate his own garden. As a persistent back-bencher, never yielding to the lure of ministerial office, he had successfully sponsored more Private Member's Acts, all impinging on human relationships, than anyone in the twentieth century; the tempering of savage divorce laws, the ending of criminality of homosexual conduct, the overhaul of children's laws which were indifferent to the fate of the adopted and fostered child, were among the many benign consequences of his legislative achievements. But leaving Parliament has not silenced him. Over the

last eighteen years he has written a series of best-selling polemical and prize-winning works which have included devastating psycho-biographies of Thatcher and Blair. Now, as he approaches his ninetieth birthday, we are publishing what we regard as his magnum opus, an explosive study of Daniel Defoe, Britain's most bewildering and ebullient politically-committed literary figure. Here, Leo Abse tells of the obstacles and challenges facing every psycho-biographer. – The Editor]



EVERYDAY psychoanalysts and psychotherapists and all those working in associated disciplines are, in their clinical work dealing with biography - the biography of their patients. In the early days of psychoanalysis, in more optimistic times, it was once believed that with so many insights becoming available, and so much clinical material constantly retrieved and published, a sophisticated literary biography plundering the practitioner's revelations would emerge and there would thus be a linear progression in the quality of biography. It was a naïve presumption; in the event, only exceptionally, as in Erik Erikson's *Luther* and Leon Edel's *Henry James*, has there been a happy marriage between psychoanalysis and biography. Despite the exemplars of Freud's arresting forays into psycho-biography in his essays on Moses, Leonardo da Vinci, Dostoevsky, Michaelangelo and, less successfully, on the American President Woodrow Wilson, many biographers remain highly suspicious of the intrusion of psychoanalysis into their well-established empathic-intuitive humanistic tradition; they have made clear their view that the use of psychoanalytical formulations can skew the focus of their investigations; and, with justification, they resent the reductionism wrought by crude applications of psychoanalysis inviting readers to believe every characteristic of the subject of a biographer can be ascribed to a pathologic complex or conflict. With such a fraught history in place between psychoanalysis and the traditional literary biographer, any psycho-biographer entering the field can expect no quarter from those skilled in the art of pre-Freudian biography.

He has, however, far more dangerous hazards to face before he can reach his goal. One of those identified by Freud is the

temptation to idealise the subject of the biography. Freud tells us that, 'fixated' on their subject, many biographers, for the sake of indulging their own infantile fantasies, abandon the opportunity of penetrating the most fascinating secrets of human nature and instead 'obliterate the individual features of their subject's physiognomy; they smooth over the traces of his life's struggles with internal and external resistances, and they tolerate in him no vestige of human weakness and imperfection ... they thereby sacrifice truth to an illusion'.

No less a trap for the biographer, as he proceeds to research and collate his preparatory work, are the disenchanting discoveries that force him to doubt his hero; then a negative transference situation can arise; and the bitterness of the disillusion may be savoured on every page of the resulting scandalous iconoclastic biography.

To negotiate all these hazards, the psycho-biographer has to hold on firmly to his belief that the subtle logic of childhood stubbornly lingers within every subject of a biographer. It is therefore not enough to tell of the vicissitudes that as an adult befell his subject and of the infringements the external environment has inflicted upon him during his lifetime; nor is it enough to show him acting out his desires and dreams and the consequent inevitable collision with reality. All such depictions can only be partial; truth requires the biographer to attempt to study the emotional determinants of his subject's earliest days; and that is a task that will fail if the biographer himself, always in danger of being entrapped in a counter-transference situation with his subject, is not constantly invigilating his own motivations, the motivations that brought him presumptuously to invade someone else's privacy and act as a tell-tale to the whole world.

Yet, when the subject lived centuries ago, even if the insightful psycho-biographer is equipped to overcome these hazards, still there remains more obvious contingencies that can thwart his pursuit for truth. Analysts and psychotherapists have the living individual in their consulting-rooms; they interact with their subjects and arrive at an understanding of the people with whom they work; the analyst provides the data and helps in its revision, modifications and, at times, a refutation of what was previously believed to be fact and reality. The psycho-biographer receives no such aid. The personality of men and women of the past can therefore only be adequately probed if they have left behind them a generous volumes of writings, perhaps of diaries, of correspondence, of autobiographical records; without their availability the psycho-biographer is defeated.

To the good fortune of posterity, that baffling genius, Daniel Defoe, the subject of my psycho-biography about to be published, left behind a surfeit of such material. In British annals, no literary figure or political activist left behind more; his output was prodigious; 5,057 publications have been attributed to him; pamphlets, articles, treatises and his novels abound. No psycho-biographer of Defoe can therefore excuse any flawed rendering of the man to paucity of material; neither can the faults be attributed to impertinences said by hostile critics to be endemic to the art of psycho-biography; the faults within this psycho-biography will be mine alone. But, perhaps, given the hazards catalogued in this little piece, generous readers will forgive me. ○

LEO ABSE'S book "*The Bi-sexuality of Daniel Defoe*" is available as a paperback original at £19.99 (catno.23329)

MIND FROM BRAIN- EMOTIONAL PROBLEMS IN PRIMARY CARE- A PSYCHOANALYTIC VIEW.

By Kenneth Sanders

"AS THE balance of opinion begins to shift towards conversational and psychological methods of approach to problems of emotional distress in primary care a model of the mind- as distinct from brain-is needed"

I was prompted to put this on the cover of Mind from Brain by the recent report by the Labour economist Lord Layard, the architect of the Governments talking therapy program, which is distancing itself from the chemical and electrical treatment of depression and anxiety, in a move away, hopefully from 'the medicalisation of unhappiness.'

This report from the London School of Economics calls for 250 new therapy teams by 2013, kept separate from mental health trusts, as part of a 'new deal for depression and anxiety.' 10,000 new therapists will be trained in cognitive behavior therapy, (CBT). Mental health charities and the National Institute for Health and Clinical Excellence (NICE) all want huge financial investment to make talking therapy widely available.

The Royal College of Psychiatry's website gives an example of CBT:

"You've had a bad day, feel fed up so go out shopping. As you walk down the road, someone walks by and apparently ignores you."

It lists 'unhelpful and 'helpful' thoughts and summarizes "if you go home feeling depressed you'll probably brood on what has happened and feel worse. If you get in touch with the other person there's a good chance you'll feel better about yourself. If you don't, you won't have the chance to correct any misunderstandings about what they think of you- and you will probably feel worse."

The aim is to work with the 'here and now' rather than the past, but using an elementary transference concept it is clear that if any prolonged therapy about 'the other person' is to have any enduring meaning, the 'here and now' will include the therapist as 'the other.'

Ultimately and this is the heart of the matter, the mind itself becomes 'other' if it throws up thoughts which the self dislikes and rejects.

Even though CBT makes no distinction between a brain that can be 'trained' and a mind that learns to think, it inevitably tries to engage with the universal ethic enshrined in philosophy and theology- the conflict between a self-centered solipsistic or narcissistic view of the world with one orientated to interest in, enquiry about, perhaps ultimately love for another.

Psychoanalysis traces this conflict to infancy, where 'the other' is the mother and her breast, or the parents combined, and the conflict is driven by frustration combined with Oedipal desires

While Governments legislate for intractable problems in the population, individual psychotherapists discover that in practice they cannot cure an ill, but may interest a healthy, part of a divided personality, and a structured model of the mind as distinct from brain is required.

Over three hundred million years the Darwinian imperatives to survive and adapt have been inscribed in the genes and hormones of all living creatures. They have

made possible in humans a central nervous system from which mind has emerged in response to the need to express and communicate experiences of emotion, of desire, conflict and wonder. The art of the cave paintings testifies to this extraordinary phenomenon and they date only from 30,000 years ago.

An enquiry from Google about 'models of the mind' yields results that range from Descartes to de Bono. With one exception they are variations on the theme of mind as machine or computer or body i.e. brain not mind.

But Freud is also there, with the structural theory of the Ego the Super ego and the Id, first proposed in 1923. His concept was that if the child gave up its oedipal desires to possess the mother or father, the consequence was:

"the forming of a precipitate in the ego consisting of these two identifications (meaning mother and father) in some way united with one another. This modification of the ego retains its special position; it confronts the other contents of the ego as super ego or ego ideal."

The divergence of interests since has been wide.

In Mind from Brain, the model of mind that is used is in the line of development from Freud through Melanie Klein to Bion and Meltzer, known as the Post Kleinian model.

Klein, in locating the conflict primarily between the inner child and inner parents, also restored the lost ego-ideal idea, and described Freud's identification process complicated by the negative effects of projective identification.

Bion in Learning from Experience gave projective identification a positive role in the genesis of symbolic thought while Meltzer described in The Claustrium the mindless view of the world of a self intruded into the interior of the internal mother..

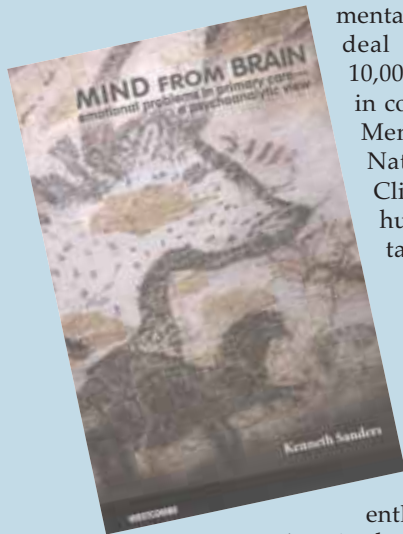
Mind from Brain is planned to be of interest to those who work in primary care, drawing on the author's years in general practice, before and after training as a psychoanalyst. Technical terms are reduced to a minimum, while a glossary at the end defines some that are unavoidable. The consultations on emotional problems were noted down in general practice thirty years ago, and have an added commentary from a contemporary psychoanalytic point of view.

After an introduction sets the scene, the first eight chapters are arranged in chronological order: Containment in infancy and childhood; Problems with school and sex in adolescence; Identity and other confusions in the third decade; Parents and children in the fourth decade; Midlife crises; Loneliness and psychosis in the sixth decade; Family crises in the seventh decade; Epilogue 86 and 95. Chapter nine is an extended study illustrated with her drawings of a five year old little girl, distressed by the death of her mother and now anxiously clinging to her grandmother.

Finally there is an essay on the Post Kleinian model of the mind and the glossary.

Kenneth Sanders M.D. is a Fellow of the British Psychoanalytic Society. He has been a training analyst for the Tavistock Clinic Child Psychotherapy course and has taught and supervised in the UK and Italy.

Mind from Brain is available at £25.00 (catno. 24574)



Linking the work of Carl Jung to empirical studies of human emotions

By Theo Cope

INTERNATIONAL news, due to geopolitical necessity, is focusing more on the need for reconciliation between divergent groups of peoples. Scientists working in different fields of research also speak of consilience. The international need mandates a coming together of various approaches to living in one world and communicating effectively and reconciling conflicts; scientists of different disciplines must learn how to speak to each other about human reality as studied from different approaches and learn to link theories and facts across disciplines. Historically there has been such a divide that large social and ethnic groups failed to understand each other. Scientifically there has been such a divide that specialists did not take an interest in approaches outside their domain of expertise.

Times, they are a changin'.

Empirical foundations, they are a shiftin'.

Fear of Jung is a work that undertakes a bold task: to link the theories and discoveries of Carl Jung—derided and chagrined by many 'empirical' scientists—with those of empiricists studying human emotions. Using empirical philosophy, theories, findings, and postulates, *Fear of Jung* takes the needs for consilience very seriously. Critically examining foundational suppositions of empirical thought is not sufficient to reconcile Jung's approach to psychological reality—a psychology with a psyche—but it is an important step. To aid this mandate, *Fear of Jung* presents a philosophical analysis created by the late Spanish philosopher, Xavier Zubiri (1898-1983) and uses this analysis of human intellection to re-think some of Jung's fundamental psychological and scientific suppositions. Zubiri is little known outside of the Spanish-speaking world, though he dominated Spanish philosophical thought for over 40 years until his death. *Fear of Jung* is a first work to apply Zubiri's analysis to psychological theory.

The current neuroscientific view is that emotions undergird intellection. Yet, as a functional science, neuroscience studies neurological functioning when one is experiencing emotions: the amygdala—which is connected with the hippocampus, basal ganglia, hypothalamus, paralimbic cortex and neocortex as well as frontal and temporal lobes, and the entire limbic system—is observed to be *functioning* more actively when studied using a functional magnetic resonant imaging unit (fMRI) in experimental situations investigating fear (LeDoux 1996).

The cognitive scientific approach to emotions informs us that the emotional image has a physiology—though we must take this as a metaphor since it is the body that is the concern of physiological inquiry. Nonetheless, cognitive scientists study emotional reality and speak of engrams, a term coined in early 1900 by Richard Semon and still invoked today. But what an engram is, is elusive. One researcher, Karl Lashley, spent over 30 years searching for the location of an engram and failed. The postulate is still used today.

Empirical scientists of various persuasions approach emotional reality and emotional imagery premised upon a specific doctrine—the *neuron doctrine*. This doctrine is pervasive. It is a physicalist and materialist doctrine asserting that psychological reality is a functional precipitate of brain neurons. There are many shades of this doctrine that this work considers.

Jung also used Semon's idea of engram, though considered it psychologically. He proposed a *complex doctrine*, that is, a theory of an emotional complex that embraces the body, brain and psyche, though he did not develop the former two aspects fully. His intuitive nature impelled him to peer with-

in the psyche of his clients and patients to apprehend the image behind the emotion. There have indeed been earlier works that have considered the emotional complex, yet none before have undertaken a rigorous empirical inquiry. None have critically examined Jung's theory—borrowed and modified from his predecessors—and Jung's own experience to draw out the elements that can be empirically investigated. *Fear of Jung* does this.

There appears to be a professional and academic fear of invoking Jung's name or referencing his works—though one definitely finds his ideas and concepts used. This fear has many reasons, and contributes to great misunderstanding between those who value Jung and those who denigrate his findings. It is a fear, however, that is not *felt*, but is apparent to one who can apprehend it.

As in the international arena, fear has contributed greatly to misunderstanding others and neglecting to seriously consider the views and contributions they offer and their views of life. Integration holds great possibility for humanity. In the science of emotions, the *neuron doctrine* combined with the *complex doctrine* holds great potential for a deeper understanding of human emotions.

The study of emotions necessitates a consilience between disciplines and a reconciliation of divergent scientific approaches to human emotional reality. *Fear of Jung* undertakes this need.

One reviewer of this work, Dr. Kenneth Strongman, author of a leading textbook, *The Psychology of Emotion* (now in its 5th edition), and editor of *The International Review of Emotion* has this to say about *Fear of Jung*:

'Theo Cope took a considerable risk with *Fear of Jung*. It was a bold endeavour but he has pulled it off and in so doing has written an extraordinary book... To the empiricists, Jung is frequently a dirty word and to the Jungians, the empirical tradition seems arid and trivial. Theo Cope has successfully bridged this apparently impossible divide and managed to fit Jung's views on emotion into the received psychological wisdom of the 'psychology as a science' tradition.

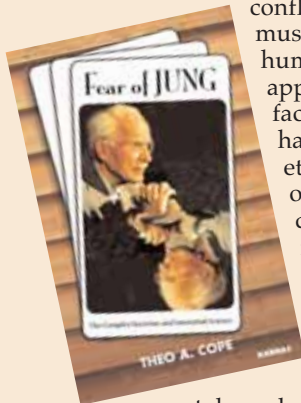
He has even gone so far as to make some sense of Jung's views within the rigorous domain of neuroscience. The book is a pleasure to read, both for its erudition and its courage.'

As the author admits frankly, this is an initial work demanding further investigation and thought. To reconcile divergent views cannot be done quickly. Scientific consilience implies the ability to comprehend different views, see the underlying unity within the various approaches and integrate theories. It must be a rigorous and careful process. Again, as in the international arena, to reconcile differing world views, belief systems, and values cannot be hurried. The ability to fathom the unity in diversity of human reality takes time, cooperation and collaboration of many. We should expect nothing less in the human sciences. ○

THEO A. COPE has an M.A. in Psychology, and he is currently completing his Ph.D. in Analytical and Chinese Cultural Psychology at South China Normal University (SCNU), Guangzhou, China.

He is a Psychology instructor at SCNU and a counselor in private practice.

FEAR OF JUNG (280 pages, catno. 22709) is available at £22.50



The Idea of the Numinous: Contemporary Jungian and Psychoanalytic Perspectives

Casement, Ann & Tacey, David.
Catalogue No. 23696
Price: £19.99



Questions of soul and spirit are increasingly being raised in connection with the scientific exploration of the psyche, and especially in the context of psychotherapy. The contributors to this volume are interested in exploring the numinous in the human psyche, in clinical work, world events, anthropology, sociology, philosophy and the humanities. The role of the numinous in the reception of Jung. "The Idea of the Numinous" will fascinate all analytical psychologists, psychoanalysts and psychotherapists interested in investigating the overlap between therapeutic and religious interests.

Imagination, Illness and Injury: Jungian Psychology and the Somatic Dimensions of Perception

Costello, Melanie S.
Catalogue No. 24236
Price: £16.99



"Imagination, Illness and Injury" examines the psychological factors behind perceptual limitations and distortions and their resolution. Melanie Starr Costello applies Jungian theory to a variety of cases, attributing psychosomatic phenomena to cognitive processes that are common to us all. She analyses the role of illness in several life narratives, and interprets the appearance of somatic phenomena during important phases of analytic treatment. Together, these case narratives present a significant challenge to established views of psychosomatics.

Disturbances in the Field: Essays in Honor of David L. Miller

Downing, Christine (Ed)
Catalogue No. 24474
Price £16.99



"Disturbances in the Field" is a collection of articles by James Hillman, Thomas Moore, Christine Downing, Wolfgang Giegerich, Edward Casey, Ginette Paris, Greg Mogensson, Stan and Jan Marlan, Paul Kugler, Robert Romanyshyn, Patricia Miller, Glen Slater, Sophia Heller, and other leading scholars, Jungian analysts, and former students in honor of Dr. David L. Miller, Watson-Ledden Professor of Religion, Emeritus, at Syracuse University. Dr. Miller served as a core faculty member at Pacifica Graduate Institute in Santa Barbara from 1991 until 2004. Since 1963, he has worked at the intersections of religions and mythologies, literature and literary theory, and depth psychology and theology. He was a member of the Eranos Circle from 1975 until 1988, and has lectured widely in Europe, America, and Japan for the last forty years.

The Archetypal Symbolism of Animals: Lectures Given at the C.G. Jung Institute, Zurich, 1954-1958

Hannah, Barbara.
Catalogue No. 22506
Price: £24.00



This work presents lectures by Barbara Hannah, a pupil and close friend of C.G. Jung, on the symbolic meaning of a selection of wild and domestic animals. In contradistinction to man, animals follow their own inner laws beyond good and evil - and in this is a kind of superiority. This selection includes material on the serpent, the lion, the cow and the bull and the lectures illustrate how, in the light of consciousness, archetypal images of animals are positive and helpful, and how our animal nature can become the psychic source of renewal and natural wholeness.

Screen, Culture, Psyche: A Post-Jungian Approach to Working with the Audience

Izod, John.
Catalogue No. 24244
Price: £19.99



"Screen, Culture, Psyche" illuminates recent developments in Jungian modes of media analysis, and illustrates how psychoanalytic theories have been adapted to allow for the interpretation of films and television programmes, employing post-Jungian methods in the deep reading of a whole range of films. Readings of this kind can demonstrate the way that some films bear the psychological projections not only of their makers but of their audience, and assess the manner in which films engage the writer's own psyche. Seeking to go beyond existing theories, John Izod explores the question of whether Jungian screen analysis can work for ordinary filmgoers - can what functions for the scholar be said to be true for people without a background in Jung's ideas?

And a Sword Shall Pierce Your Heart: Moving from Despair to Meaning After the Death of a Child

Mathes, Charlotte.
Catalogue No. 24314
Price: £14.99



Jungian psychoanalyst Charlotte Mathes experienced a parent's worst nightmare - the death of her child. In this book, she describes her experience of struggling to find meaning and wholeness in one of the most shattering of experiences. That journey led her to Jungian archetypal psychology and to a heartfelt desire to help others come to terms with the profound sense of grief and loss that follows such an event. She tells her story of "personal knowing from walking the path of mother grief," while establishing a background that guides the reader through the steps and archetypes that mark the process of mourning. Through personal experience, myth, and stories, she shows how one can gain a renewed sense of inner and outer wholeness in life.

Potency: Masculine Aggression as a Path to the Soul

Monick, Eugene.
Catalogue No. 24080
Price: £11.99



"Potency" was ten years in the writing, and it is the culmination of Dr Monick's forty-year involvement in exploring the psychological essence of masculinity and the dynamics underlying male-female relationships. He writes: "The collapse of patriarchy is on our doorstep if not already in the house. Men feel this change deeply. Almost everywhere, being born male has made a man feel entitled. Becoming unentitled can make men insecure, angry and pathologically violent, as though they faced the threat of castration. How can men function without their traditional authority to be in control?" This book addresses that question and offers cogent alternatives to patriarchy and patriarchal attitudes.

The Half-Alive Ones: Clinical Papers on Analytical Psychology in a Changing World

Seligman, Eva.
Catalogue No. 22701
Price: £19.99



"The Half-Alive Ones" consists of nine clinical papers and two more theoretical ones. The author sees herself as an eclectic Jungian, with a flexible approach to analysis and therapy, revealed in her case studies, which demonstrate that the author rarely works with a single person who is ill by himself. She finds it more fruitful to perceive him and to treat him as part of a total situation, which he brings into the consulting room: his family of origin, his work situation, and part or current significant relationships. Eva Seligman attempts to confirm her deep-felt belief that good listening, sensitive timing, versatility, and evaluation of the other's truth, are indispensable ingredients of every therapeutic hour. Analysis is but an arid endeavour without compassion and creativity.

How to Read Jung

Tacey, David.
Catalogue No. 23983
Price: £6.99



David Tacey introduces the reader to Jung's unique style and approach, which is at once scientific and prophetic. Through a series of close readings of Jung's works, he explores the radical themes at the core of Jung's psychology, and interprets for us the dynamic vision of the whole self that inspires and motivates his work.

Mis/takes: Archetype, Myth and Identity in Screen Fiction

Waddell, Terrie.
Catalogue No. 24425
Price: £17.99



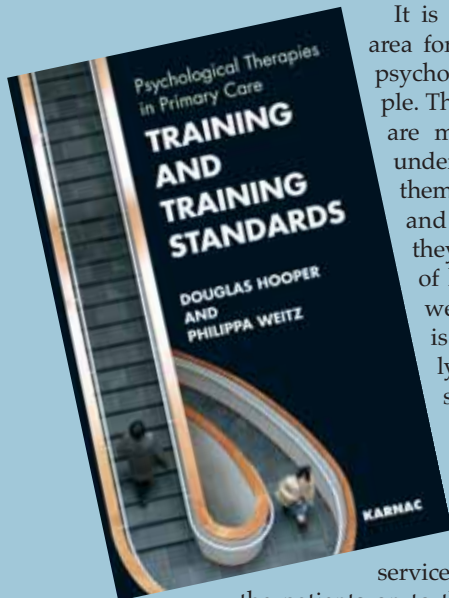
"Mis/takes" departs from the bulk of screen discourse by applying Jungian and post-Jungian ideas on unconscious processes to popular film and television. This perspective offers a rich insight into the intertextual fusing and reworking of myth in contemporary screen texts. By examining the function of archetypal motifs in cinema and television, Terrie Waddell opens up another way of thinking about how identity can be constructed and disrupted. "Mis/takes" offers a valuable insight into how experiences of the popular can be intensified by giving readers the chance to engage with screen material in an original and subversive way.



Psychological Therapies in Primary Care: Training and Training Standards

by Douglas Hooper

THIS book deals with just what the title says – namely the urgent need for practitioners offering psychological therapy in the context of G.P. practices to be properly trained for the job. At the present time this is manifestly not the case, and although no-one has hard data it is probably true that less than the half of the two thousand - plus counsellors and therapists have been effectively prepared for the demanding work required in primary care. Yet despite this lack of properly trained professionals over 80% of primary care centres have the services of a counsellor/therapist.



It is clear that this is a growth area for the coal-face provision of psychological help to many people. This is partly because patients are more sophisticated in their understanding of what will help them in periods of stress, anxiety and depression. Increasingly they ask their G.P. for this kind of help either instead of or as well the drug treatment which is the treatment more generally available. G.P.'s too have shown in a number of studies that they, like the patients, are appreciative of the ability to easily refer patients to their 'in-house' psychological therapy service without the need to refer

the patients on to the specialist hospital-based services. People are often very reluctant to accept a referral because of course it smacks of the label of mental illness.

So the need is there since at least 25% of all consultations at a G.P. surgery have been shown in many studies to be based on psychosocial disorder as a primary concern. Now there was a time when a brief knowledge of counselling was actually seen as an adequate preparation for people undertaking this kind of work. Indeed it was often tacked on to the role of a nurse or similar health professional.

About five years ago a group of concerned practitioners and their parent organisations began to worry that much psychological help was being delivered by inadequately trained people – even with a background in counselling and psychotherapy. Their concern was that the patients would be the losers because low-skilled help might be worse than nothing or even harmful. And that it would certainly not do the reputation of psychological practitioners any good!

So they set about having wide discussions about what *was* an appropriate further training for people who had already acquired the basic psychological skills. This book is the end product of that process and has been written by a number of people who composed that pioneering group – the editors among them. It might be described as the Gold Standard for training in this context – i.e. not easily attainable – but this is not the case. Indeed given the complexities of modern life for many sufferers, there are actually more skills and concepts that the good practitioner needs in addition to those outlined in the book. But this is a very sound tool-kit which helps a practitioner work with confidence and competence. S/he needs to understand the medical approach to problems; the common disorders like anxiety and depression as well as poor

bereavement adjustment and eating disorders. Then there is understanding the place of medication, and the role of other professionals in a total care package which can also include other family members. The skills of good assessment and the ability to work in a problem-centred style as well as the skill of relatively short-term interventions contribute significantly to effective work. There are other elements all of which are spelled out in the book.

Since the group first met, things have moved on with remarkable rapidity. The first important move was to give 'counsellors' their proper place in the N.H.S work role hierarchy. As a result of a lot of lobbying and research-based persuasion the role of 'counsellor' is now a recognised job title with three levels of competence, together with appropriate levels of agreed salary in the new Agenda For Change arrangements which now classifies all N.H.S. staff. This means that the employers of counsellors – the Primary Care Trusts – can appoint people to proper posts. But also this book sets out what a Trust's personnel dept should look for in their potential counsellors.

Then more recently there has been a surge of interest in providing effective therapy to the hundreds of thousands of patients who are economically disabled (albeit temporarily) by their psychological problems, both individually and in their families. This thrust has been stimulated by Lord Layard's work as a health economist, looking at the serious loss to society incurred by not offering people effective treatment, to enable them to return to their work. Although he does not labour the point, we know that a work role itself can enhance mental health because people feel themselves to be of value and to be valued by others.

At present Government does appear to be listening closely to this and similar arguments – no doubt because as it is couched partly in economic terms, it sits well with the drive to prevent over-use of invalidity benefit. But to qualify that somewhat cynical view, there is also an upsurge of views about the general importance of mental health provision in our post-industrial society.

The book discusses all of the issues which are involved in preparing the competent practitioner for the multi-dimensional world of primary care practice. It deals with the important matters of how a would-be practitioner should choose a course for themselves as well as what the employer should be looking for. Then it takes the counsellor/therapist into practice, and discusses what kind of further support is needed to maintain good practice by emphasising – and detailing – how continuing professional development should be arranged.

So here is book written by enthusiasts which strives to increase and enhance the development of one of the most important mental health developments in recent years. ○

DOUGLAS HOOPER is a clinical and counselling psychologist with a long interest in psychological therapy in primary health care and the need for good training and competent practice.

He has chaired the Forum for Counselling and Psychotherapy in Primary Care for a number of years, bringing together all the main professional groups.

Training and Training Standards (285 pages, cat no. 22718) is available at £19.99

The Perils and Pitfalls of Setting Up a Private Practice

by Philippa Weitz

DEPRESSION. Anxiety. Avoidance. Lack of control over one's life. These presenting symptoms are very familiar to the mental health practitioner. As psychotherapists, psychologists and counsellors we have invested vast amounts of our time, energy and money into becoming a well-trained and competent therapist.

Setting up a private practice is extremely easy in the UK: running a private practice effectively and efficiently is entirely another matter. If we are not careful, very quickly administrative and financial events overtake us all too quickly in an unpleasant way, and before we know it we are out of control and what should be a fulfilling private practice, the culmination of our career, becomes a nightmare.

This does not just relate to new graduates. Anyone working in private practice can make serious mistakes that may have long-term implications. Unsubstantiated figures show that even very experienced practitioners can make errors of judgement. This book is about how to implement good business practice in the private consulting room, hence reducing the risks to which you open yourself in your chosen caring profession.

Let's take an example. *You work as a therapist for a primary care trust (PCT) and are given the opportunity to reduce your hours. You jump at this as it will give you some security whilst developing your new practice. You let some colleagues know you are looking for private clients and within 3 months you have 5 private clients whom you see in your office at the bottom of your garden. They pay cheques to you monthly, which you put into your personal bank account and you give them a numbered receipt (very good and important). All proceeds very well and the private practice appears successful. Two unconnected events occur at around the same time about 18 months later. First of all you get a tax inspection. Did you do your accounts and declare your earnings and expenses? No! The sums of money didn't seem important enough to worry about so you thought you'd wing it this year. At the same time you have a client you have been seeing for a while who suddenly starts being quite aggressive and frightening in his sessions – and you are isolated at the bottom of your garden in your office. Two relatively common events can turn your dream private practice into a nightmare.*

Setting up an Effective Private Practice aims to give you practical guidance in all the different spheres of running a business so that you will avoid the pitfalls that many private

practitioners make. Remember we are trained as psychological practitioners not business people and sometimes the two are an uncomfortable fit. But when you run your own private practice that is what you are: a business like any other, which has to make a profit whilst fulfilling all the laws, red tape and regulations of the UK and Europe – it's not far off a minefield for any business. This is why business organisations such as The Institute of Directors, the local business advice centres, the Federation of Small Business are all so popular – because even those qualified in business skills find that at times they will need, advice, guidance and support.

Those of us working within these professions think of ourselves as caring people trying to help others to understand themselves better, feel better about themselves and help them get over various traumas and difficulties that they have experienced either within their lives or personalities. Talking about money and thinking of our clients as an item of income makes us feel very uncomfortable.

Philippa Weitz guides us through practicalities of setting up and maintaining a private practice and addresses the tensions and awkward fit for the practitioner being a provider of care and running an effective business.

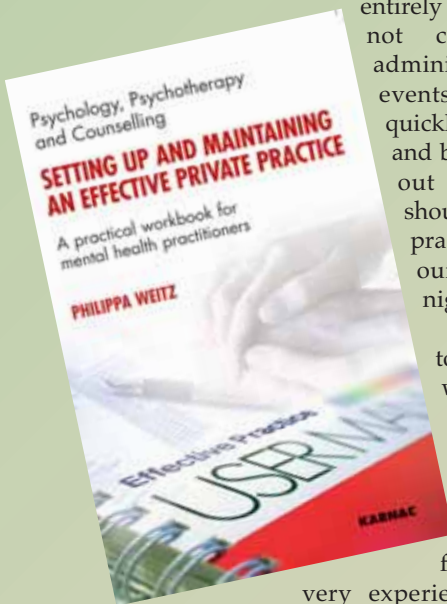
She provides clear models and examples that you will be able to adapt to your own circumstances, for example showing you how to set up accounts.

Topics include: advertising and marketing, what type of business structure is right for you, setting up your accounts, developing a business plan, setting up a bank account, payroll, the plethora of insurances, VAT, staffing, health and safety, and the specifics of a counselling or psychotherapy business: collecting payments due, confidentiality, illness cover, assessment, referral systems. To buttress the book there are information sheets, documents you can use such accounts layouts and a confidentiality agreement all available to you on the Karnac Books website under the Resources link.

This is the sort of book you can read when you are starting out, but it will provide a useful resource manual throughout the life of your private practice. It can be read from start to finish or easily be dipped into for the relevant information. ○

PHILIPPA WEITZ qualified in 1977 as a teacher and has always taught in some capacity without a break since then. In 1987 she completed a MSc in Psychological Counselling at Roehampton and went on to run national and international mental health conferences and training courses over a period of thirteen years. She specialises in primary care counselling and bereavement work, having recently helped set up a bereavement programme in India.

Setting up and Maintaining an Effective Private Practice (160 pages, catno. 22714) is available at £12.99



PSYCHOANALYSIS BOOKS

Interpersonal Boundaries : Variations and Violations



Akhtar, Salman (Ed)
Catalogue No. : 24941
Price: £19.99

Across the lifespan we may experience moments of sublime intimacy, suffocating closeness, comfortable solitude, and intolerable distance or closeness. In "Interpersonal Boundaries Variations and Violations", Salman Akhtar and the other contributors demonstrate how boundaries, by delineating and containing the self, secure one's conscious and unconscious experience of entity and of self-governance.

Psychodynamic Diagnostic Manual (PDM)



Alliance of Psychoanalytic Organizations.
Catalogue No. 23623
Price: £25.00

Beginning with a classification of the spectrum of personality patterns and disorders found in individuals and then describing a profile of mental functioning that permits a clinician to look in detail at each of the patient's capacities, the entries include a description of the patient's symptoms with a focus on the patient's internal experiences as well as surface behaviours. Intended to expand on the DSM (Diagnostic and Statistical Manual of Mental Disorders) and ICD (International Statistical Classification of Diseases and Related Health Problems) efforts in cataloguing the symptoms and behaviour of mental health patients, this manual opens the door to a fuller understanding of the functioning of the mind, brain, and their development.

The Embodied Self: Movement and Psychoanalysis



Bloom, Katya
Catalogue No. 22708
Price £22.50

By integrating principles from her background as a movement psychotherapist and movement analyst with key concepts from contemporary psychoanalysis, the author offers a new perspective on exploring the interrelationships between nonverbal and verbal 'articulation' in any therapy setting.

The Practice of Psychoanalysis



Bokanowski, Thierry.
Catalogue No. 22707
Price: £14.99

This volume highlights several of the areas of tension and difficulty that have met psychoanalysis since its inception, and provides an incisive, informative history of various attempts to surmount these, finally leading to the author's own suggestions for a practice of psychoanalysis that remains open to the vicissitudes of the infinite set of processes of the human mind. In drawing from clinical examples and his own experience in addition to a wealth of psychoanalytic theory, the author examines such topics as the referential role of theory and the significance of the analytic space from both a personal and professional standpoint.

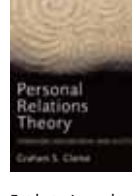
Psychoanalysis and the Time of Life: Durations of the Unconscious Self



Campbell, Jan.
Catalogue No. 24238
Price: £19.99

"Psychoanalysis and the Time of Life" examines the relationship between therapy and the time of life, presenting an original and thought-provoking re-reading of psychoanalysis in relation to questions of lived time. Jan Campbell investigates the early work of Freud, Janet, Breuer and Ferenczi, linking their ideas to the philosophy of Bergson. The link between psychoanalysis and the question of time connects these early debates with current issues that are central to our global society. Questions considered include: is the unconscious based on representation or affect? Is the Oedipal Complex hysterical? How is therapy related to the time of our life? What is the role of hypnosis, in relation to psychoanalytic theory and transference?

Personal Relations Theory: Fairbairn, MacMurray and Suttie



Clarke, Graham S.
Catalogue No. 19339
Price: £19.99

"Personal Relations Theory" presents a new and comprehensive account of Fairbairn's mature theory. Part One provides a thorough overview of Fairbairn's work and its ramifications for our understanding of creativity and the nature of inner reality. Part Two covers Fairbairn's relationship to MacMurray and Suttie, and their relevance to realist philosophy, the scientific status of psychoanalysis, attachment theory and the politics of the personal relations view point.

Jacques Lacan and the Other Side of Psychoanalysis: Reflections on Seminar XVII



Clemens, Justin & Grigg, Russell (Eds).
Catalogue No. 24563
Price: £15.99

This collection is the first extended interrogation in any language of Jacques Lacan's Seminar XVII. Collecting important analyses by many of the major Lacanian theorists and practitioners, this anthology is at once an introduction, critique, and extension of Lacan's influential ideas. The contributors examine Lacan's theory of the four discourses, his critique of the Oedipus complex and the superego, the role of primal affects in political life, and his prophetic grasp of twenty-first-century developments. They take up these issues in detail, illuminating the Lacanian concepts with in-depth discussions of shame and guilt, literature and intimacy, femininity, perversion, authority and revolt, and the discourse of marketing and political rhetoric.

From Pain to Violence: The Traumatic Roots of Destructiveness: Second Edition



De Zulueta, Felicity.
Catalogue No. 1081
Price: £29.99

The author, a psychiatrist and psychoanalytic psychotherapist, begins by defining 'violence', as distinct from 'aggression', and then attempts to trace its origins, highlighting the polarisation between those who believe mankind to be innately violent and those who see violence as the outcome of man's life experience.

Lust



Eigen, Michael
Catalogue No. 23618
Price £12.99

Building on his work in "Ecstasy" and "Rage", the author confronts lust, mining the history of psychology and religion as well as the literary depths of the "Symposium", the "Iliad", and the book of "Genesis". He also takes readers into his own sessions as a psychoanalyst to show how lust expresses itself in the daily lives of real people. Lust is arguably the most basic of human desires. It determines much of our behavior and our culture, but is it understood?

Psychoanalytic Reflections on Love and Sexuality



Fenchel, Gerd H.
Catalogue No. 23821
Price: £15.99

Man has great difficulty accepting who he is. In "Psychoanalytic Reflections on Love and Sexuality", author Gerd H. Fenchel traces how we have defined ourselves historically and in the present culture through the lenses of religion, poetry, art, and clinical psychoanalysis.

Identity, Gender and Sexuality: 150 Years After Freud



Fonagy, Peter et al (Eds).
Catalogue No. 24507
Price: £26.99

While Freud opened the door on the formative and motivating power of sexuality, contemporary psychoanalysts, with some notable exceptions, have consigned sexuality to the psychoanalytic closet. This book not only opens the door on the broad subject of psychosexuality, but also provides fresh insights into heterosexuality, bisexuality, homosexuality, Gender Identity Disorder, transvestism and transsexualism.

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



PSYCHOANALYSIS BOOKS

Interpreting Dreams

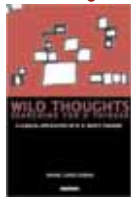


Freud, Sigmund.
Catalogue No. 24712
Price: £12.99

This groundbreaking new translation of "The Interpretation of Dreams" is the first to be based on the original text published in November 1899. It restores Freud's original argument, unmodified by revisions

he made following the book's critical reception. Reading the first edition reveals Freud's original emphasis on the use of words in dreams and on the difficulty of deciphering them and Joyce Crick captures with far greater immediacy and accuracy than previous translations by Strachey's Freud's emphasis and terminology. An accessible introduction by Ritchie Robertson summarizes and comments on Freud's argument and relates it to his early work. Close annotation explains Freud's many autobiographical, literary and historical allusions.

Wild Thoughts Searching for a Thinker : A Clinical



**Application of
 W.R. Bion's Theories**
Lopez-Corvo, Rafael E
Catalogue No. : 22711
Price: £22.50

This is essentially a clinical book that explores the connections between some of Bion's novel theories and those from

Classical Psychoanalysis, mainly contributions from Freud, Klein and Winnicott. It also represents a substantial endeavour to make Bion not only more accessible to readers, but also and very important, to see his theories at work, in direct practical use during the here and now interaction throughout the consulting hour.

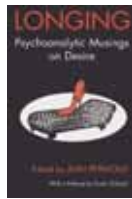
Perversion: Psychoanalytic



**Perspectives/Perspectives on
 Psychoanalysis**
Nobus, Dany & Downing, Lisa (Eds).
Catalogue No. 17332
Price: £19.99

This bi-partite collection offers a series of perspectives on perversion by a range of psychoanalytic practitioners and theorists (edited by Dany Nobus), and a selection of papers by scholars who work with, or critique, psychoanalytic theories of perversion (edited by Lisa Downing). It stages a serious dialogue between psychoanalysis and its commentators on the controversial issue of non-normative sexuality. The problem of perversion has since been revisited by many psychoanalytic schools with the result that Freud's original view of perversion has been replaced by numerous - often contradictory - perspectives on its aetiology, development and treatment.

Longing: Psychoanalytic Musings on Desire



Petrucci, Jean (Ed).
Catalogue No. 23320
Price: £22.50

Interpersonal psychoanalytic practice and theory understands desire not merely as an intrapsychic drive but also as a force shaped by and shaping interpersonal relationships. From within this perspective, a number of

the contributors examine a broad variety of clinical manifestations of desire as it struggles for expression or suppression. The issues under examination here include important and, in some instances, under theorized, topics such as dissociated and secret desire, compulsive cross-dressing, kleptomania, sadomasochism, passion within the analytic dyad, the emotional and relational impact of menopause, and the exploration of a woman's relationship to her body and its adornments.

Psychoanalysis and the Image: Transdisciplinary Perspectives



Pollock, Griselda (Ed).
Catalogue No. 23407
Price: £19.99

Psychoanalysis and the Image brings together an influential team of international scholars who demonstrate innovative ways to apply psychoanalytical resources in the

study of international modern art and visual representation. It examines psychoanalytic concepts, values, debates and controversies that have been hallmarks of visual representation in the modern and contemporary periods and covers topics including melancholia, sex, and pathology to the body, and parent-child relations. It advances theoretical debates in art history while offering substantive analyses of significant bodies of twentieth century art.

Understanding Attachment and Attachment



**Disorders: Theory, Evidence and
 Practice**
Prior, Vivien & Glaser, Danya.
Catalogue No. 24561
Price: £19.99

This book offers a thorough examination and discussion of the evidence on attachment, its influence on development,

and attachment disorders. Summarising the existing knowledge base in accessible language, this is a comprehensive reference book for professionals including social workers, psychologists, psychiatrists, teachers, lawyers and researchers. Foster and adoptive parents, indeed all parents, and students will also find it of interest.

The Edinburgh International Encyclopaedia of

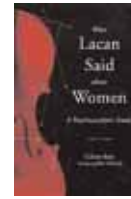


Psychoanalysis
Skelton, Ross (Ed).
Catalogue No. 21379
Price: £85.00

With over one thousand entries, 'the Edinburgh International Encyclopaedia of Psychoanalysis' provides the best single-volume coverage of the field available. An

international array of contributors encompass the most important authors, practitioners, concepts, movements, schools, debates and controversies in psychoanalysis, past and present, as well as its history and practice in forty-seven countries worldwide.

What Lacan Said About Women: A Psychoanalytic Study



Soler, Colette.
Catalogue No. 24535
Price: £15.50

The definitive work on Lacan's theory of the feminine. With exquisite prose and penetrating insights, Colette Soler shares her theoretical and clinical expertise in this

vibrant new text. She spins out seductive explications of Lacan's thought on the controversial question of sexual difference. With the subtlety that these topics deserve, she takes up Lacan's conception of woman and her relation to masochism, femininity and hysteria, love and death, and the impossible sexual relation. Following more than the usual suspects, "What Lacan Said About Women" also explores the mother's place in the unconscious, how Lacan understands depression, and why depressives feel unloved.

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



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

Until recently, psychoanalysis has failed - on either a theoretical or clinical level - to keep pace with the significant changes in the type of patient seeking psychoanalytically-

oriented psychotherapy. This book provides new ideas - on both a theoretical and clinical level - to fill the void left by the therapeutic collapse en route to contemporary psychotherapy. The Self Psychology of Addiction and Its Treatment presents an evolved self-psychological model of addiction, including emphasis on clinical approaches to treat challenging narcissistic patients with major forms of addiction. This is done via an in-depth study of the state of psychoanalysis and an introduction to the model and its place within the therapy of addicted patients.

Generation : Preoccupations and Conflicts in Contemporary Psychoanalysis



White, Jean
RRP : £19.99
Catalogue No 24499

"Generation" is both an introduction to and a comparative study of contemporary psychoanalytic clinical theory. It provides the reader with a comprehensive overview

of how new ways of thinking about the psychoanalytic process have evolved and are still in development today. Written in clear, accessible language and interwoven throughout with clinical vignettes, "Generation" provides an invaluable initiation into the work of notoriously difficult authors such as Lacan and Bion. This stimulating presentation of contemporary psychoanalytic theory will be of great interest to psychoanalytic psychotherapists, psychodynamic counsellors and psychoanalysts of all theoretical orientations.

Psychoanalytic Ideas and Shakespeare



Wise, Inge & Mills, Maggie (Eds).
Catalogue No. 21998
Price: £14.99

Psychoanalysis is concerned with the vicissitudes of life: loss, grief, mourning, guilt and also with reparation and creativity, with death and rebirth, as is the work of Shakespeare. These papers link

the Bard's universe to psychoanalytic thought and practice and show us how much both worlds have in common. Part of the Psychoanalytic Ideas Series.

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FROM WINDOWS TO OUR CHILDREN TO HIDDEN TREASURE: A SPAN OF 25 YEARS

by Violet Oaklander

OVER twenty-five years have passed between the publishing of *Windows To Our Children* and the writing of *Hidden Treasure*. What happened in between those years? Well, I was so busy traveling the world giving workshops, seeing clients, doing my annual two-week training program, that I just didn't have time to write another book. But the events of the passing years has made it essential that

I commit myself to writing.

The need for good work with children is astounding. It seems that the problems children face have increased exponentially over the years all over the world. In spite of the popularity of *Windows To Our Children*, I was continually asked for more and more. I was deeply moved when some years ago I received a letter from a medical doctor working with children in a refugee camp in the former, war torn Yugoslavia. She said that the children were so traumatized that she needed to address their emotional issues along with the medical ones,

and that without my book she would not have known what to do. She pleaded for more information.

To think that my work would be used to help children in the war ravaged countries of the world is astonishing and deeply humbling to me. (That first book is now in 12, almost 13 languages.)

I think that what appeals to practitioners about this work is the experiential component. Through the use of drawings, metaphors, clay, puppets, music, the sand tray and more, children will divulge that inner self that they so fiercely protect. When this happens, healing can begin. The work involves the use of imagination, sensory expression, metaphor and narrative—all developmentally important and appropriate skills.

What was not so surprising to me was that adults respond to this work as well. In my two-week intensive training program, people come from all over the world to learn this method. Since I strongly believe that therapists need to experience for themselves what they ask children to do, the program is equally balanced with didactic material and experiential work. The results are astounding. Though I emphasize that this training is not designed as a therapy, the participants have powerful experiences and learn quite a bit about themselves. I believe this makes them better therapists.

The most gratifying aspect, for me, of the work is its cross cultural relevance. In my original writings I was not conscious of this, merely writing from my own experience here in the United States. When so many people from so many places around the world responded to my work with book translations, letters, e-mail and attendance at my trainings, I realized that this appeal stems from the basic, organic nature of the work. All children, no matter where they are from, go through the same kind of developmental experiences. When basic elements of development are blocked, trouble begins. When I worked in South Africa, therapists reported to me that the appeal and success of the work related to the fact that it is drawn from universally shared aspects of both child development and basic childhood experience. Every culture of the world has made use of fundamental and ancient modes of expression: music, drawings, clay work, puppets, sand and miniature figures, storytelling, creative dramatics, body awareness and movement, sensory experiences. These expressions are a universal language.

In my work I have often used as my model the development of the healthy infant. The infant comes into the world as a sensuous

being. She sucks to live, must be held to thrive, looks at everything, touches everything, tastes everything as she develops. Her body is in constant motion and as she grows she does not restrict her body movements. She crawls, walks, climbs, runs exuberantly and zestfully. She expresses emotions congruently: you know when he or she is sad, or frightened, or happy or angry. Her intellect thrives: she learns language, explores, asks questions. Her organism, made up of senses, the body, the intellect and the ability to express emotions is functioning in a beautiful, integrated way as she grows.

But then something begins to happen to interfere with this wondrous phenomenon. The senses become anesthetized, the body is restricted, the emotions are blocked and the intellect is diminished. Why does this happen?

Certainly various trauma as abuse, divorce, rejection, abandonment, illness, to name a few, can cause the child to cut himself off in some way. He does this instinctively to protect himself. Further, there are a variety of developmental stages and social factors in the child's life that also cause him to restrict, block and inhibit himself. These behaviors, in the service of protecting himself, can, and often do, follow him through life.

In the process of life and growth, the organism makes every attempt to regulate itself. Paradoxically, it is this natural, important process that begets difficulties. For example, the young child learns early on that it is unacceptable to express angry feelings. She learns that it is not only unacceptable, she is not entitled to this dangerous feeling. So she holds it in and pushes it down. But the organism, in its quest for health, expresses it in some way: outward as fighting, punching, hitting, or inward as a headache or stomach ache, and so forth. Every behavior that brings a child into therapy has as a root cause the inability to express deep feelings, and this, in itself, diminishes the self.

I have found that once the child has cut off and restricted aspects of the self, she does not know how to gain it back without help. So in my work, experience with aspects of the self: the senses, the body, emotional expression, the use of the intellect, is vital. This is the basis for the numerous projective, creative, expressive tools we use.

In the book, *Windows To Our Children*, many suggestions for this process are given. In *Hidden Treasure*, I have elaborated on these suggestions in more specific ways. I have included two theoretical chapters giving the framework, the underpinnings of the work, as well as the general process of the therapy. Each of the other chapters focuses on a different topic: the adolescent, the very young child, working with anger and loss and grief, helping children and adolescents become self-nurturing, working with groups, treating children with attention deficit hyperactive disorder, enhancing the sense of self, and finally, a description of an unusual way to use music in therapy. I found that as I wrote, I had more and more to say. But I finally did let go.

Now that I am facing retirement, I find it difficult to stop in general. Live evolves and changes and many new ideas come to the fore. I hope the readers will continue the process. ○

VIOLET OAKLANDER has a Ph.D. in Clinical Psychology; a Master of Arts in Marriage, Family and Child Counseling; and a Master of Science in Special Education with emotionally disturbed children.

WINDOWS TO OUR CHILDREN (335 pages, catno. 6642) is available at £19.99.

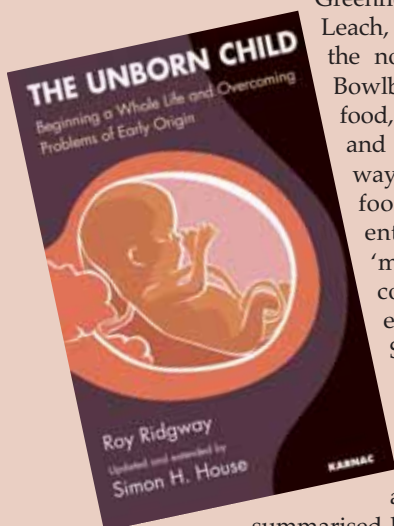
HIDDEN TREASURE (320 pages, Catno 23327) is available at £19.99.



Children's Stress and The Unborn Child

by Simon H House

AS IF sparked by the second wave of Jamie Oliver's valiant food campaign children's stress has now hit the headlines. 'We are deeply concerned at the escalating incidence of childhood depression and children's behavioural and developmental conditions', writes a group which includes children's author Philip Pullman, children's laureate Jacqueline Wilson, director of the Royal Institution Baroness Greenfield, child care expert Dr Penelope Leach, and Sir Richard Bowlby, son of the noted child psychotherapist John Bowlby. Causes they say are that real food, real play, interaction with adults, and time to be children have given way to a test-driven curriculum, junk food, sedentary screen-based entertainment, and exposure to 'material that would have been considered unsuitable for them even in the very recent past'.



Society, preoccupied with protecting children from physical harm, has lost sight of their emotional and social needs – result: depression, substance abuse, violence and self-harm,

summarised by Anne Karpf in *The Guardian*, as 'what happens in a society when people feel they don't matter'. This correspondence apparently prompted an avalanche of emails swamping TV shows and radio stations.

And we must also attend to the basic importance of earliest development, the phase of the most powerful setting of gene switches by environment, when mental and emotional impressions are being imprinted, controls of body-temperature, blood-sugar levels are being set for life. Current epidemics are evidence of these effects, the most visible being obesity. Diabetes and cardiovascular problems are as serious. Obesity, diabetes and cardiovascular problems, are all rooted in 'the metabolic syndrome', due to adverse early environment. Associated with them, mental ill health is becoming the most serious of all, costing Europe alone 386 billion Euros a year, plus work lost and knock-on effects of violent behaviour.

The Unborn Child brings together up-to-date findings on the effects on the child of parental health from before conception and subsequent environment of the embryo/fetus/child. For each of the authors landmark experiences had evoked awareness of prenatal influences. Tens of thousands, they then discovered, had also recognised profound 'primal' memories, many during psychotherapy. By coordinating the understanding of emotional effects with nutritional we have the way to bring children into the world in greater health and happiness. Especially this is true in socially less advantaged families.

Two things of paramount importance – the capacity of the human brain and the variety and splendour of our ecology – had risen and peaked. Yet we now are courting the demise of both. Most recently the hazards discussed above arrived with our industrial and technological society. But a loss only in the last few hundred generations has been our natural waterside environment, with foods from the water and the wild, in which we finally evolved to our present zenith. This loss is serious to our health, particularly to our brain, unless we learn to compensate for it. So we have to consider the human brain and the ecology together. Only the human brain can find ways to reduce the ecological changes we are causing, changes that are in turn damaging to the human brain itself.

To ward off the worst aspects of the incipient demise, and to achieve the gains that are indeed possible, requires a balanced scientific view of the prime factors affecting the human brain and the ecology. For this we have to study the best research material checked as far as possible against vested interest, however subtle. The public, increasingly aware of pollution, global warming and radiation, is less aware of the depletion of nutrients in soils, crops and livestock, and threats to aquatic life. Awareness of children's nutritional and emotional needs is growing, yet valid information becomes confused by misleading comments, some pre-scientific, some distorted even deliberately.

If anyone doubts that the most vulnerable phase in the lifecycle is reproduction it is not the traditional farmer. For generations he knew to keep his best fields and feed for the run-up to the mating season, since shown scientifically to be the most significant period for human health and nutrition. *The Unborn Child* clarifies the enduring effects on the person of both emotional and nutritional factors from before conception, continuing through into late adolescence. It includes effects of changes in lifestyle and ecology on human health such as choice of foods, use of narcotics, nutrient depletion of soil, crops and livestock, change of habitat and lifestyle. It is authenticated with full referencing.

To many the power of the evidence will be surprising. Fifty years ago the idea of recalling birth memories was a fantasy for all but a few. For many it is now commonplace. It provides a chance for healing and for bringing children into the world healthier and happier. Eighty years ago only rare pioneers were scientifically investigating nutrition. Today there is a huge wealth of research. Nutritional evidence is statistical and molecular. Evidence on emotional nurture is often anecdotal, yet complemented by experiences of the authors' and of a vast number of people's, building into a very solid body. These findings in both nutritional and emotional development are strengthened by the most recent knowledge through brain-scanning. *The Unborn Child* draws out the principles on which rests the good of our species' continuing evolution and individual development.

Calls for important changes often cause companies' concern over their profits. It is sad when they go into denial and fight against change, rather than renewed inventiveness; extraordinary when their decisions can bring disaster, not just on 'the market out there' but inevitably on their own children and grandchildren. What could bring greater responsibility within corporations? HG Wells seemed to suggest a role for universities in students' development of an overall view, a coherent sense of purpose. In 1939 he complained that universities 'had never made the slightest attempt to give any coherent picture of the universe to the new generation that came to it for instructions'. Seven decades later how far have they got? It would be best if this were both an individual and a group process. It could enable the new generation, for when they achieve corporate power, to oppose merely profit-based inclinations which can be so unintelligent and blind to the good of public and planet. *The Unborn Child* is one book that could contribute to the setting of priorities. ○

SIMON HOUSE became aware of the importance of preconception nutrition on reading The Unborn Child. He worked closely with Roy Ridgway until the latter's death. Dorothea, Roy Ridgway's widow, asked Reverend House to update this book.

THE UNBORN CHILD (200 pages, catno 22713) £14.99

Understanding 6 to 7 Year Olds

Aves, Corinne.
Catalogue No. 23985
Price: £8.99

This accessible book provides a wealth of information to help parents, educators and carers better relate to children at this exciting, yet demanding, stage of development. From the new-found sense

of rivalry between siblings or classmates, to the anxieties children feel when making new friends, Corinne Aves offers guidance on encouraging children's development and helping them to cope with changing expectations of their behaviour. She discusses the various struggles in these children's lives - such as the conflict between a child's continuing desire to please his parents and the pressure to follow the leads of his friends - and gives tips for supporting children's increasing understanding of morality.

Attachment and the Perils of Parenting: A Commentary and a Critique

Barrett, Helen.
Catalogue No. 24334
Price: £24.50

Does Attachment Theory really say that babies will be psychologically damaged if they do not have 24/7 attention from their mothers? Or that the first few years

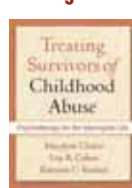
of life are critical for later wellbeing? Bowlby's theories about the importance of early attachments and their influence on development remain highly controversial. But what real contribution has Attachment Theory made to our understanding of parent-child relationships and to practical parenting applications? Are its critics justified in regarding it as sexist and reactionary? This major new study examines in detail the origins and development of Attachment theory and its meaning for current parenting practice.

Shattered Lives: Children Who Live with Courage and Dignity

Batmanghelidjh, Camila.
Catalogue No. 24131
Price: £13.99

Shattered Lives bears witness to the lives of children who have experienced abuse and neglect, and highlights the effects of early traumatic episodes. Chapters take

the form of letters to a child capturing their life experiences, hugely impacted by sexual abuse, parental substance misuse and loss, leading to feelings of shame, rejection and worthlessness. Batmanghelidjh offers understanding for those baffled by these hard-to-reach children and warns against stigmatizing them for their problem behaviour. In her critique of existing structures, she exposes the plight of children who are overlooked by the authorities and denounces those who value bureaucracy over the welfare of the individual child.

Treating Survivors of Childhood Abuse

Cloitre, Marylene et al.
Catalogue No. 24593
Price: £25.99

Presents a modular adult psychotherapy approach grounded in clinical experience and research. This book provides an empirically supported framework for helping clients manage symptoms related

to past physical or sexual abuse, build emotion regulation and interpersonal skills, and process traumatic memories and their associated feelings of fear, shame, and loss. Session-by-session guidelines include many suggestions for tailoring interventions to each person's needs.

Attachment Narrative Therapy: Integrating Narrative, Systemic and Attachment Therapies

Dallos, Rudi.
Catalogue No. 23262
Price: £17.99

This book sets out a framework for practice - attachment narrative therapy - that provides a new approach to working

with families, couples and individuals. This is not offered as a prescriptive model but as an aid and guide to practice that draws aspects of narrative and attachment therapy into systemic work. The synthesis of these ideas offers clinicians a new integrative way to approach their practice - one in which the three approaches are used to create a greater whole than their constituent parts.

By Their Own Young Hand: Deliberate Self-Harm and Suicidal Ideas in Adolescents

Hawton, Keith et al.
Catalogue No. 24335
Price: £17.99

Self-harm in adolescents is an increasingly recognized problem, and there is growing awareness of the important role schools and health services can play in detecting

and supporting those at risk. "By Their Own Young Hand" explores the findings of the first large-scale survey of deliberate self-harm and suicidal thinking in adolescents in the UK, and draws out the implications for prevention strategies and mental health promotion. Packed with adolescents own personal accounts and perspectives, this accessible overview will be essential reading for teachers, social workers and mental health professionals.

The Emotional Survival Guide for Caregivers: Looking After Yourself and Your Family While Helping an Aging Parent

Jacobs, Barry J.
Catalogue No. 24229
Price: £10.50

Through an account of two sisters and their ailing mother - interwoven with no-nonsense advice - "The Emotional Survival

Guide for Caregivers" helps family members navigate tough decisions and make the most of their time together as they care for an aging parent. The author urges readers to be honest about the level of commitment they're able to make and emphasizes the need for clear communication with each other and their aging parent. While acknowledging their guilt, stress, and fatigue, he helps caregivers reaffirm emotional connections worn thin by the routine of daily care. This compassionate book will help families everywhere avoid burnout and preserve bonds during one of life's most difficult passages.

Born Too Early: Hidden Handicaps of Premature Children

Jepsen, Jonna.
Catalogue No. 22696
Price: £19.99

Many prematurely born children develop normally, but there are many who have to battle with hidden consequences of their too early birth - for example fear and

insecurity; hyperactivity and hyper sensitivity; frequent infections; difficulties with concentration and with learning; delayed development of motor-skills; problems with eating and sleeping; and stress and restlessness. The book discusses how these physical and mental consequences - both apparent and hidden - can be understood and alleviated. The book is written from a trans-disciplinary aspect, and the aim is to give parents and professional carers involved with the children opportunities for prevention, repairing and re-building. Both accepted and alternative methods of treatment are included.

Recovering from Childhood Wounds

Lecomte, Jacques.
Catalogue No. 22597
Price: £18.99

How do we recover from childhood? How do we survive affliction, misfortune, and for some of us, physical violence and psychological mistreatment?

Understanding 'natural resilience' can help us to assist those who have suffered: mistreated children, drifting adolescents and those affected by traumas, natural catastrophes or serious illnesses. Although conceived initially at an individual level, resilience can also be studied at group and ethnic levels and applied to a multitude of situations of a potentially or obviously stressful character. In this moving and illuminating book, Jacques Lecomte offers a message of hope and initiates a process of reflection on how contemporary society fosters resilience amongst the vulnerable.



Supporting Children with Speech and Language Impairment and Associated Difficulties: Second Edition



McMinn, Jill.
Catalogue No. 24320
Price: £20.00

Children with SLI are a challenging yet stimulating group to work with. To be successful in teaching them you need

enthusiasm, patience, flexibility and a large bank of ideas. This book offers information, guidance and examples of good practice to teachers, learning assistants and parents. Included is a motor skills programme, rhymes for speech production and memory work, and a photocopiable word bank. This second edition is fully updated throughout and includes new terminology, as well as links to further resources on Assessment and Individual Education Plans (IEP). There is a new chapter which has a bank of IEP targets, resources that have proven invaluable to teachers and teaching assistants, where in other books only a blank IEP form is often provided.

The Prenatal Theme in Psychotherapy



Ploye, Philippe.
Catalogue No. 22702
Price: £19.99

Using theoretical and clinical material, Philippe Ploye summarizes previous work on the significance of prenatal behaviour in psychotherapy and expands on this body of work to provide an informative

and constructive account of the ways in which life before birth can both foreshadow problems experienced in postnatal life and can mirror the close, dependent nature of the relationship between patient and analyst established in a psychotherapeutic context. Ploye's text reveals a continuity of experience from prenatal stages through to adulthood and will appeal to all psychotherapists interested in the development of human behaviour from conception onwards, and the implications of this for the concept of the self.

Strategy Instruction for Students with Learning Disabilities



Reid, Robert & Lienemann, Torri O.
Catalogue No. 24245
Price: £16.99

Practical and accessible, this book provides the first step-by-step guide to cognitive strategy instruction, which has been shown to be one of the most

effective instructional techniques for students with learning problems. Presented are proven strategies that students can use to improve their self-regulated learning, study skills, and performance in specific content areas, including written language, reading, and math. Clear directions for teaching the strategies in the elementary or secondary classroom are accompanied by sample lesson plans and many concrete examples. Enhancing the book's hands-on utility are more than 20 reproducible worksheets and forms.

Autism: Debates and Testimonies

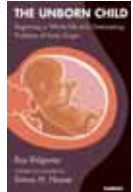


Ribas, Denys.
Catalogue No. 24148
Price: £18.99

Childhood autism is a fascinating and disturbing disorder that has given rise to contentious debates, which often end in impasse. Here, Denys Ribas reviews this enigmatic condition, focusing on the work

of Hans Asperger, which paved the way for institutional care and has wider importance than has often been recognized, and on testimonies provided by former sufferers from autism and on the analytic psychotherapy of a child. The author examines all the theories under discussion today, including developments in genetics and the access to symbolisation and, in a constant concern with clinical practice, instigates a constructive debate between the traditionally conflicting views of psychoanalysis and the cognitive sciences.

The Unborn Child: Beginning a Whole Life and Overcoming Problems of Early Origin



Ridgway, Roy & House, Simon.
Catalogue No. 22713
Price: £14.99

This book is an updated edition of an already fascinating insight into early child development which will interest both

those with special knowledge of the prenatal stage as well as anyone who is concerned with the health and well-being of children.

Supporting Children with Attention Deficit Hyperactivity Disorder: Second Edition



Spohrer, Kate E.
Catalogue No. 24318
Price: £17.50

This is a collection of practical suggestions and materials to use with pupils who have ADHD or demonstrate ADHD type

behaviour. This book provides a variety of materials to help the child get to know their own personality and mind and in doing so, become more able to control their own feelings, thoughts and actions. Where the first edition focuses on work to do with the individual child, this second edition will be enhanced by a brand new chapter on the theory, medication and alternative therapies for ADHD, useful for anyone wanting to know more about the condition; and by another on what the teacher can do, including case studies, an Individual Education Plan (IEP) writing guide and reflective questions for the teacher about the child and teaching strategies. These chapters will complement the existing content perfectly.

Supporting Children with Dyslexia: Second Edition



Squires, Garry & McKeown, Sally.
Catalogue No. 24319
Price: £17.50

Focuses on the practical difficulties facing dyslexic pupils every day in the classroom, and provides teachers and parents with strategies to support and enable them to access the curriculum with a minimum of

fuss and upheaval. This book takes suggestions to teachers and others so that children with dyslexia can be supported on a day-to-day basis. This book focuses on the practical difficulties facing dyslexic pupils every day in the classroom and provides teachers and parents with strategies to support and enable them to access the curriculum with a minimum of fuss and upheaval. It takes practical suggestions to teachers and others so that more children with dyslexia can be supported on a day-to-day basis.

Critical Voices in Child and Adolescent Mental Health



Timimi, Sami & Maitra, Begum.
Catalogue No. 24149
Price: £18.99

There is a crisis of credibility within child and adolescent psychiatry. Child and adolescent mental health theory and practice have come to be dominated by a narrow biomedical frame. Rising numbers

of children are being diagnosed with psychiatric illnesses and given psychotropic medication to 'treat' these 'illnesses'. This text brings together knowledgeable specialists across the spectrum of child and adolescent psychiatry, which are deeply critical about current mainstream theory and practice. These 'critical voices' drawing upon research and writing from related disciplines, radically question many of psychiatry's most cherished assumptions and offer new ways of thinking about theory and practice.

Special Needs and Early Years: A Practitioner's Guide: Second Edition



Wall, Kate.
Catalogue No. 24071
Price: £18.99

Provides practitioners, students and parents with examples of good practice. This book offers information on interagency issues and working with

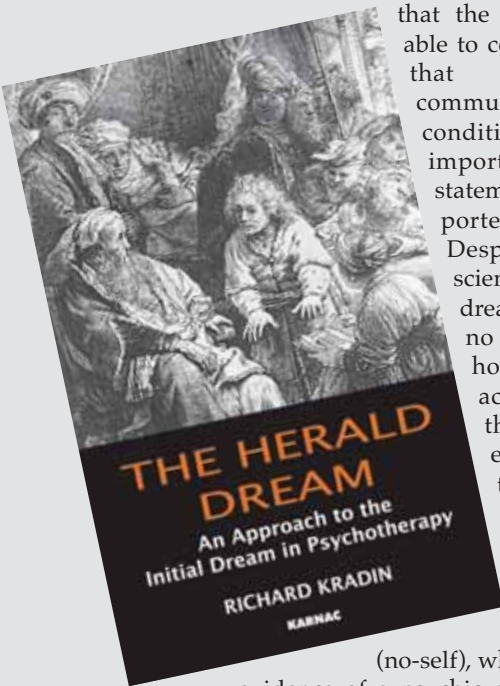
parents. In this newly updated edition, Kate Wall has revamped the content, so that it covers all SEN initiatives; provided practitioners with current examples of good practice and included individual case studies as exemplars.



The Herald Dream

By Richard Kradin

THE importance of dreams in psychoanalysis was emphasized by Sigmund Freud in his statement that dreams are the “*via regia* (royal road) to the unconscious.” C.G. Jung suggested that the initial dream in analysis was privileged, because it represents a symbolic synopsis of the psychological problem that would be of paramount importance in the subsequent treatment. This idea has profound implications for both metapsychology and psychotherapy. From a theoretical perspective, it implies



that the dreaming mind is able to construct a narrative that accurately communicates its condition. But more importantly, this initial statement by the psyche portends its future. Despite an increased scientific interest in the dreaming brain, there is no consensus as to how this might be achieved; however, there is little evidence to support the presence of a “dream-maker” in the psyche *per se*. As the Buddha recognized in his doctrine of *anatta* (no-self), when one searches for evidence of a psychic demiurge, it is only the elements of creation that are discovered. In keeping with this experiential insight, neuroscience currently favors the possibility that dream narratives self-assemble, in response to those psychological motifs that have motivational primacy. The fact that the initial dream reflects a combination of perceptions with an associated feeling tone (complex) would tend to indicate that the complex has achieved a relatively stable configuration in the mind/brain, making it is prone to selection by stochastic pressures. Although the fanciful ideas of a “dream-censor” (Freud) or a “Self” (Jung) are operationally appealing, they both mistake the psychological activities of mind for nouns rather than verbs.

It is functionally remarkable that dreams can communicate intelligibly. But it is truly wondrous that the initial dream also includes implications concerning psychodynamic diagnosis, prognosis, and therapeutic stance. The initial dream is not only a psychological communication; it is also a projective device that allows a complex therapeutic schema to be imagined. As the title of the text suggests, the initial dream serves as a herald by informing the trained therapist with respect to what is likely to transpire in the treatment over time. Despite its complexity, the psyche crudely obeys the laws of Newtonian physics, which is to say that once the initial psychological conditions have been carefully explicated, the

trajectory of the psyche can also be predicted. Certainly, this sounds overly reductionistic; after all, the psyche is not an inert particle, and all therapies must necessarily confront many unexpected perturbations; but there is little doubt that therapeutic trajectories can be posited *a priori*. Jung was clear about the idea that the psyche was both subjective and objective, and that with respect to the latter, it followed certain definable rules.

When approached optimally, the herald dream becomes a cardinal object of analysis. It can be examined, and then repeatedly revisited and revised by both members of the analytical couple, thereby providing imaginal, yet tangible, evidence that the issues symbolized by the dream may be actively transformed within treatment. For clinical psychologists from other traditions that do not tend to value or work with dreams, the text The Herald Dream provides multiple examples of how dreams can be used to promote therapeutic gain. Skeptics are invited not to take the word of others, but to adopt the approach offered by the text, and then to decide for his or herself as to its efficacy.

The reticence that some therapists exhibit concerning dreams often boils down to uncertainty as to how to ground the dream narrative in a way that makes it approachable. The Herald Dream provides a straightforward and systematic approach to the dream narrative, one that is based on a generic approach to narrative, and that can be applied to virtually any dream. Approaching the dream with a method greatly fosters interpretation without promoting sterile interpretations. It is recognized that competence, in dream interpretation, like in most other areas, is critical in making the approach more exciting and enjoyable for both therapist and patient. The approach that is adopted in the text, in keeping with the method of Jung, examines the dream narrative or “manifest” dream, as a transparent symbolic communication that cannot be stereotypically reduced to drive derivatives. However, the emphasis on how the dream is interpreted emphasizes the importance of exploring Oedipal dynamics, object-relations, self-object implications, as well as traditional Jungian ideas concerning archetypes and individuation. From this perspective, the text is designed to be inclusive and synthetic, in an effort to demonstrate that the differences between the Jungian and Freudian disciplines are, in many respects, more apparent than real. Embracing ideas from “both sides of the aisle” should by no means be considered heretical, but rather as a synthesis that invariably leads to a more vibrant therapeutic process and positive outcome. ○

RICHARD KRADIN is Associate Professor at Harvard Medical School and member of the Departments of Medicine and the Center for Psychoanalytic Studies at the Massachusetts General Hospital. A Jungian analyst, he is also trained in neo-Freudian psychoanalytic psychotherapy. He is a supervising analyst and teaches courses on dream interpretation to psychotherapists and candidates in psychoanalysis.

THE HERALD DREAM (130 pages, catno 22719) is available at £14.99

The Meaning of a Handshake?

By Graeme Galton

OUR handshake conveys more information about us to others than we think, says an American study I read recently. Researchers at the University of Alabama rated the handshakes of 112 male and female college students for eight characteristics: dryness, temperature, texture, strength, vigour, completeness of grip, duration, and eye contact. The subjects also completed

four personality questionnaires and the results were cross-matched. Researchers found that handshakes are stable and consistent across time and gender. The study concludes that

handshake characteristics are related to both objective personality measures and to the impressions people form about each other. Five characteristics in particular (strength, vigour, duration, eye contact and completeness of grip) were used to determine whether a handshake was regarded as firm.

The results confirm the widespread belief that individuals

whose handshakes are firmer are more extraverted and open to experience and less neurotic and shy than those with a less firm or limp handshake, and this information about an individual is conveyed to others when they shake hands.

The contributors to *Touch Papers: Dialogues on Touch in the Psychoanalytic Space* discuss the meaning and significance of many aspects of physical contact in the consulting room. Several contributors explore what it means for a psychoanalyst or psychotherapist to shake hands, or refrain from shaking hands, with a patient. They comment that in the psychoanalytic community in the UK there is a general reluctance to shake hands with patients, except sometimes at the beginning and end of treatment. Many British psychoanalysts and psychoanalytic psychotherapists regard shaking hands with a patient as physical contact which should be avoided or kept to a minimum because it disrupts the transference relationship. We may also wish to consider whether fears of seduction or engulfment may be aroused in a patient (or therapist) by the physical contact of a handshake. As Brett Kahr reminds us in *Touch Papers*, any physical interaction between two people can trigger unconscious memories of earlier physical interactions, especially those of a provocative or abusive nature.

However, a handshake at the end of a session can also be a sign of an improved capacity for relation with others. When I recently mentioned to a psychotherapist colleague that I was writing this article about handshakes in the consulting room, she told me of a female patient she has been working with for several years. At the start of treatment her patient had been an inpatient for 18 months and could barely speak. They have never shaken hands until recently when, at the end of the last session before the summer break, the patient reached out and shook my colleague's hand. This action was understood by them both as an expression of the patient's emerging capacity for connecting and relating to others and to herself.

In daily life in the UK and North America, after the first meeting it is unusual to shake hands with someone we meet regularly, in contrast to many parts of Europe and South America, where it is usual for people to shake hands every time they meet and again at parting. Two of the contributors to *Touch Papers*, although they have lived and worked in the UK for many years, came originally from other countries and cultures where handshaking is done more frequently, even in psychoanalytic circles.

Maria Emilia Pozzi, who was born in Italy, writes in *Touch Papers* that her first psychoanalyst, in Switzerland, shook her hand at the beginning and end of every session four times a week for several years. It was a shock when she met her first analyst in London, who never stood up nor shook her hand until the very last session when she herself gathered her courage and initiated a handshake, which she remembers was met by what felt like a slightly embarrassed but responsive shake of the hand.

The psychoanalyst A. H. Brafman, who came to the UK from Brazil, writes that he is amused to read discussions that include handshaking as an example of touching the patient. He recalls his own surprise in his first sessions with his analyst in London when his handshakes prompted interpretations about the unconscious transference meaning of such behaviour. Even now, many years later, he remains unconvinced that he was expressing any particular unconscious need by his wish to shake hands.

Another contributor, the distinguished psychoanalyst Pearl King, who is now in her eighties, writes that she always gives patients a welcoming handshake at the first meeting, believing it important to work from a culturally accepted base line. However, the only other time she shakes the hand of her patients is after the last session before a long break. It is a firm handshake, in her mind conveying to the patient that she is well and will look after herself while she and the patient are parted, because she knows that her patients have to rely on her not to do anything that could endanger her being there to continue work with them when they return after the break.

The psychoanalyst Valerie Sinason writes in *Touch Papers* of a very different sort of handshake when she visited an asylum on the Greek island of Leros some years ago. She describes entering a huge, cold ward that smelled of excrement and in which naked and smeared patients huddled together on old iron beds. She strode across to one particular over-crowded bed, introduced herself, and held out her hand. From amongst the mass of human pain, a man with Down's Syndrome untwisted himself and shook her hand. A year later she met the same young man in the first group home for learning disabled people in Athens. He opened the door when she rang the bell and they shook hands in an ordinary way. He was smartly dressed and took her on a tour of the house. Then he said to her through an interpreter, "I remember you. You shook my hand on Leros."

If handshakes really do reveal as much about us as the American study concludes, perhaps shaking hands with our patients might reveal more about us than we wish and so may well interfere with the transference relationship. On the other hand, if our patients really can learn so much about us from our handshake, how much more might we learn about them from their handshakes? ○

GRAEME GALTON was born in Australia and is a psychoanalytic psychotherapist at the Clinic for Dissociative Studies and in the National Health Service at Parkside Clinic in London. He also works in private practice and has worked as a psychotherapist at King's College London.

TOUCH PAPERS (220 pages, catno 22717) is available at £22.50

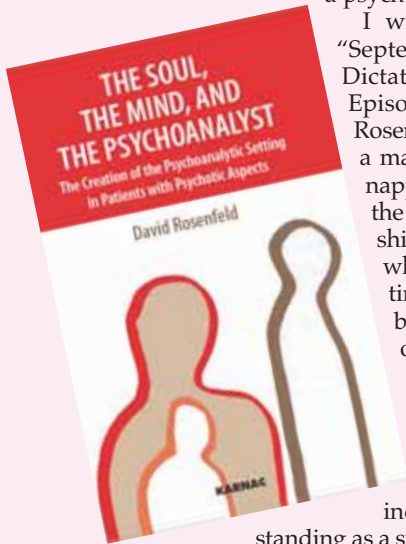


The Soul, The Mind and the Psychoanalyst

By David Rosenfeld

From the foreword by Thomas Ogden

IN THE COURSE of reading this book, the reader is afforded the unusual opportunity to accompany David Rosenfeld, one of the most inventive minds in psychoanalysis today, as he does his analytic work. In this foreword, I look closely at two chapters that, for me, powerfully capture what is most important and original about the way Rosenfeld thinks and works as a psychoanalyst.



I will begin with Chapter 1, “September 11th: Military Dictatorship and Psychotic Episode”. In this chapter, Rosenfeld presents his work with a man whose parents were kidnapped on September 11th by the Pinochet military dictatorship. The patient, “Abelard”, who was 18 months old at the time, was cared for by neighbours during the initial years of his parents’ “disappearance” and torture. (The date—September 11th—flickers back and forth in this paper between standing as a symbol for an individual’s experience, and standing as a symbol for the collapse of the world as it had existed to that point.)

Rosenfeld met Abelard for the first time when the patient was 23 years old. Abelard had recently been discharged from a mental hospital where he had been treated for a chronic psychosis. The initial interview was conducted in a café so that the patient could speak out of the presence of his grandmother, with whom he was living. In doing so, Rosenfeld was showing—not telling—the patient how he works as an analyst: that is, he constructs an analytic frame that reflects who the patient is and what he or she needs in order to make use of an analytic process. The frame, constructed in this way for each patient, is a highly personal statement made by the analyst to the patient.

The initial months of analysis involved the creation of a reliable holding environment for Abelard. By asking the patient why he had not telephoned when he had been awoken by a terrifying nightmare, Rosenfeld communicated to Abelard that in addition to their daily sessions (sometimes two sessions in a day), he was available to Abelard (at that point in the work) whenever the need arose—as a mother does for an infant. This was of great emotional significance to Abelard as reflected in his (psychotic) statement, “How nice! In Buenos Aires there are bookstores open at night.”

It must be emphasized that Rosenfeld’s approach to working with Abelard involved much more than the provision of holding described above; it also centrally involved the work of putting the patient’s psychotic experience into verbally symbolized form. This interpretative work is, for Rosenfeld, guided at every moment by his countertransference experience. For example, when Abelard spoke in a confused, jumbled way of a book that came unbound and about his parents’ divorce and the straw that broke the camel’s back, Rosenfeld responded by saying, “The straw . . . the divorce . . . unbound the book that is your head, unbound your head, then [there] was the psychosis, the hospitalization.” Such interventions capture in words not only the meaning of the patient’s fragmented experience, but “the music” of the patient’s experience—that is, the

inarticulate feeling state that had its origins in a period prior to the patient’s development of language. In Rosenfeld’s intervention, one set of words and phrases cascades into the next in a way that communicates not only the fact that he understands the way the patient experienced his life, but also that he can render it more comprehensible for the patient. These preverbal feelings were far too painful for Abelard to symbolize verbally—much less to organize by means of secondary-process thinking. The unbearable intensity of that early experience had overpowered Abelard’s capacity to think or dream the traumatic early emotional situation.

Rosenfeld describes a session in which Abelard began by saying that when he had left the previous session, he had tried to take the bus back home but had encountered a series of deranged bus drivers who were trying to drive him crazy. Rosenfeld interpreted this experience as an expression of Abelard’s fear that Rosenfeld, too, was insane and was misdirecting the analysis to such an extent that the patient would end up back in the psychiatric hospital. (Abelard’s communication of his mistrust of Rosenfeld—in the delusional displacement—reflected not only his fear of Rosenfeld, but also his sense of safety and freedom while with Rosenfeld to experience and voice any feeling state, however angry and destructive they may feel to Abelard.) A little later in this session, the patient—completely unexpectedly—began to sing a lullaby. Rosenfeld, without a moment’s hesitation, sang the song with the patient for more than ten minutes. They then sang other children’s songs together. Each time I read this portion of Rosenfeld’s description of his work with this patient, I am impressed with his extraordinary intuitive grasp of what is happening in the analytic relationship. So much was conveyed to the patient—through music—by Rosenfeld’s spontaneously entering into that very tender experience with Abelard.

Reflecting on that moment in the analysis, Rosenfeld views the patient’s singing—and his own—as a form of bringing to life in the analysis Abelard’s very early loving experience with his mother, which had been safeguarded by means of autistic encapsulation. This conceptualization of the function of autistic encapsulation as a sanctuary in which healthy early experiences can be safeguarded from psychotic fragmentation is original to Rosenfeld. This idea, to my mind, represents a major contribution to the psychoanalytic understanding of the role of autistic defences in the psychotic personality.

But it was not creative psychoanalytic thinking alone that allowed Rosenfeld to successfully treat Abelard. As important was his love for the patient: “To tell the truth, it was a luxury to have a patient who, after being hospitalized in a psychiatric hospital, could communicate through emotion, the beauty and aesthetics of poetry and music.”

In addition to being an extraordinary clinician and theorist, Rosenfeld is also a gifted teacher. He lucidly and succinctly conveys his ideas concerning the central role in psychoanalysis of the analyst’s use of his countertransference experience. He views countertransference as a signal, to be used to think and not to expel or interpret. “[It is] a hypothesis that the therapist creates in the field of work. . . . Countertransference may be a highly useful tool . . . [with which] to discover what the patient makes us feel that he cannot express in words.” Rosenfeld’s feelings of awe for the power and beauty of the analytic process are conveyed by the beauty of his own use of language: “Some things cannot be translated into words. How can I put the music during the sessions into words? Can states of pain, terror, suffering, and happiness be conveyed only in words? . . . [Quoting Borges:] ‘But how can I convey the infinite to others, that my fearful memory can hardly encompass?’”

The second of the two chapters that I will discuss is Chapter 4, "Psychotic Addiction to Video Games". "Lorenzo", a 17-year-old adolescent, was referred to Rosenfeld because of a history of violence requiring psychiatric hospitalization. Lorenzo was addicted to playing video games depicting characters engaged in ferociously attacking and murdering one another. When the patient's father, in a state of desperation, attempted to take the video games from his son, Lorenzo flew into a rage in which he broke virtually every piece of furniture in the family home. On another occasion, when the patient's parents attempted to get him to leave a video-game arcade before he was able to defeat a menacing character in a game, Lorenzo broke the machine and the window of the arcade.

The hospital psychiatrist forbade Lorenzo the use of video games both in the hospital and after he returned home. Lorenzo's parents were unable to manage him at home and unable to get him to go to school—where he felt under attack by his teachers and classmates. In the initial meeting with Lorenzo and his parents, Rosenfeld invented psychoanalysis—and the analytic frame—*anew* for Lorenzo: He told the patient that he not only would not attempt to interfere with Lorenzo's playing video games, Rosenfeld "wanted to play [video games] with him in order to understand him better. . . . I also told him that we would be talking together. . . . and that when he got a little better, we would go together to a video-game arcade".

Lorenzo, who had been furious at Rosenfeld up to this point in the initial meeting (calling him a madman), calmed down and accepted Rosenfeld as his doctor. Rosenfeld intuited that any attempt to separate Lorenzo from his video games would be experienced by him as a threat to his life and that Rosenfeld must begin analysis by demonstrating that he had no wish to strip Lorenzo of what he required for his survival. Such a capacity to know who one's patient is and to know how to communicate that understanding to the patient—as Rosenfeld did in this encounter—is something that cannot be taught. Each analyst must develop such a capacity on his or her own. But it is a great help to have models such as Rosenfeld to afford us a sense of what it is that we are aspiring to.

The early months of the analysis were marked not only by a psychotic transference, but by physical movements on the part of Lorenzo—such as walking on tiptoe and carrying out a myriad of obsessional rituals—that reminded Rosenfeld of the encapsulating symptomatology of autistic patients. Lorenzo and Rosenfeld played video games during the sessions. In this way, Rosenfeld attempted to gain entry into Lorenzo's terrifying world, which was populated by savage video-game characters.

Things did not go smoothly at the start. Lorenzo raged at Rosenfeld when he—Lorenzo—could not control one of the characters in the video game they were playing. Rosenfeld came to understand that the characters in the video games were as real to Lorenzo as were Rosenfeld himself and the patient's parents, teachers, and classmates. On one occasion, Lorenzo became frankly delusional after playing a laser video game with Rosenfeld. The patient was in a state of panic when he returned home after the session. His mother was able to calm him down by making an aluminium-foil outfit that the patient believed could protect him from the invasive laser beams. Rosenfeld made a pivotal decision not to hospitalize Lorenzo at this point and to see him every day of the week and sometimes twice a day. Rosenfeld explains that he did this "because I was interested in seeing the transference origins that . . . triggered the delusion". He adds parenthetically, "This is the way I try to reason as a psychoanalyst". I would add, this is the sort of clinical juncture at which the reader learns a good deal about the courage and the belief in one's patient and in the psychoanalytic process that are required if one is to do psychoanalytic work with psychotic patients.

With considerable trepidation on Rosenfeld's part, he and Lorenzo played the video game that had precipitated the acute psychotic breakdown and state of panic. I do not think that it was lost to Lorenzo that Rosenfeld, by not hospitalizing him, was attempting to accompany the patient into the most terrify-

ing corners of the patient's world. After losing a game to Rosenfeld, Lorenzo—still wearing his protective outfit—responded not with persecutory anxiety, but with words used as symbols: "Dr Rosenfeld, when you win, you can be transformed and become other characters, so even if I kill you now, you are still alive and have turned into another character".

Lorenzo was in this way explaining to Rosenfeld the laws of his internal object world: no dangerous person/character is ever killed. Rather, the character becomes transformed into an endless series of dangerous characters/people. Rosenfeld understood for the first time that the characters in the video games transformed themselves into dangerous people/characters in the patient's life outside the games, and vice versa. This was "the Rosetta stone" that allowed Rosenfeld to understand the way in which he and the characters on the screen can metamorphose and fragment into innumerable persecutory objects.

After a period of analytic work based on these understandings of the way Lorenzo's delusional world operates, Rosenfeld and Lorenzo played a 3-D video game at an arcade. The game created the illusion of images flying out of the screen into real life. This experience sent the patient into a state of terror. Lorenzo and Rosenfeld—along with the patient's psychiatrist, who prescribed medications for the patient—went to a nearby café, where they had tea. "Only after that did we ask him to explain to us in greater detail what he had felt." This experience served as the basis for Lorenzo's development—for the first time—of a capacity to differentiate between the two-dimensional characters on the screen and the three-dimensional people outside the screen. In other words, Lorenzo began to be able to create a space between symbol and symbolized, between animate and inanimate, between reality and fantasy.

Rosenfeld's detailed account of this clinical experience affords the reader the opportunity to accompany Rosenfeld step by step in his psychoanalytic work with his psychotic patient: "What is important is to be able to think psychoanalytically about the transference and the patient's inner world, as well as about the countertransference. No one can prevent me from thinking like a psychoanalyst, even when I am walking through the hospital with the patient, or going to a shopping mall and playing video games. Here, what is important is to create a mental space in common that is appropriate for holding and for psychoanalytic work."

Here also is the core of what, for me, is extraordinary about Rosenfeld's way of conducting himself as an analyst: he becomes the analyst that he intuitively feels the patient needs at any given juncture of analysis. Rosenfeld is never anything but an analyst when with his patients in virtually any setting, and the kind of analyst he is at any given juncture is determined by the analytic situation. In Lorenzo's analysis, at times this meant being an analyst who journeys with his patient into a psychotic, delusional world, involving endlessly transforming characters who move in and out of a video screen; at other times, it meant being a psychoanalyst who, in a café, held the patient—metaphorically—as the patient reconstituted himself after a period of psychotic disintegration; and at still other times, it meant making transference interpretations that addressed the patient's use of projective identification as he emptied his insane mind into Rosenfeld and consequently experienced Rosenfeld—in the form of deranged bus drivers—as attempting to drive him mad. Any single one of these ways of being an analyst for Lorenzo would, in isolation from the other ways of being an analyst, have been inadequate. Rosenfeld demonstrates the way he intuitively moved among a variety of ways of being an analyst in his analytic work with Lorenzo.

To conclude, I have elected to discuss these two chapters from this volume not only because they are, for me, two of the most emotionally and intellectually powerful in this rich collection, but also because, to my mind, they represent two of the most important contributions of the past decade to the understanding of the psychoanalytic treatment of psychotic patients. ○

THE SOUL, THE MIND, AND THE PSYCHOANALYST is available at £19.99 (catno. 23324)

COUNSELLING AND PSYCHOTHERAPY BOOKS

Dual Realities: The Search for Meaning :



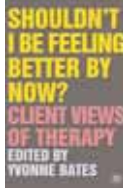
Psychodynamic Therapy with Physically Ill People

Archer, Ruth (Ed).
Catalogue No. 22712
£19.99

Little has been written about psychotherapy with the seriously physically ill and this book seeks to remedy that. The title "Dual

Realities" refers to the inner reality of the individuals internal world and the outer reality of their illness and the interaction between the two. Out of this arena came an understanding that what is important for the client/patient is the meaning, for them, of their illness. "Dual Realities" aims to show how therapists can work effectively with ill or disabled people, by facing their fears, adjusting their technique and by learning from their patients. To the general reader it offers an insight into this important area of psychotherapeutic work. To us all it gives the opportunity to discover the courage of those who were willing to pursue the path of psychotherapy in the search for wholeness and meaning in their illness and who have allowed their explorations to be published. This book will be of value to both qualified and trainee counsellors and psychotherapists who find themselves working with clients/patients who are seriously physically ill or disabled. It will also be of interest to other professionals who care for ill people at home or in hospital and to anyone who wants to understand the emotional impact of a serious illness or disability on the individual and their families.

Shouldn't I Be Feeling Better By Now?: Client Views of Therapy

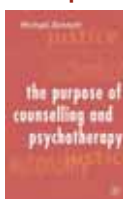


Bates, Yvonne.
Catalogue No. 22979
Price: £15.99

Around one in four clients of counselling and therapy either deteriorate in treatment or show no signs of recovery. Why does therapy fail this significant

proportion of vulnerable people, and what can be done about it? This ground-breaking volume assembles the first ever collection of client critiques of therapy as a way of kick-starting an urgently needed debate. Including contributions from a range of internationally respected therapists, the book identifies areas of concern and seeks to provide constructive solutions for the future.

The Purpose of Counselling and Psychotherapy

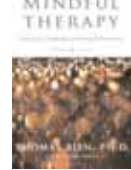


Bennett, Michael.
Catalogue No. 24500
Price: £19.99

Michael Bennett argues that the theory and practice of these fields have failed to live up to their therapeutic and social/political promise. An increased concern with professionalization and other

issues has left them increasingly divorced from any sense of purpose-moral, ethical, social and political. Bennett develops a plausible and rigorous philosophical foundation for defining the purpose of counselling and psychotherapy and then embarks on a critical analysis of their therapeutic and political practice. This book is unique in opening up the field of counselling to rational debate, rather than assuming certain values without making transparent where these values come and showing why they are valid.

Mindful Therapy: A Guide for Therapists and Helping Professionals



Bien, Thomas.
Catalogue No. 23819
Price: £12.99

'This book is particularly for and about therapists, pastors, and counselors - those who seek to alleviate mental and emotional suffering. Replete with stories and metaphors, it is less about how to do therapy than about the process of being a healer. "Mindful Therapy" is complementary, not contradictory, to scientific psychology, manifesting compassion, love, and wisdom as an antidote to the mindless application of therapy techniques. Furthermore, though writing in the language of psychotherapy. . . Bien has a pastor's heart. The essence of this book is not in reading, but in doing and being what it contains.' - William R. Miller

Counselling Survivors of Childhood Sexual Abuse:



Third Edition
Draucker, Claire B. & Martsof, Donna S.
Catalogue No. 24133
Price: £18.99

In this third edition of "Counselling Survivors of Childhood Sexual Abuse", Draucker and Martsof identify the

significant healing processes which are essential to achieve recovery. Carefully chosen case examples demonstrate the appropriate use of interventions in practice. The third edition includes a wealth of new material covering memory retrieval, outcome research, multicultural counselling, emerging therapeutic approaches, and neuroscience and counseling. Dynamics and difficulties in the therapeutic relationship are also discussed in great depth.

Brief Counselling: A Practical Integrative Approach: Second Edition



Feltham, Colin & Dryden, Wendy.
Catalogue No. 1816
Price: £21.99

Almost two thirds of counsellors and psychotherapists work with clients in up to twenty sessions each: this book reflects

that reality and the challenges involved. The bestselling first edition of this book, by two of the UK's leading counsellor trainers and academics, was praised by trainers and tutors for its accessibility, comprehensiveness and practicality. It was also a leading contribution to the movement towards time-conscious counselling and to an understanding of the therapeutic alliance across time. The second edition has been thoroughly updated to include significant recent professional developments and new thinking in the counselling field.

Training and Training Standards: Psychological Therapies in Primary Care



Hooper, Douglas & Weitz, Philippa (Eds).
Catalogue No. 22718
Price: £19.99

The surge of interest in psychological therapies in GP settings makes this book timely and important for the development

of this field in the 21st century. As well as the suggested syllabus for training counsellors and psychotherapists (agreed by the Counselling & Psychotherapy Forum for Primary Care), the book deals with much wider issues. Chapters deal with practitioner issues - both student and professional - management issues, and the provision of supervision and mentoring for the new counsellors as well as planning Continuous Professional Development. Chapters dealing with the history of the remarkable rise in these services help set the context of the rapid development of primary care counselling.

Dynamic Psychotherapy Explained: Second Edition

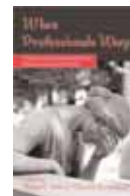


Hughes, Patricia & Riordan, Daniel.
Catalogue No. 24183
Price: £20.99

A comprehensive overview of Dynamic Psychotherapy. This book explains the links between psychotherapy and other psychiatric treatments, and between neurobiology and psychology. It spells out

the relationship between a biological and a psychological approach to mental functioning. It places psychotherapy in its context in psychiatry. Based on the highly successful first edition, the long-awaited "Dynamic Psychotherapy Explained: Second Edition" is a concise but comprehensive overview of this important treatment.

When Professionals Weep: Emotional and Countertransference Responses in End-of-Life Care



Katz, Renee S. & Johnson, Therese A. (Eds).
Catalogue No. 24243
Price: £19.99

End-of-life care (EOL) is a specialized area of work that crosses a number of

academic and professional disciplines, including social work, counselling, hospice, physical medicine, geriatrics, nursing, psychology, and clerical work. Professionals who work in EOL have often had deeply moving personal experiences with trauma, death, and loss in their own lives, and almost inevitably bring their own histories, memories, notions, and assumptions to their work. These countertransference responses can be both complex and subtle. This book contains an eclectic group of leaders in the field of death, dying, and bereavement, addressing the issues surrounding the intersection of the personal and the professional in the unique context of end-of-life care.

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



Love and Death in Psychotherapy

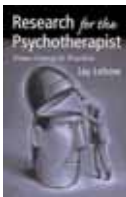


Langs, Robert.
Catalogue No. 21746
Price: £20.99

The focus is on a new way of understanding the human mind and the emotional issues with which it is faced. It shows that rather than love, death and the three forms of death anxiety it evokes—

existential, predatory, and predator—is the basic challenge in human life and its psychotherapy. The book also shows how to distinguish true from false love, be it in a psychotherapy patient or therapist or in everyday life. The book truly revolutionizes our understanding of ourselves and changes our view of psychoanalysis as it endeavors to comprehend emotional life. It also is replete with the discovery of new archetypes and universals in the emotion-processing mind. There is much here that is new and startling, and eminently useful.

Research for the Psychotherapist: From Practice to Science



Lebow, Jay. **Catalogue No. 24501**
Price: £18.99

While empirical, scientific research has much to offer to the practice-oriented therapist in training, it is often difficult to effectively engage the trainee, beginning practitioner, or graduate student focused on practical work.

"Research for the Psychotherapist" is an engaging, accessible text that bridges the gap between research and practice by presenting concise chapters that distill research findings and clearly apply them to practical issues. The book is arranged in five sections, featuring over twenty short chapters that speak to the psychotherapist about research, not to the researcher.

From Morality to Mental Health: Virtue and Vice in Therapeutic Culture



Martin, Mike W.
Catalogue No. 24179
Price: £20.99

In this wide-ranging, accessible book, Mike W. Martin asks: are we replacing morality with therapy, in potentially confused and dangerous ways, or are we creatively integrating morality and mental health?

According to him, it's a little bit of both. He surveys the ways in which morality and mental health are related, touching on practical concerns like love and work, self-respect and self-fulfillment, guilt and depression, crime and violence, and addictions. Terming this integrative development "the therapeutic trend in ethics," Martin uses examples from popular culture, various moral controversies, and draws on a line of thought that includes Plato, the Stoics, Freud, Nietzsche, and contemporary psychotherapeutic theories.

Mental Health Issues and the Media: An Introduction for Health Professionals



Morris, Gary. **Catalogue No. 23147**
Price: £19.99

Our ideas about mental health and illness can be informed by personal experiences but are most often formed by the prevailing attitudes of society. A wide range of contemporary media help create

these attitudes and for all health professionals the ways in which they do so are of immediate concern. Health professionals need to: be aware of media influences on their own perceptions and attitudes; take account of both the negative and positive aspects of media intervention in mental health promotion and public education; understand the way in which we all interact with media messages and how this affects both practitioners and service users.

Good Goodbyes: Knowing How to End in Psychotherapy and Psychoanalysis



Novick, Jack & Novick, Kerry K.
Catalogue No. 24572
Price: £19.99

"Good Goodbyes" highlights the crucial importance of how the end of therapy is structured and experienced. Bad endings can destroy good therapies. Good endings

can consolidate the work accomplished, transform relationships, and foster growth in both patient and therapist. Within the framework of the therapeutic relationship and a clearly articulated set of goals for therapy, the authors describe how to recognize and respond to termination themes from the very beginning of treatment. Each phase of treatment brings its own challenges, as well as the risk of premature ending by patient or therapist. Each chapter in this book addresses specific danger signals to look out for and helpful techniques to support treatment.

Change 101: A Practical Guide to Creating Change in Life or Therapy



O'Hanlon, Bill
Catalogue No. 24254
Price: £15.99

Drawing on thirty years of clinical experience, Bill O'Hanlon - one of psychotherapy's most innovative practitioners and teachers examines this simple yet often elusive

aspect of successful therapy: change. With his characteristic wit and style, O'Hanlon presents the key concepts and most powerful methods for achieving personal transformation. Readers are provided with the perspective and inspiration necessary to embrace the risk and reward of change.

New Approaches to Integration in Psychotherapy

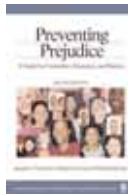


O'Leary, Eleanor & Murphy, Mike (Eds).
Catalogue No. 89609
Price: £18.99

Eleanor O'Leary and Mike Murphy bring together contributors from a range of theoretical backgrounds who present new frameworks, theoretical integrations, clinical

developments and related research. They critique existing research and provide a thorough overview of the historical development of the movement towards integration in psychotherapy. The book is divided into three sections, covering the following subjects in depth: Frameworks and theoretical integrations; professional and clinical integrations and special populations; issues for professional consideration. therapy, psychotherapists, counsellors and clinical psychologists.

Preventing Prejudice: A Guide for Counselors, Educators and Parents: Second Edition



Ponterotto, Joseph G. et al.
Catalogue No. 23970
Price: £31.00

The second edition of "Preventing Prejudice" has been completely revised and expanded to provide the most up-to-date and extensive coverage of prejudice and racism currently available. It also includes practical tools for combating prejudice development in children, adolescents and adults.

Integrative Treatment for Borderline Personality Disorder: Effective, Symptom-focused Techniques, Simplified for Private Practice



Preston, John.
Catalogue No. 24277
Price: £17.99

A noted expert in the treatment of borderline personality disorder presents a

comprehensive program for treating this difficult condition—integrating the most effective treatments in use today, including dialectical behavior therapy (DBT). This book allows therapists in private practice to make progress with clients with BPD in just a few sessions.

Personality and Psychotherapy: Treating the Whole Person



Singer, Jefferson A.
Catalogue No. 24282
Price: £25.00

This innovative book provides a framework for using recent advances in personality science to inform and enrich psychotherapy. The author demonstrates

how multidimensional assessment within the context of a strong therapeutic alliance can serve as a guide to treating clients as multifaceted individuals, rather than simply treating symptoms or diagnoses. Key concepts and procedures of personality assessment are clearly explained, as are ways to use the resulting data effectively in treatment planning and intervention with individuals or couples. The concluding chapter features an extended case example illustrating the author's approach.

Egan's Skilled Helper Model: Developments and Applications in Counselling



Wosket, Val
Catalogue No. 89610
Price: £18.99

The skilled helper model of counselling is hugely influential in the helping professions. "Egan's Skilled Helper Model" brings a number of new and challenging perspectives

to bear on Egan's work and makes a major contribution to the development of this problem-management and opportunity-development approach to helping. This book provides an invaluable resource for trainees, trainers, supervisors and experienced practitioners wishing to update their knowledge of the model. It will also be of great interest to anyone in the helping professions looking for a pragmatic integrative framework that is adaptable to a diverse range of client issues and contexts.

The Elephant in the Room: Silence and Denial in Everyday Life



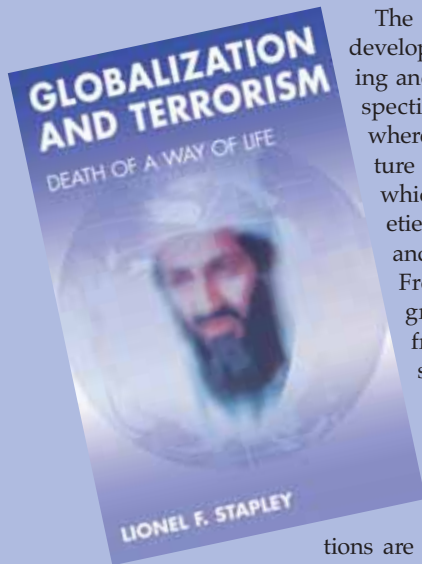
Zerubavel, Eviatar.
Catalogue No. 24086
Price: £16.99

Taking on the concept of denial, this work explains the ways in which people, both as individuals and collectively, consciously refrain from acknowledging things of which

they are quite clearly aware.



WHEN Muslims are asked why they have become terrorists the frequent response is that it is a consequence of American and British foreign policy on Afghanistan and Iraq. And this is usually met with a response by the British and American Governments to the effect that terrorism started well before there was any suggestion of an invasion of Iraq or Afghanistan. Somewhere between these two positions lies the answer to why global Muslim terrorism is occurring. However, the answer does not come from simplistic explanations and it very much depends on the way we view the situation.



The approach taken in this book is developed from Group relations learning and views societies from the perspective of societies-as-a whole where each society has a unique culture that acts as a sort of 'skin' which provides members of societies with continuity, consistency and confirmation of their world. From this perspective, societal group processes are different from individual dynamics and specific group dynamics occur that are of a different nature than individual dynamics. When role is defined as a property of the societal group, then role prescriptions are filled, sometimes by individuals,

sometimes by sub-groups and sometimes by identifiable clusters of behavior that are a group property and serve a role function. Thus we may say that a sub-group such as Al Qaeda is doing something on behalf of Muslim societies.

In about 1985 a dramatic and growing change started to roll out across the globe and this was strongly driven by the implementation and availability of the World Wide Web. Globalization was originally driven by economic need but has developed way beyond that to begin the process of creating a new way of life in societies throughout the world. Some see the project as nothing less than an attempt to control the world. They are doubtless encouraged by statements that promote the wide ranging political intentions of Globalisation as described by both President Clinton 'The enlargement of democracy' and President Bush 'Beyond containment lies democracy' and when referring to its mission to 'be the promotion and consolidation of democracy'. And to a lesser degree and in less obvious ways this is also the aim of the European Union.

As a consequence of Globalisation, members of societies throughout the world are currently experiencing massive, unprecedented, changes in their way of life. This was also the experience during the period known as the Industrial Revolution (or Globalization One as it is now being referred to) where with hindsight we are aware that a feature of such massive change is that it is extremely difficult for most members of societies to understand what is happening to them at any given time. They are aware of something profound but are likely to centre their focus on exceptional events. Hence the previously referred to focus by Muslims on Iraq. As was the experience of the first Globalisation, in trying to cope with the consequences of developing a new way of life, members of societies throughout the world have responded by becoming extremely dependent, turning to religion and seeking a Messianic figure to lead them out of their despair; and by rebellion and violent actions against the perceived aggressors.

While Globalization attracts a fraction of the media and political attention given to terrorism, it has a greater adverse effect on

members of societies throughout the world. This may seem an astonishing claim but the effects are so dramatic and so destructive that individuals and groups in societies throughout the world are experiencing a loss of identity. This dire experience is described by Winnicott (1988) as, 'Integration feels sane, and it feels mad to be losing integration that has been acquired'; and by Melanie Klein (1955) as, '... the feeling of chaos, of disintegration, of lacking emotions, as a result of splitting, I take to be closely related to the fear of death'. What those who developed and promoted Globalisation failed to consider was the effect of change on societal cultures. And the role that societal culture plays in providing for the continuity, consistency and confirmation of our world. From OPUS research this has been reported to be experienced in many Western societies as 'death of a way of life'. This is not attributable to a specific experience but is more in the nature of an omni-present underlying feeling of threats to individual and group identity. It is suggested that it was this overall and shared experience of insecurity and fear, especially fear of annihilation, which led to Muslim fundamentalism and to global Muslim terrorism.

At about the same time as Globalisation was beginning to have an effect on societies throughout the world in 1985, members of Muslim societies started to mobilise Al Qaeda and other groups to protect their way of life. This includes Muslims no matter what their physical location. Seen from a societal group-as-a-whole perspective physical assembly is not a pre-requisite for the existence of a group. No individual, however isolated in time and space be regarded as outside a group or lacking in active manifestations of group psychology. They are all part of the Muslim society-as-a-whole and this, of course, includes groups of Muslims who are resident in Britain, and other Western countries.

This clash of cultures is symbolised by the idealisation of democracy by the West and idealisation of Islam by Muslims. A danger is that this primitive splitting and idealisation of ones own society results in a total disregard for other societies who are then regarded as totally evil. This may be epitomised by expressions such as, 'The Great Satan' and 'The Axis of Evil'. Both Muslims and the West are adding to their differences by each believing and acting on stereotypes of the other. A result of this splitting and polarisation is that the boundary or contact point between Western and Muslim cultures has become a fixed and rigid battleground.

Instead of resisting the aggressive projections of members of societies Western and Muslim leaders are acting on them. All this does is to encourage splitting and further projection by members of societies. It becomes a collusive process that in turn becomes part of both Western and Muslim culture. A result is a sort of institutionalised hatred of the West by Muslims and of Muslims by Westerners. Political leadership is seen as vital in providing a means of getting us out of the dangerous and deadly vortex that is currently spinning out of control. It requires political leadership on both sides that is based on an ability to interpret the traditional values of the society in such a way that it includes the 'other', without utterly reconstructing the 'other' and denying their true 'otherness'. This will ensure that the two sides can work together across the boundary to develop a new understanding that takes account of the need for a pluralistic world community. ○

LIONEL STAPLEY PhD is an organizational consultant and the Director of OPUS (An Organisation for Promoting Understanding of Society) an educational charity that seeks to encourage the study of conscious and unconscious processes in society and institutions within it.

GLOBALIZATION AND TERRORISM (170 pages, catno 23871) is available at £12.99

UKCP KARNAC SERIES

The start of a great relationship

by Pippa Weitz



THE UK Council for Psychotherapy Book Series has arrived! Its birth was celebrated in Cambridge in July at the European Association for Psychotherapy/UKCP conference with much fun and a good dose of sunshine.

The series will develop a series exploring the psychotherapeutic themes that UKCP represents as well as embracing academically the latest in psychotherapy research, practice and training. The series is not just seen as an opportunity for the well-known practitioners to publish but also to give opportunities to new writers. Although some authors may be approached to develop a theme on behalf of UKCP, this series is open to ALL members.

About six months ago we placed a flyer in The Psychotherapist requesting publishing ideas and we had an overwhelming response. These are now being considered in detail and within a year you will start to see some of them appearing on the Karnac list. The submissions that we have received so far are truly exciting in that they really represent the breadth and depth of UKCP and it looks as if UKCP is going to have a very flourishing and lively publishing wing in the years to come.

We have an editorial panel made up of Jenny Corrigan, Pam Howard, Christine Lister-Ford, Philippa Weitz and Heward Wilkinson. In addition, as we have had such success with our call for potential titles we have had to

bring in some external assessors to help as we have been drowning under mounds of paperwork. These assessors currently include Michael Jacobs, Liz Forbat, David Pocock and Courtenay Young, Both the Editorial Board and the external assessors have done a marvellous job in processing the many applications that have been sent their way.

We are also formally announcing the launch of the UKCP-Karnac prize, which in its first year will be open to both UKCP and EAP members. The prize of £200 book tokens to spend with Karnac Books will be for the best unpublished work submitted either through the UKCP-Karnac series, or directly to Karnac. Perhaps more importantly the winner will also be published in the UKCP series.

So now the celebrations are over, and as they say, it is over to you. The Editorial Board are still (and will always be) looking for new submissions. You can download an application form on the UKCP website by going to the Publication pages and then selecting the Downloads.

UKCP-Karnac Editorial Board, the Governing Board and invited guests: (left to right) Philippa Weitz, Professor Douglas Hooper, Christine Lister-Ford, Adrian Rhodes, Valerie Tufnell, Lisa Wake, Heward Wilkinson, Jenny Corrigan, James Antrican, Steve Johnson, Penny Henderson, Dr Dorothy Rowe. ○

CLINICAL PSYCHOLOGY BOOKS

Handbook of Mentalization-Based Treatment



Allen, Jon G. & Fonagy, Peter (Eds).
Catalogue No. 23794
Price: £29.99

Pioneering research has been carried out over the last decade on mentalization and the promotion of mentalizing capacity - the ability to interpret the behavior of oneself and others as based on intentional mental states, such as needs, desires, feelings, and beliefs. This book is a consolidation of current knowledge and clinical applications, bringing together a group of international experts who have been on the ground floor of theory and research to clarify the concept, review pertinent neurobiological and psychosocial research, and explore its diverse clinical applications.

The Mind in Therapy: Cognitive Science for Practice



Arbuthnot, Katherine D. et al.
Catalogue No. 24629
Price: £36.99

Human mental capacities and processes are the raw materials with which psychotherapists work. Thus what cognitive scientists have discovered in recent decades is potentially tremendous value for psychotherapeutic practice. But the new knowledge is not readily accessible to therapists, who find both language and methodology off-putting. "The Mind in Therapy" bridges the gap. It offers a comprehensive overview of the relevant range of cognitive activities, ranging from complex mental operations such as problem solving, decision making, reasoning, and metacognition to basic functions such as attention, memory, and emotion.

CBT for Occupational Stress in Health Professionals: Introducing a Schema-Focused Approach



Bamber, Martin R.
Catalogue No. 24228
Price: £24.99

The costs of occupational stress in terms of sickness absence, ill-health-related retirement, litigation and lost productivity are increasing, putting strain on economies across the world. The fact that health care work is inherently more stressful than many other occupations makes it vital that the problem of occupational stress among health professionals is addressed. "CBT for Occupational Stress in Health Professionals" goes beyond simply defining the problem and fills a gap in the current literature by providing clear and concise individual treatment interventions.

Mentalization-based Treatment for Borderline Personality Disorder: A Practical Guide



Bateman, Anthony & Fonagy, Peter.
Catalogue No. 24525
Price: £19.99

"Mentalization-based Treatment for Borderline Personality Disorder" is a "How to Do It" book outlining a clinically proven treatment for Borderline Personality Disorder. Containing illustrative clinical examples, it details precisely how to develop and implement treatment and is a companion to the highly successful book "Psychotherapy for Borderline Personality Disorder - Mentalization Based Treatment." This practical guide explains how to treat borderline patients by helping them develop a more robust mentalizing capacity within the context of an attachment relationship.

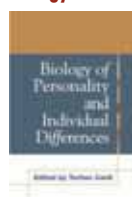
Psychiatry: A Very Short Introduction



Burns, Tom
Catalogue No. 24308
Price: £6.99

Psychiatry is now a highly visible activity - care in the community, compulsion, suicide, drug and alcohol abuse mean that few people are not touched by it. Indeed one in four of us will consult a psychiatrist in our life time. This book explains what psychiatry is, and what it is not. It starts with the identification of the major mental illnesses and why they are no longer considered just variations of 'normality'. It charts the rise of the Asylum and its demise with the developments of Care in the Community, and the flourishing of psychoanalysis and its later transformation into more accessible psychotherapies. More than any other branch of medicine psychiatry has been attacked and criticized the book does not shy away from outlining these issues but provides the reader with a clear understanding of what psychiatry is capable of, and what it is not capable of, so that they can draw their own conclusions.

Biology of Personality and Individual Differences



Canli, Turhan (Ed).
Catalogue No. 24278
Price: £49.99

This is the first book to provide an overview of current research using cutting-edge genetic and neuroimaging methods in the study of personality. Integrating compelling lines of inquiry that until now have largely remained disparate, the volume brings together leading investigators from personality psychology; clinical psychology and psychiatry; cognitive, affective, and behavioral neuroscience; and comparative psychology. Coverage includes the structure of personality and its mapping onto biology, genetic markers for individual differences and vulnerability towards psychopathology, sex differences and age-related processes, and functional neuroimaging approaches.

Clinical Assessment and Diagnosis in Social Work Practice



Corcoran, Jacqueline & Walsh, David.
Catalogue No. 24270
Price: £28.99

This work helps clinical social workers develop competence in the Diagnostic and Statistical Manual (DSM-IV-TR) system of diagnosis. It will help clinical social workers not only develop competence in the Diagnostic and Statistical Manual (DSM-IV-TR) system of diagnosis, it will also assist them in staying attuned during client assessment to social work values and principles - a focus on client strengths, concern for the worth and dignity of individuals, appreciation of environmental influences on behavior, and a reliance on evidence-based approaches.

A Life Worth Living: Contributions to Positive Psychology



Csikszentmihalyi, Mihaly & Csikszentmihalyi, Isabella S. (Eds).
Catalogue No. 24092
Price: £31.99

Brings together thoughts on positive psychology. This work includes historical, philosophical, and empirical views of what matter for personal happiness and well-being. This book agrees on principles of optimal development that start with material concerns and lead to embracing the goals of others and the well-being of the environment.

Rational Emotive Behaviour Therapy: 100 Key Points and Techniques



Dryden, Windy & Neenan, Michael.
Catalogue No. 24239
Price: £11.99

Rational Emotive Behaviour Therapy (REBT) is practised all over the world and has many therapeutic, occupational and educational applications. This book presents 100 main features of this system, to help therapists improve their practice; it will be of interest to psychotherapists and counsellors in training and practice.

Minds on Trial: Great Cases in Law and Psychology



Ewing, Charles P. & McCann, Joseph T.
Catalogue No. 24096
Price: £20.99

Details twenty court cases that turned, at least in part, on the expertise of forensic psychologists and psychiatrists. This casebook also includes cases involved in psychological issues such as: insanity, criminal profiling, capital punishment, competence to stand trial, infanticide, domestic violence, false confessions and psychological autopsies. Everyday, in courtrooms everywhere, people's lives are touched and shaped by judgments and verdicts, influenced by the testimony of psychologists and other mental health experts.

Fifty Signs of Mental Illness: A User-Friendly



Alphabetical Guide to Psychiatric Symptoms and What You Should Know About Them
Hicks, James W.
Catalogue No. 24516
Price: £9.99

This compelling book introduces a wide range of psychiatric symptoms and their treatments. Written for anyone concerned about his or her own mental health or about symptoms observed in family members or close friends, the book is packed with useful and reassuring information. It is both easy to read and difficult to put down. The volume presents fifty signs that may, or may not, signal mental illness. Arranged alphabetically, the signs include everything from anger to sexual preoccupations, from cravings to obsessions. Dr. James W. Hicks, a highly regarded psychiatrist with extensive clinical experience, begins each topic with a vignette to illustrate the symptom. He explains how a specific sign can be caused by several different illnesses and may even be a normal response to stress, and outlines available treatments as well as strategies for coping with each symptom. Nearly one in three individuals experiences psychiatric symptoms each year. This book clarifies the significance of such signs and guides its readers toward appropriate treatment choices. It is an invaluable resource for anyone seeking a more informed perspective on mental illness.

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CLINICAL PSYCHOLOGY BOOKS

Managing Social Anxiety: A Cognitive-Behavioral Therapy Approach: Therapist Guide



Hope, Debra A. et al.
Catalogue No. 24088
Price: £24.99

Designed to be used with "Managing Social Anxiety: Client Workbook". This title is for practicing mental health professionals who treat adult clients

diagnosed with Social Anxiety Disorder and/or Specific Social Phobias. It lays out a cognitive-behavioral treatment program to help clinicians teach their clients to learn to monitor their anxiety.

An Argument for Mind



Kagan, Jerome.
Catalogue No. 24084
Price: £17.50

With appreciation for the contributions to psychology of history, philosophy, literature and neuroscience, the author approaches a range of topics, such as the abandonment of orthodox forms of

behaviourism and psychoanalysis.

Personality and Psychopathology

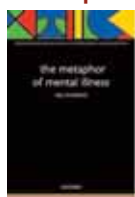


Krueger, Robert F. & Tackett, Jennifer L. (Eds).
Catalogue No. 24231
Price: £32.50

Traditionally, personality and psychopathology have been distinct areas of inquiry. This important volume reviews influential research programs that

increasingly bridge the gap between the two areas. Presented are compelling perspectives on whether certain personality traits or structures confer risks for mental illness, how temperament interacts with other influences on psychological adaptation, links between personality disorders and mood and anxiety disorders, implications for effective intervention, and more.

The Metaphor of Mental Illness



Pickering, Neil.
Catalogue No. 24089
Price: £30.99

Despite the currency of the notion of mental illness, there are those who take the radical sceptical line that mental illness is a fabrication. This book provides an evaluation of the traditional

philosophical disputes about the existence and nature of mental illness.

Choosing Methods in Mental Health Research



Slade, Mike & Priebe, Stefan (Eds).
Catalogue No. 24648
Price: £29.99

"Choosing Methods in Mental Health Research" develops a new framework for mental health research. It is concerned with how to choose the most appropriate mental health research method, not only

to address a specific question, but to maximise the potential impact on shaping mental health care. Mike Slade and Stefan Priebe focus attention on the type of audience that the researcher is seeking to influence, the types of evidence each audience accepts as valid, and the relative strengths and limitations of each type of methodology. A range of research methodologies are described and critically appraised, and the use of evidence by different groups is discussed.

Clinical Supervision in Mental Health Nursing



Sloan, Graham.
Catalogue No. 24272
Price: £24.99

This book reports on an investigation on the practice of clinical supervision in mental health nursing. Incorporating three case studies, it illuminates the reciprocal interactions between clinical supervisor

and supervisee. While the book uncovers a number of limitations in the process of clinical supervision and gaps in mental health nurses' level of competence in interpersonal relations, it provides a basis for a more critical approach to this important element of professional development.

Asylum to Action: Paddington Day Hospital, Therapeutic Communities and Beyond



Spandler, Helen.
Catalogue No. 24421
Price: £25.00

"Asylum to Action" offers an alternative history of a libertarian therapeutic community at Paddington Day Hospital in

West London in the 1970s. Helen Spandler recaptures the radical aspirations, as well as the conflicts, of the early therapeutic community movement, radical psychiatry and the patients' movement. The author's account of the formation of the Mental Patients' Union, the first politicised psychiatric survivors group in the UK, raises questions about the connections between the service user movement, therapeutic communities, critiques of psychiatry and psychoanalytic models of intervention. In particular, Spandler challenges Claire Baron's dominant account of the subject in her influential book "Asylum to Anarchy".

Case Formulation in Cognition Behavioural Therapy: The Treatment of Challenging and Complex Cases

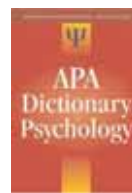


Tarrier, Nick (Ed).
Catalogue No. 24227
Price: £24.99

Case formulation is the core skill of every practitioner carrying out psychological therapies at an advanced level. It is

essential in providing an idiosyncratic understanding of the individual client and their clinical problems. In this volume, Nicholas Tarrier brings together contributions that cover many of the clinical issues that will challenge practitioners in their practice of cognitive behaviour therapy. Each chapter serves as a practical guide to overcoming that particular clinical challenge and is grounded solidly in research evidence. Experts in each individual field discuss how case formulation aids clinical practice in their chosen area and demonstrate how detailed understanding of the clinical case leads to improved therapeutic outcome.

APA Dictionary of Psychology



VandenBos, Gary R. (Ed).
Catalogue No. 24223
Price: £35.00

A major scholarly and editorial undertaking with over 25,000 terms and definitions, this dictionary encompasses all areas of research and application, including coverage of concepts, processes and therapies across all the major subdisciplines of psychology. The distinguished editorial board consists of over 100 psychological scholars, researchers and practitioners spending over ten years to produce what is destined to become the most authoritative reference work of its kind.

The Student's Guide to Cognitive Neuroscience



Ward, Jamie.
Catalogue No. 23121
Our Price : £19.99

Reflecting recent changes in the way cognition and the brain are studied, this book provides a comprehensive and student-friendly guide to cognitive neuroscience.

Following an introduction to neural structure and function, all the key methods and procedures of cognitive neuroscience are explained with a view to helping students understand how they can be used to shed light on the neural basis of cognition. The second part of the book goes on to present an up-to-date overview of the latest theories and findings in all the key topics in cognitive neuroscience, including vision, attention, memory, speech and language, numeracy, executive function and social and emotional behaviour. Throughout, case studies, newspaper reports and everyday examples are used to provide an easy way in to understanding the more challenging ideas that underpin the subject.

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MANIC-DEPRESSIVE DYNAMICS IN GIUSEPPE VERDI'S LA TRAVIATA

by Brett Kahr

[Brett Kahr wrote these remarks at the request of a group of opera students keen to learn more about the psychological processes in music and theatre. We hope that his commentary may be of interest to readers of the *Karnac Review*].

THROUGHOUT history, few operas have captured the imagination as much as Giuseppe Verdi's masterpiece *La Traviata*, the story of Violetta Valéry, a courtesan dying of consumption, and her tragic love affair with the young aristocrat Alfredo Germont who attempts to rescue her from physical and psychological decline. Based on the novel, *La Dame aux Camélias* [*The Lady of the Camélias*] by the nineteenth-century French romantic novelist Alexandre Dumas fils, Verdi's opera, with sterling libretto by his faithful collaborator Francesco Maria Piave, debuted in Venice, at the Teatro Fenice, on 6th March 1853; and over the last century-and-a-half, the work has continued to excite, not only because of the extremely well-crafted music and libretto, but also, because of the deeply compelling psychological themes and subtexts of the story.

Many spectators have enjoyed the opera because of its richly melodic music, a veritable Verdian "hit-parade" which features such memorable classics as the "Brindisi" [*Libiamo ne' lieti calici*], the lovers' waltz "Un dì felice, eterea", Violetta's Act I Recitativo and Aria, "Ah, forse è lui che l'anima" and "Sempre libera deggi'io", Alfredo's Act II Recitativo and Aria, "Lunge da lei", and "De' miei bollenti spiriti", followed by the stirring Cabaletta, "O mio rimorso!", and of course, the final Duetto, in Act III, "Parigi, o cara, noi lasceremo". Others have swooned at the technical virtuosity of the soprano, who performs coloratura feats of derring-do, with certain *soprani*, such as Joan Sutherland, one of the best interpreters of the role, swanning to a Top E-flat at the finale of the "Sempre libera deggi'io".

But beneath the skill of Verdi, Piave, and their vocal interpreters, the story exerts a further profound influence, namely, its unconscious attractions, which drew the authors and the performers to this work in the first place.

Psychoanalysts and psychotherapists from Sigmund Freud onwards have noted the important relationship between art and death, theorising that works of great creativity not only bring tremendous pleasure to their progenitors and to their audiences, but that such art continues to have an enduring appeal because of the ways in which it will assist us all to "work-through" deep unconscious conflicts, particularly those surrounding our greatest human anxiety: *death itself*. By watching another person die on stage, we experience tremendous relief that we, the onlookers, may leave the theatre intact, knowing

that someone else has died in our place, and that we, by contrast, may experience the relief that we may yet live another day. Furthermore, a theatrical death will provide us with a template, a map, for assisting us – once again, unconsciously – in the preparation for our own death, by watching another person endure the final bow.

Theatrical deaths offer a very deep source of pleasure indeed, because although we may watch a character expire on stage, as in the case of Violetta Valéry, we also appreciate that within a matter of seconds, she will return for her curtain call, fully alive and fully vibrant, and that our thunderous opera-house cheers will revive the soprano from the dead. Thus, in deeply symbolic form, both singer and audience can experience death, and yet cheat it simultaneously, thereby enjoying a secret Faustian pact with the Devil.

As we know, Sigmund Freud, and his distinguished Austro-British disciple, Melanie Klein, devoted much of their professional energies to the elucidation of the ways in which the human psyche both struggles with, and admits to, death-thoughts and death-anxieties, as well as the ways in which we protect ourselves from thinking about death, through the invocation of manic mechanisms: mental manoeuvres which permit us to forget about death and enjoy life. Few composers or librettists understood this dynamic as thoroughly as Verdi and Piave; and even a brief examination of the first ten minutes or so of the opera reveals the constant alternation between manic highs and depressive lows, thus creating a deep sense of meaning not only for Violetta as she struggles with consumption, but also with the audience, as we battle with our own twenty-first century versions of death and death-anxiety.

Musically, the opera commences with a Preludio, marked "Adagio" with a crotchet at metronome marking 66. These slow, plaintive, *pianississimo* opening phrases, played on divided strings, first with the violins, and then with violins and celli, evoke the image of a sick-room, the very chamber that we shall enter all too palpably in Act III. But, at bar 18, Verdi transports us into another mood state, in a section marked "con espressione", played by the full orchestra ["*Tutti*"], featuring *pizzicato* strings in the bass line, providing more bounce and liveliness. At bar 25, the celli introduce a sense of menace with a haunting figure, as the musical dynamics increase. Eventually, the strings become manic with prolonged *pizzicatti*, playing a succession of *rising* and *falling* melody lines. In only a few short staves of music, Verdi has already managed to presage the ongoing alternation between life and death, between energy and collapse, mania and depression, which will characterise the entire of the opera.

As the curtain rises on Violetta's house, the orchestra becomes quite wild, playing *forte* for the first time – a stark contrast from the Preludio (which moves from *pianissimo*, to *pianissimo*, to *piano*) – in a section marked “*Allegro brilliantissimo e molto vivace*”, with a two-bar phrase beginning on a D-sharp and rising to the C above, not quite resolving the octave, once again indicating a sense of something being *cut short*, in spite of the merriment of the music. Within minutes, we have moved from a pleading prelude to a pulsing party, from depression to mania.

In Richard Eyre's production, conducted originally by Sir Georg Solti at the Royal Opera House, at Covent Garden in London, the performance began visually with a projection of a picture of the young Violetta onto the curtain – during the musical Preludio – allowing us to see the sad eyes of the innocent young child who eventually becomes a courtesan. The image chosen by Eyre or by his designer conveys a chilling sense of liveliness and innocence, but also, of a tragedy-in-the-making. As the image fades and the curtain ascends, we enter Violetta's function room, swarming with glamorous French noblemen and women, liveried footmen, and a large ice sculpture with champagne aplenty. The *Allegro brilliantissimo e molto vivace* music allows us to abandon the pain and *douleur* that we will have experienced during the Preludio, masterfully maintained at an aching tempo by Solti, and to become guests ourselves at Violetta's sumptuous soirée.

But in spite of the mania, the enthusiasm, and the swirling of lavish becrinolined gowns, Verdi and Pavesi cannot escape the impending death of their heroine, nor can Eyre, who has had his costume designer dress Violetta in a pallid white gown, strewn with embroidered star-like shapes (as though she had already flown to Heaven), looking so anaemic compared to the other ladies in their deep blood-red costumes. One truly believes that Violetta has died, all the colour having drained from her face and body. One also cannot escape the ice sculpture, the centrepiece of the stage. Though undoubtedly a stage prop made of papier-mâché or some similar substance, a real ice-sculpture would melt, progressively, throughout the course of an evening, suggesting, quite powerfully, Violetta's ongoing pulmonary decay.

Just as we begin to notice the cracks behind the glamour, Violetta and her friends sing with manic jubilation, “*È al convito che s'apre ogni cor*” [“It is at table that the heart is gayest”, often translated as “Come, fill your glasses and drink once again!”], a clarion call to banish depression through the manic use of alcoholic substances, eradicating all thoughts of despair. Verdi has arranged for the *soprani* and the *tenori* to begin their melody line on a High E, suggesting that they have already become “quite high” – perched dangerously indeed on the break of the voice – from the alcohol.

But although the mind can banish painful contents for a short period of time, it can never do so permanently, and as Freud had already indicated many times throughout the course of his writings, the repressed will always return in some form. Violetta's friend, Gastone, informs her that

during her recent illness, her new admirer, the passionate youngster Alfredo Germont, came to call every day. With Gastone's announcement, we learn consciously, for the very first time, of Violetta's health condition. Upon hearing of Alfredo's visits, and of Gastone's reminder of her bodily disintegration, Violetta decides that her guests must drink more, and Eyre entreats his soprano, Angela Gheorghiu, to lift a bottle of champagne, and to dull the senses of her guests, in a desperate attempt to banish all thought of illness and death. Violetta exclaims, “*Sarò l'Ebe che versa*” [“I shall be Hebe, the cup-bearer”, translated in the Gustav Schirmer edition of the score as “Would champagne give you courage?”], which prompts her guests to call for the “*Brindisi*”, or drinking-song, the infectious “*Allegretto*” in 3/8 tempo, which may well qualify as one of the most happy, uplifting musical sequences in all of Western opera.

After the *Brindisi* reaches its conclusion, all the guests and the footmen retire to Violetta's adjoining reception room, leaving the stage bare, but for the two ill-fated lovers, Violetta and Alfredo, and the melting ice sculpture. Though Violetta has just sung beautifully, and passionately, and energetically, climaxing on a High B-flat, sustained, *fortissimo*, over five measures of music, she now expires, coughing into her handkerchief, and collapsing beneath the ice sculpture onto the cream-coloured upholstered banquette. Her white dress seems ever more wraith-like against the cream of the furnishings, and after pretending to be well, she finally confesses to herself, “*Oh qual palor!*” [“Oh, how pale I am!”]. At this moment, the reality of death can no longer be denied, nor defended against; and although Violetta tries desperately to do so, through her forthcoming Aria of survival “*Sempre libera degg'io*”, through her bucolic romance with Alfredo, and through her dramatic flight from her lover, the tuberculosis supervenes, and Violetta succumbs, expiring at the climax of Act III.

However, moments later, after her death on stage, Violetta becomes restored, greeting a wave of standing ovations, returned to life, thus emblematising the way in which opera allows us to visit the fear of death, the pain of death, and the joy of life – both healthy and manic – as well as the delusional conquest of death through curtain calls, all in the course of one emotional rollercoaster of an evening. Giuseppe Verdi, in particular, a composer renowned for choosing his stories and his librettist with punctilious care, knew instinctively, as many great artists do, exactly which tales would touch universal themes, and he knew how to provide a musical score which would allow audiences to visit both the sepulchral preludic lows and the *pizzicatti allegretti* highs, thus providing a contained experienced of emotional satisfaction. Perhaps it may be this psychological ability, rather than any one, single tune, per se, which has ensured the vitality of *La Traviata*, in spite of the decease of all of its creators, over a century ago. ○

BRETT KAHR is a psychotherapist in private practice. He is the author and editor of several books including *D.W.Winnicott: A Biographical Portrait* (Karnac Books, Cat.no 1201. £19.99) and *The Legacy of Winnicott* (Karnac Books, Cat.no 15408, £22.50)

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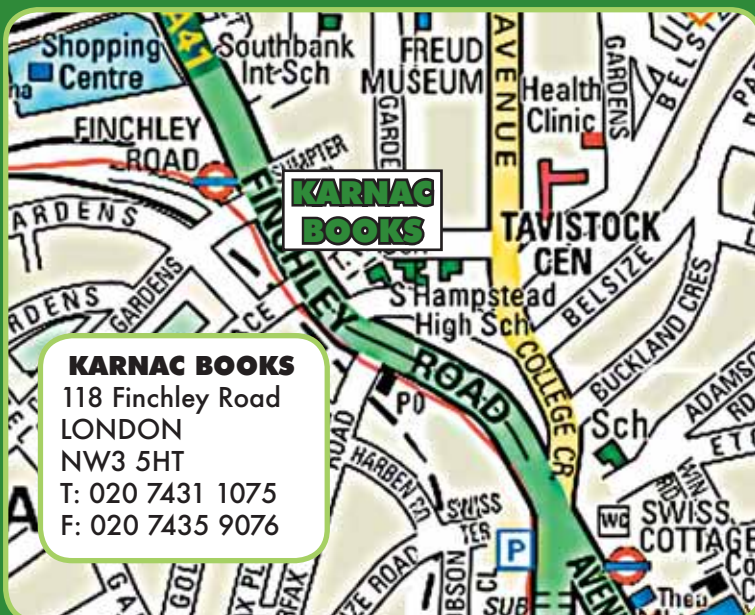
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