

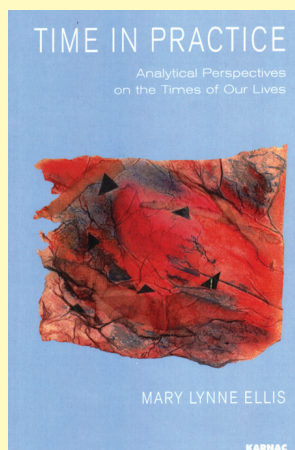
**SPRING 2008**

# **KARNAC REVIEW**

**NEW TITLES IN MENTAL HEALTH...**

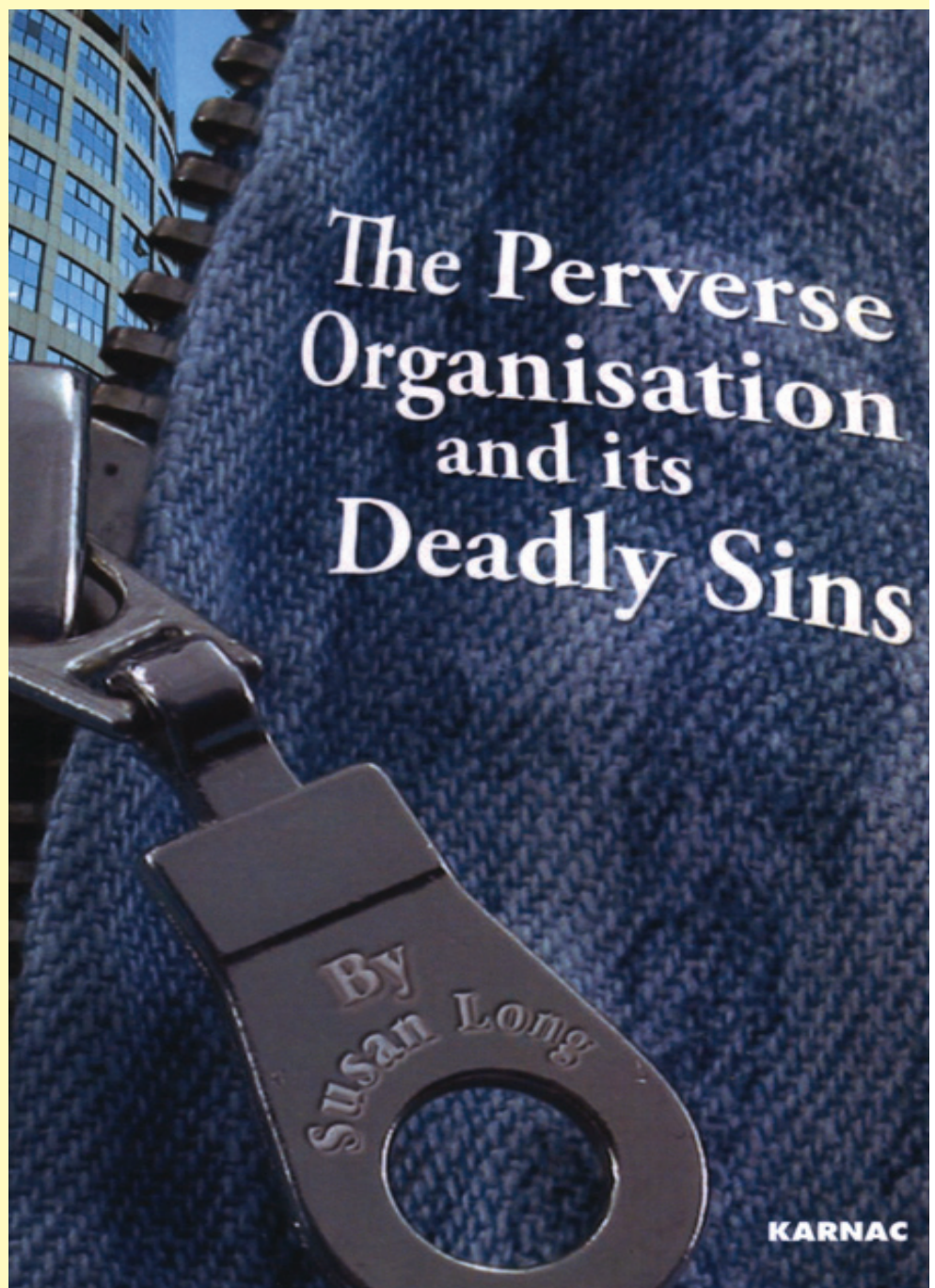
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**Rosemary Campher  
Colette Chiland**



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Lynne Ellis**

**Elisabeth Cleve  
Vicki Clifford  
Thomas T. Lawson  
Susan Long  
Juliet Miller  
Phil Mollon  
Judith Trowell  
Gay Watson  
and many more...**



**...FROM THE UK'S PREMIER INDEPENDENT MENTAL HEALTH BOOKSELLER**

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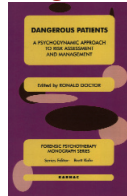
### **Violence: A Public Health Menace and a Public Health Approach**



**Bloom, Sandra.**  
Catalogue No. 13807  
Karnac 2001  
Price: £19.99

We now have access to a much deeper understanding of both the aetiology of aggressive acts and their treatment. We need no longer ignore criminals or abuse them-instead we can provide compassion and containment...The volumes in this series provide both practical advice and theoretical stimulation for introductory students and senior practitioners alike.

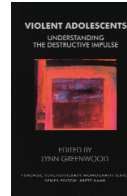
### **Dangerous Patients: A Psychodynamic Approach to Risk Assessment and Management**



**Doctor, Ronald (Ed).**  
Catalogue No. 17317  
Karnac 2003  
Price: £19.99

Part of the Forensic Psychotherapy Monograph Series. This is a thought-provoking new collection that investigates the inherent difficulties in risk assessment in a series of papers by specialists in various aspects of forensic psychiatry and psychotherapy. An indispensable guide for any healthcare professional as well as fascinating insight into this highly-pressured environment.

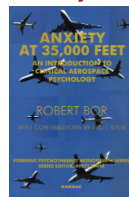
### **Violent Adolescents: Understanding the Destructive Impulse**



**Greenwood, Lynn (Ed).**  
Catalogue No. 17318  
Karnac 2005  
Price: £19.99

This volume looks at the reasons behind adolescent violence and the possible solutions for handling the violent adolescent. The contributors are all experienced practitioners and draw from their extensive experience in their consulting rooms. The thought-provoking and concise chapters discuss such problems as school-bullying, self-destructive and suicidal adolescents, violence towards the parents and violence while in care. Part of the Forensic Psychotherapy Monograph Series.

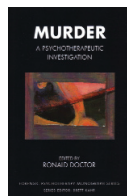
### **Anxiety at 35,000 Feet: An Introduction to Clinical Aerospace Psychology**



**Bor, Robert.**  
Catalogue No. 16968  
Karnac 2004  
Price: £19.99

Fear of flying is a growing problem among both passengers and airline crews. Recent terrorist attacks have heightened the levels of anxiety and fear when boarding a plane. In this volume, one of Britain's leading aviation psychologists explores passenger behaviour when faced with anxiety towards flying, the mental health of pilots and the possible treatments for people suffering from fear of flying. Includes contributions from Brett Kahr.

### **Murder: A Psychotherapeutic Investigation**

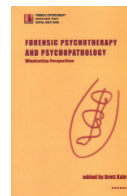


**Doctor, Ronald (Ed).**  
Catalogue No. 26156  
Price: £19.99

**New**

This book... shines a bright light on a murky world. The contributors attempt to understand the origins of murder, but they also deal with the detail of treatment and show us how professionals are affected by powerful psychological forces. The impartial detachment of the observer/supervisor is an artificial construct, and once we realise that, we will be in a better position to do the job properly. The approach is psychodynamic, but there is plenty here to stimulate non-believers. In fact, the book is a challenge to the world of cognitive behavioural therapy; there is more to murder than relapse prevention. It made me think, and what more can you ask? - Professor Tony Maden, from the Foreword.

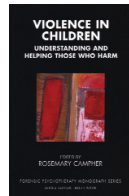
### **Forensic Psychotherapy and Psychopathology**



**Kahr, Brett (Ed).**  
Catalogue No. 5661  
Karnac 2001  
Price: £19.99

This exceptional book adds to the fast growing area of forensic psychotherapy and shows the relevance of Winnicott's work to therapy with some of the most deprived in our society.

### **Violence in Children: Understanding and Helping Those Who Harm**

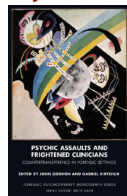


**Campher, Rosemary (Ed).**  
Catalogue No. 25071  
Karnac 2008  
Price: £22.50

**New**

This book explores various aspects of violence and the attendant emotional, psychological, biological and social features that may be found to accompany these states in children. It highlights the importance of prevention and early intervention and the implicit use of therapy to help children who are in these vulnerable and dangerous states of mind and body. Interdisciplinary research is also advocated as a research tool to help us to obtain as complete an understanding as possible of violence and its vicissitudes in children.

### **Psychic Assaults and Frightened Clinicians:**



**Clinicians: Countertransference in Forensic Settings**  
**Gordon, John & Kirtchuk, Gabriel.**  
Catalogue No. 26153  
Karnac 2008  
Price: £19.99

**New**

This is a fascinating read for mental health workers regardless of their own theoretical background. Working with disturbed and disturbing individuals in secure settings produces strong feelings, and working with those feelings is undoubtedly an essential part of providing care effectively. This book is likely to challenge readers' understandings of their own actions and reactions.

### **The Mind of the Paedophile:**



**Psychoanalytic Perspectives**  
**Socarides, Charles W. with Loeb, Loretta (Eds).**  
Catalogue No. 18549  
Karnac 2004  
Price: £19.99

Paedophilia remains one of the most controversial and taboo subjects in the psychoanalytic arena today. A variety of treatments have yielded little helpful information on this condition. In this volume, a range of eminent and expert professionals look into the mind of the paedophile using dream interpretation, free association, fantasies and memories in a bid to understand the exact nature of paedophilia.

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ISSUE 1/2008 - SPRING 2008

**Editor's Message**

Dear Readers,

Welcome to the spring 2008 issue of the *Karnac Review*.

This month sees the tenth anniversary of the opening of the bookshop at the Tavistock Clinic. The shop was established by Oliver Rathbone (now Managing Director of Karnac Books) and first opened its doors in April 1998, under its original banner, Rathbone Books. In the intervening years the shop has seen a number of changes. I was appointed as its first manager, and since then the managerial baton has passed to Sophie Smallwood, then Robert Railton, and finally to the current incumbent, Malcolm Smith, who many of our readers will know not just as a regular *Karnac Review* contributor, but also as the manager of our Finchley Road store for over twenty years prior to his relocation to the Tavistock. The shop's name has also changed, as at the end of the year 2000 Rathbone Books became part of Karnac, and the shop now bears Karnac's name. What has not changed, however, is the broad range of books available at the shop—mainly reflecting the clinical work and teaching at the Tavistock—and the knowledge and commitment of our staff there. We are looking forward to serving the staff and students at the Tavi for the next ten years!

In April 1998 the Tavistock Clinic bookshop bestsellers included *The Magic Years* by Selma Fraiberg and *Clinical Klein* by Bob Hinshelwood. Others included several 'new' titles in the Tavistock Clinic series, notably *Internal Landscapes* by Gianna Williams and *Reason and Passion* by David Bell. In 2008 bestsellers continue to come from the same series, but currently the most popular are "What Can the Matter Be?" edited by Louise Emanuel and Elizabeth Bradley, and *The Anorexic Mind* by Marilyn Lawrence (both to be featured in the next issue of the *Karnac Review*). *Inside Lives*, by Margot Waddell, was published in the autumn of 1998, so did not make the first bestseller list, but since its publication it has been the shop's bestselling title overall and is consistently in the top ten. One title, however, *does* appear in the top ten of April 1998 and of April 2008: *The Unconscious at Work*, edited by Anton Obholzer and Vega Zagier Roberts, which is almost as popular today as it was when the shop first opened.

We have published over 20 books so far this year, including the two new titles in the Tavistock Clinic series mentioned above. New titles featured in this issue include books in our Forensic Psychotherapy Monograph series—*Violence in Children*, edited by Rosemary Campher—and the You and Your Child series—*Standing on their Own Feet: You and Your Younger Adolescent* by Judith Trowell. We also have articles by Phil Mollon on his new work *Psychoanalytic Energy Psychotherapy*, Colette Chiland on *Sex Makes the World Go Round*, and Thomas Lawson on *Carl Jung, Darwin of the Mind*. Other featured books cover a wide range of subjects and we hope our readers find something to enjoy amongst them.

Last year we published *Football Delirium* by Chris Oakley and we were delighted to learn that it was shortlisted by the National Sporting Club for their prestigious Football Book of the Year Award 2008—quite an achievement for a book published by a mental health specialist publisher! There are photographs from the event and further information on the book later in this issue.

**Alex Massey**  
Sales Director

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# THE EVOLUTION OF CONSCIOUSNESS

By Thomas T. Lawson

**I WOULD LIKE TO THINK** of my book, *Carl Jung: Darwin of the Mind*, as offering a useful primer for the non-specialist who wishes to gain a general understanding of Jung. I also have, however, another objective: that of placing Jungian thought within the context of contemporary evolutionary science.

Much can be learned about a thing from its history. As Jung pointed out, "we have no reason to suppose that the specific structure of the psyche is the only thing in the world that has no history" (Jung, 1959, 1939, par. 518). As to the collective unconscious, Jung supplied such a history. Jung believed that the collective unconscious evolved in humans, just as instincts evolved. Instincts have no palpable constituents like a leg or a tail. Yet, as Jung made the point, where a species has developed sharp claws and shearing teeth, we might expect to find a natural ferocity to go with them (Evans, 1964, p. 83).

Jung found in the collective unconscious a disposition to throw off images in response to certain conditions.

Long before the onset of what we would recognize as consciousness, these images evoked a psychic response in evolving humans in reaction to internal or external stimuli.

Dispositions to produce images calculated to trigger successful responses were preserved in the human genome through natural selection. It is to be observed that it is not the images themselves that are genetically preserved, but a disposition to produce images that relate to situations that naturally recur in the course of human experience. Jung labelled as archetypes inherited dispositions to produce images of a particular character. He saw them as the "structural" elements of the collective unconscious.

The postulate of a collective unconscious as the product of natural selection offers much in the way of an explanation of the underlying operations of the psyche. But what of consciousness? Jung grasped the close relation between conscious processes and the image-forming capacity of the collective unconscious. He had found that to a large extent consciousness is driven by images whose source lies in the unconscious, and this relationship suggested to him that consciousness evolved out of the collective unconscious.

Prefigurations of consciousness must have been around for many thousands of years, but it is clear that in the last five or six thousand years consciousness has expanded in remarkable ways. After the last Ice Age, humans all over the world were much the same. They were, without exception, hunter-gatherers. However intricately elaborated the social structures of various groups might have been, they were worked out within the limitations of that mode of economy. Human consciousness is reflected in culture, and the scope available to culture was quite restricted by the demands of survival within environments over which humans exercised but little control.

By contrast, since the inception of agriculture and stockbreeding around 9500 to 9000 BCE, humans have developed widely varied civilizations all around the globe. We have attained to a great deal of practical understanding of the world around us, and that has borne as its fruit a stupendous technological accomplishment, and perhaps some refinement in manners. It cannot be denied that people today generally represent a substantial advance in holding an objective grasp of the world around them—a thing that can be readily associated with a fuller consciousness—over people of earlier societies. As Jung put it, "The man whose sun still moves round the earth is essentially different from the man whose earth is a satellite of the sun." (Jung, 1960, 1931, par. 696).

It is logical that consciousness evolved - that it did not spring forth fully formed, like Athena from the head of Zeus - at some point in human evolution. And it is at least plausible that advances in sophistication in human cultures, producing an increasingly realistic

apprehension of the objective world, would mark in some fashion the progress of that evolution. But, it is at the same time clear that such progress could not have occurred on an evolutionary time-scale. Genetic change through natural selection is the work of millennia, whereas the human genome has been essentially in place since the end of the last Ice Age.

Inasmuch as there is no wherewithal for consciousness to have significantly altered through heritable changes in the collective unconscious from that time to this, we are forced to conclude either that consciousness has remained essentially static since that time or that consciousness has evolved in some non-genetic way. Many would, no doubt, happily embrace the former view. Yet one must acknowledge that undeniable advances in the way humans relate to external reality have occurred since the time when all humans were hunter-gatherers. One need merely contrast the impressive objectivity of the contemporary scientific apprehension of the natural world with the pervading superstition that shaped the world even of Newton. If one's life is conducted in large measure according to superstition, without one's being so much as aware of that fact, then one can lay at best a dubious claim to a developed over-all consciousness. We are compelled to confront, therefore, the likelihood that consciousness, while it could not have done so through genetic change, has evolved in some way since the Pleistocene.

The collective unconscious, we have suggested, evolved genetically over millions of years and arrived at more or less its present state before civilizations began to flourish. But Jung further postulated that the archetypes of the collective unconscious continue to present themselves in new ways to consciousness. Therefore, consciousness potentially has the wherewithal to leap forward from time to time, spurred by new ways of responding to the archetypes. Such leaps would have their inception, entirely in the minds of individuals. When the extraordinary individual, blessed (or cursed) with a radical new insight, dies, the insight itself - the new way of looking at the world—would likewise perish, except for one thing: the breakthrough might have been effectively communicated to the group. The group might in turn preserve it, and the means of preservation would be, in broad terms, education. In early times the new psychic acquisition was incorporated into the myths and rituals of the tribe and passed through them to posterity. Now, of course, we have many additional ways of preserving the ideas that stamp our culture.

Though the preservation in culture of certain felicitous encounters between the extraordinary individual and the archetypes, we have a mechanism whereby consciousness might evolve. The mechanism is directly analogous to genetic evolution and operates according to the basic formula of natural selection: replication (through education), subject to variation (the new idea of the extraordinary individual), selected according to environmental fitness (of cultural orientation). Such a mechanism would enable humans to experiment with a wide array of social forms, fast-forwarding, as it were, the evolutionary process. Typically it is a rare and difficult thing for a fundamental change in the social organization of a species to transpire; what is involved, in species other than *Homo sapiens*, is essentially the progression to a new species. I posit that, with the advent of consciousness, there developed in humans a new sort of evolution, an evolution, not through genetic selection, but through selection among archetypically grounded ideas as expressed in culture.

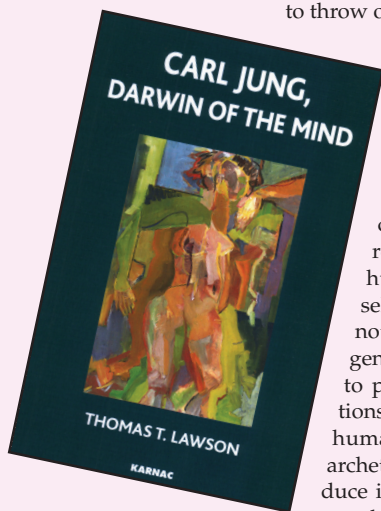
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Jung, C. G. (1960)[1931] *Analytical psychology and 'Weltanschauung'*. C. W. 8: 358–381, R. F. C. Hull (Trans.). London: Routledge & Kegan Paul.

Jung, C. G. (1959)[1939] *Conscious, unconscious, and individuation*. C. W. 9(i): 273–289, R. F. C. Hull (Trans.). London: Routledge & Kegan Paul.

*Carl Jung by Thomas T. Lawson* (236 pages, Cat. No. 25868) £22.50





# VIOLENCE IN CHILDREN: UNDERSTANDING AND HELPING THOSE WHO HARM

By Rosemary Campher

**THINKING AND TRYING** to understand and write about (as well as talk about) violence in children is a challenging, and at times disturbing endeavour. The writing and editing of this book thus entailed a similar challenging process. The challenge however became a rewarding experience, as the knowledge I gained from the research, the writing and the editing was essential to my own attempts to understand violence in children.

This book took a long time to write and entailed digesting a lot of different thoughts and emotional experiences. I could say that the process of writing this book had similar features to the therapeutic process between a psychotherapist and a child that is involved in some form of violence. The therapeutic process is not always easy, it takes time and a lot of thought and as such needs to rest firmly on being able to contain, understand, think, feel and talk about some very painful and often disturbing experiences. The therapeutic process is also rewarding. Working with and trying to help the child

that harms is work that has to be done with a *good, solid knowledge* base as well as good, solid support and supervision. This book provides the former—a good base from which to start understanding how children can become violent.

As you read this book you will understand how children that become involved in violence need very specific, specialised types of interaction and communication with a responsible thinking and feeling adult and/or psychotherapist. Often the child who is violent is not able to find words or get in touch with the feelings, thoughts and experiences that need to be worked through, or the child does not have a relationship with an adult who can do the holding, thinking and containing. All the psychotherapists and analysts in this book attempt to provide relationships that both contain and

understand the child's experiences (in individual or group settings) on the one hand and facilitate emotional and psychological development on the other.

I was surprised how again and again in each therapeutic relationship, the 'violent child' emerged (when he or she felt safe, contained and *understood* enough) as a highly sensitive, extremely vulnerable and particularly frightened child who was able to move at times quickly and at times slowly, from being dominated by destructive states of mind and experience to surrendering to pointedly beautiful and creative playful experiences. Helping a child to return to creative forms of play and communication is vital to the process of helping the child who harms. Research indicates that this essential process of change and development does not happen however by excluding, judging, reprimanding or punishing a child who becomes involved in violent acts or behaviours. Usually these methods only reinforce, placate or enrage the destructive behaviour and even at times make the behaviour worse. If however, a child is excluded alongside being offered a therapeutic place for understanding, or if the latter is offered on its own, something very different begins to emerge. You will read about many of these different emergent patterns of behaviour and emotional experience in this book. While we still have a lot to learn about the different methods that do actually work for helping the child that harms, this important book is based upon essential psychotherapeutic knowledge and processes that do actually work while also including those that do not work. Understanding and applying the knowledge is the challenge that faces any professional or non-professional person who attempts to help these vulnerable

children who are often experiencing very painful, disconnected states of mind and body.

Donald Campbell writes in the foreword to this book that, 'This is a rare book. Although much has been written from a psychoanalytic point of view about aggression, very little has been written about violence, and even less about violent children. This book goes some way to redressing that imbalance'. Campbell writes about the resistance we all may have to thinking about violence and also describes some problems encountered while undertaking psychotherapy with children who harm. Campbell also addresses the reality of the physical pain that may be experienced during the process of therapy.

Campbell writes that, 'Violent children hunger for a real response to their aggression that recognizes them as distinct and separate. They are yearning for a reaction that takes them into account without negating them or retaliating, but one that is reparative in the way that understanding can be. The therapist's real but non-retaliatory reaction to being hurt is the beginning of a new experience for children who often experience others as reacting intrusively or by withdrawing'.

The WHO report on violence and health (2002) highlights the fact that 'Violence by young people is one of the most visible forms of violence in society' (WHO report on Violence and Health, 2002: 25) and Karr-Morse and Wiley (1997) confirm that within the United States, children are found to be the fastest growing section of the criminal population. The role played by the broadcast media and newspapers, that highlight youth violence daily, make this form of violence more visible to us. Fonagy (2004b, 2005) in the conclusion to his chapter, 'Early Life Trauma and the Psychogenesis and Prevention of Violence' (re-published in this volume) proposes that it is both the 'glamourisation and the demonisation of violence' that actually prevents us from understanding the violent mind. Fonagy (2004b, 2005) further proposes the need to enter into the subjective world of the violent person, so that we may facilitate an understanding that helps us in both our preventative and our therapeutic/treatment measures.

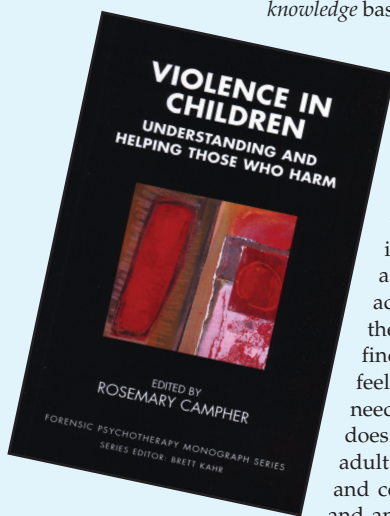
I write in the introduction to *The Violent Child*, about various aspects of violence and the attendant emotional, psychological, biological and social features that may be found to accompany these states in children. It highlights the importance of prevention and early intervention and the implicit use of therapy to help children who are in these vulnerable and dangerous states of mind and body. Interdisciplinary research is also advocated as a research tool to help us to obtain as complete an understanding as possible of violence and its vicissitudes in children.

All of the clinicians who have written chapters in this book, have entered very deeply into the complex and multi-layered subjective world of the violent child or children, and have written about these therapeutic processes here. All of the clinicians have begun their psychotherapeutic work from the same central starting point—that of attempting to understand the child, infant or children who have been identified as 'violent'. What we see, when their subjective world has been entered, is that beneath the violence lies extreme vulnerability and need.

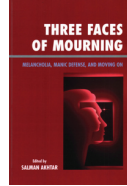
Reading, understanding and applying the knowledge that is contained with this timely book on how to help the child that harms is essential reading for anyone who is interested in helping these important children lead more fulfilling lives—from parents, teachers, social workers, psychotherapists, analysts, doctors and politicians.

Contributors: Stella Acquarone, A.H. Brafman, Donald Campbell, Rosemary Campher, Peter Fonagy, Claire Keogh, Bernard Macleod, Camilla Sim, Valerie Sinason.

*Violence in Children: Understanding and Helping Those Who Harm* by Rosemary Campher (262 pages, Cat. No. 25071) £22.50

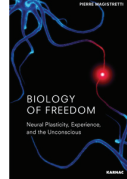


## PSYCHOANALYSIS

**Three Faces of Mourning: Melancholia, Manic Defense and Moving on**

**Akhtar, Salman (Ed).**  
**Catalogue No. 26002**  
**Jason Aronson**  
**Karnac**  
**Price: £21.99**

Mourning and the importance of the capacity to bear some helplessness, while still finding pleasure in life, are central to this tightly organized volume. The multi-faceted processes involved in mourning and adaptation are addressed.

**Biology of Freedom: Neural Plasticity, Experience, and the Unconscious**

**Ansermet, Francois & Magistretti, Pierre.**  
**Catalogue No. 26460**  
**Karnac**  
**Price: £19.99**

Freud hoped that the neurosciences would offer support for his psychoanalysis theories at some point in the future. In "Biology of Freedom" Francois Ansermet and Pierre Magistretti are at last breaking new ground. This fully illustrated account, rigorous yet lucid and entirely accessible, shows how the plasticity of the brain's neural network allows for successive inscriptions, transcriptions, and retranscriptions of experience, leading to the constitution of an inner reality, an unconscious psychic life unique to each individual. In what amounts to a paradigm shift based on the concept of plasticity, this elegant, seamless collaboration of a psychoanalyst and a neuroscientist bridges the gap between disciplines formerly believed to be incompatible. Ansermet and Magistretti have opened up new areas of exploration of the mind/body connection and profoundly new ways in which to understand the bodily underpinnings of personal freedom, identity, and change.

**Becoming a Subject: Reflections in Philosophy and Psychoanalysis**

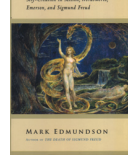
**Cavell, Marcia.**  
**Catalogue No. 27001**  
**Oxford U.P.**  
**Price: £17.99**

One of the guiding premises of "Becoming a Subject" is that philosophical investigation into the specifically human way of being in the world cannot separate itself from investigations of a more empirical sort. Marcia Cavell brings together for the first time reflections in philosophy, findings in neuroscience, studies in infant development, psychoanalytic theory, and clinical vignettes from her own psychoanalytic practice.

**The Future of Psychoanalysis**

**Chessick, Richard D.**  
**Catalogue No. 26856**  
**SUNY Press**  
**Price: £12.50**

Explores the contemporary problem of multiple theories of psychoanalysis and argues for a return to a more classical position based on Freud's work. Using his training in psychiatry, psychoanalysis, and philosophy, Richard D. Chessick examines the special combination of hermeneutics and natural science that characterizes Freud's psychoanalysis, and investigates what goes on in the mind of the psychoanalyst during the psychoanalytic process. He maintains that while relativistic and intersubjective theories of psychoanalysis have value, they have gone too far and generated a plurality of theories removed from Freud, which has led to chaos in the field. "The Future of Psychoanalysis" challenges these trends and places this debate in the context of current mind/brain controversies and unresolved questions about human nature.

**Towards Reading Freud: Self-creation in Milton, Wordsworth, Emerson, and Sigmund Freud**

**Edmundson, Mark.**  
**Catalogue No. 26718**  
**University of Chicago Press**  
**Price: £10.00**

When most critics were using Freudian theories to study literature, Mark Edmundson read Freud's writings as literature—alongside the works of poets grappling with the heady issues of desire, narcissism, and grief. "Towards Reading Freud" weighs the psychoanalysts therapeutic directives against his more visionary impulses in a magisterial comparative study of such writers as Shakespeare, Wordsworth, Emerson, and Keats. Cross-fertilizing psychological doctrine with the literary canon, this richly informed volume forges a new understanding of Freud's writings on the self.

**Conversations with Michael Eigen**

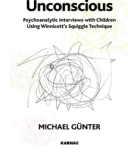
**Eigen, Michael with Govrin, Anver.**  
**Catalogue No. 25942**  
**Karnac**  
**Price: £19.99**

These lively conversations provide a unique insight into the mind of one of the most original psychoanalysts of our century. The various subjects covered here spread over a wide range of interest, which Michael Eigen talks about with a rich and almost ecstatic flow. Eigen's writing so closely resembles Eigen's talking that a conversation book is almost necessary. The author's hope is that it will enable readers to enter the ideas of Eigen more directly than she or he could have via Eigen's books and papers.

**Deconstructing the Feminine: Psychoanalysis, Gender and Theories of Complexity**

**Glocer Fiorini, Leticia.**  
**Catalogue No. 25861**  
**Karnac**  
**Price: £19.99**

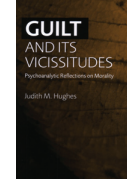
The guiding thread of this theoretical review is the illumination of the impasses of binary thought and of the essentialist conceptions of women and the feminine. In this trajectory, the author's ongoing dialogue with Freud is connected with one aspect of his way of thinking: multivalent and complex. The text addresses questions relating to love, sexual desire, maternity, beauty and the passing of time and highlights current debates concerning women, the feminine, and sexual difference as well as some controversial topics that have been discussed throughout the history of the psychoanalytic movement.

**Playing the Unconscious: Psychoanalytic Interviews with Children Using Winnicott's Squiggle Technique**

**Gunter, Michael.**  
**Catalogue No. 25075**  
**Karnac**  
**Price: £19.99**

Argues that the squiggle game enables one in most cases to make contact with a child with particular ease. Often, if the child takes up the suggestion, an intense dialogue develops which gives insight into the inner situation, even in the cases where the child is consciously very reserved and in which the talk emerging from the squiggle game seems to be unproductive, the pictures offers a chance to start talking about precisely why he or she shows such reserve. The book explains the importance of setting up the psychotherapeutic interview situation to be playful in character, making it fun for both

therapist and child. The squiggle game makes this easier because it generates a playful atmosphere which nevertheless has a very serious side to it. Including comprehensive examples from the authors practice this book is destined to become the definitive source for using Winnicott's squiggle game in clinical practice.

**Guilt and Its Vicissitudes: Psychoanalytic Reflections on Morality**

**Hughes, Judith M.**  
**Catalogue No. 26082**  
**Routledge**  
**Price: £22.99**

How do psychoanalysts explain human morality? "Guilt and Its Vicissitudes: Psychoanalytic Reflections on Morality" focuses on the way Melanie Klein and successive generations of her followers pursued and deepened Freud's project of explaining man's moral sense as a wholly natural phenomenon. With the introduction of the superego, Freud laid claim to the study of moral development as part of the psychoanalytic enterprise. At the same time he reconceptualized guilt: he thought of it not only as conscious, but as unconscious as well, and it was the unconscious sense of guilt that became a particular concern of the discipline he was founding. As Klein saw it, his work merely pointed the way. Judith M. Hughes argues that Klein and contemporary Kleinians went on to provide a more consistent and comprehensive psychological account of moral development.

**Sex and the Psyche: The Truth About Our Most Secret Fantasies**

**Kahr, Brett.**  
**Catalogue No. 26965**  
**Penguin Books**  
**Price: £12.99**

What's going on in your head when you go to bed? We talk about sex increasingly openly today, but when it comes to our most private fantasies it's often a different matter. Here psychotherapist Brett Kahr examines the little-known world of our sexual imaginations. He has undertaken Britain's biggest every sex survey, with responses from over 19,000 adults, to explore questions such as: Why do people fantasize? Can our fantasies ever be damaging or dangerous? Should we tell our partners about them? Do men and women fantasize differently? What do our fantasies tell us about ourselves? This frank and fascinating account will help you understand for the first time what our unspoken desires and secret thoughts really mean. It is a book for anyone interested in human relationships and what makes us tick, opening up the hidden worlds inside all of us.

**Beyond Yahweh and Jesus: Bringing Death's Wisdom to Faith, Spirituality and Psychoanalysis**

**Langs, Robert.**  
**Catalogue No. 26582**  
**Jason Aronson**  
**Price: £15.99**

Constitutes the first in-depth psychoanalytic study of the Old and New Testaments in terms of God's role in enabling humans to cope with death and the anxiety it evokes. The journey on which this study embarks leads through an examination of the related topics of knowledge acquisition; divine wisdom; conscious and unconscious morality; what the author argues is the failure of psychoanalysis to ally itself with religion and the failure of religion to bring peace to the world; and a proposition for how to enhance both religious and secular forms of morality and adaptation to death anxiety.

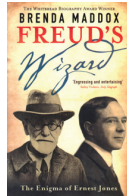
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## PSYCHOANALYSIS

### Freud's Wizard: The Enigma of Ernest Jones



**Maddox, Brenda.**  
**Catalogue No. 26811**  
**John Murray**  
**Price: £9.99**

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

### Taking Risks from the Unconscious:

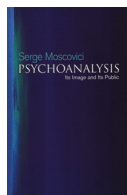


#### A Psychoanalysis from Both Sides of the Couch

**Marcus, Donald M. & "Hope".**  
**Catalogue No. 26596**  
**Jason Aronson**  
**Price: £15.99**

Tells the story of a remarkably successful psychoanalysis from the point of view of both analyst and patient. The analyst, Dr Marcus, describes the risk he undertook in acquiescing to his patient's desire for an interaction in which their true selves could meet explicitly. By making his interventions directly from his unconscious, Dr Marcus enabled a new kind of enactment to take place, based on implicit relational knowing. In this book he describes his approach, and his co-author—"Hope", the patient and also herself a practicing psychoanalyst—presents her own history and her own view of what transpired in the analysis.

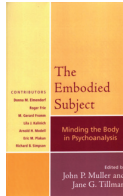
### Psychoanalysis: Its Image and Its Public



**Moscovici, Serge.**  
**Catalogue No. 21467**  
**Polity Press**  
**Price: £19.99**

Moscovici's development of the theory of social representations has long been recognised as a major contribution to social psychology, but discussion of the theory has been limited by the unavailability in English of the text in which he provides his most extensive presentation of the theory and demonstrates its fecundity through his empirical study of representations of psychoanalysis in France. "Psychoanalysis, Its Image and Its Public" is in many ways the founding text of the theory of social representations and is, as such, a modern classic. As well as tracing the ways in which knowledge of psychoanalysis is transformed as it is reconstructed by different social groups in French society, Moscovici provides an extensive analysis of the representations of psychoanalysis within the mass media, showing how different interests structure such communication through the different forms of propaganda, propagation and diffusion. This book will be an indispensable text for students and scholars of social psychology. It will also be of interest to psychologists, sociologists and cultural theorists concerned with mass communication, and to all those with an interest in current perspectives in the social sciences.

### The Embodied Subject: Minding the Body in Psychoanalysis



**Muller, John P. & Tillman, Jane G.**  
**Catalogue No. 26585**  
**Jason Aronson**  
**Price: £22.99**

The relationship between psyche and some is extremely important from a psychoanalytic theoretical and clinical perspective. This book reflects the cutting edge intersection of analytic theory, semiotics, biology, and psycholinguistics.

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



**Penney, James.**  
**Catalogue No. 26855**  
**SUNY Press**  
**Price: £13.99**

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

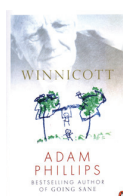
### On Supervision: Psychoanalytic and Jungian Analytic Perspectives



**Petts, Ann & Shapley, Bernard (Eds).**  
**Catalogue No. 25073**  
**Karnac**  
**Price: £19.99**

Comprises papers on the theory and practice of supervision, all written by experienced psychoanalytic psychotherapists and Jungian analytic psychotherapists. Important aspects of the supervisory relationship are covered, including papers on the supervisor's countertransference, supervising work with suicidal patients and the dynamics of racial difference in supervision, and group supervision and dynamics related to the supervisor's role in the assessment of trainees.

### Winnicott



**Phillips, Adam.**  
**Catalogue No. 26529**  
**Penguin Books**  
**Price: £9.99**

D.W. Winnicott's remarkable books, including "The Piggle", "Home Is Where We Start From" and "The Child", "Family and the Outside World" are still read, valued and argued with over thirty years after his death. Adam Phillips' short book, now issued with a new preface, is an elegant, thoughtful attempt to get to grips with a writer, paediatrician and psychiatrist whose work with children and mothers (and the wider implications their relationship has for all of us) continues to be profoundly relevant and fascinating.

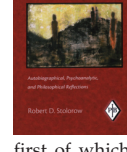
### Listening to Hanna Segal: Her Contribution to Psychoanalysis



**Quinodoz, Jean-Michel.**  
**Catalogue No. 26440**  
**Routledge**  
**Price: £19.99**

How has Hanna Segal influenced psychoanalysis today? Jean-Michel Quinodoz provides the reader with a comprehensive overview of Segal's life, her clinical and theoretical work, and her contribution to psychoanalysis over the past sixty years by combining actual biographical and conceptual interviews with Hanna Segal herself or with colleagues who have listened to Segal in various contexts. "Listening to Hanna Segal" explores both Segal's personal and professional histories, and the interaction between the two. The book opens with an auto-biographical account of Segal's life, from her birth in Poland to her analysis with Melanie Klein in London where she became the youngest member of the British Psychoanalytical Society. Quinodoz goes on to explain Segal's contributions in various fields of psychoanalysis including: the psychoanalytic treatment of psychotic patients; the introduction of the "Symbolic Equation"; aesthetics and the creative impulse; the analysis of elderly patients; introducing the work of Melanie Klein.

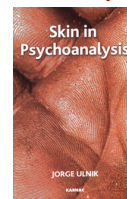
### Trauma and Human Existence: Autobiographical, Psychoanalytic, and Philosophical Reflections



**Stolorow, Robert D.**  
**Catalogue No. 26062**  
**Analytic Press**  
**Price: £11.99**

Effectively interweaves two themes central to emotional trauma—the first of which pertains to the contextuality of emotional life in general, and of the experience of emotional trauma in particular, and the second of which pertains to the recognition that the possibility of emotional trauma is built into the basic constitution of human existence. This volume traces how both themes interconnect, largely as they crystallize in the author's personal experience of traumatic loss. As discussed in the book's final chapter, whether or not this constitutive possibility will be brought lastingly into the foreground of our experiential world depends on the relational contexts in which we live. Taken as a whole, "Trauma and Human Existence" exhibits the unity of the deeply personal, the theoretical, and the philosophical in the understanding of emotional trauma and the place it occupies in human existence.

### Skin in Psychoanalysis



**Ulrik, Jorge.**  
**Catalogue No. 25860**  
**Karnac**  
**Price: £19.99**

An important theoretical contribution, revising several authors starting with Freud in whose writing we can now discover multiple direct or indirect references to the skin. It adopts a decidedly complex point of view regarding the skin here: the skin as source, the skin as object, the skin as protection and as a way of entrance, as contact and as contagion, the skin 'for two' within the relationship with the mother, the skin as envelope and as support, as a shell presented as 'second skin', as demarcation of individuality, as a place of inscription of non-verbal memories, toxic envelopes and so on. Also, being the result of more than fifteen years of work with dermatologists and patients with skin diseases, psoriasis in particular, the book can be seen as a serious proposal for interdisciplinary work between dermatologists and psychoanalysts.

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## A BIG AND A LITTLE ONE

By Elisabeth Cleve

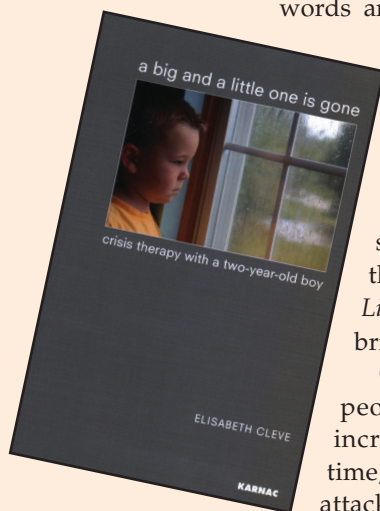
**A BIG AND A LITTLE ONE IS GONE:** *Crisis Therapy with a Two-Year-Old Boy* is a true story from inside the child psychotherapist's room, told in everyday language. Victor, who is two and a half years old, has lost his mother and a younger brother in a car accident. He is a "sunny" and "happy" little boy, and does not seem to miss them. Victor is a child in deep crisis and comes for a crisis therapy together with his father. The reader is invited to follow Victor for his fifteen treatment sessions. He shows through play and activities how he is followed and piloted through his grief by his psychotherapist Elisabeth

Cleve. The healing by play therapy is depicted in words and pictures from the perspective of both patient and therapist. We get to learn about Victor's and his therapist's inner feelings, thoughts and actions during the different phases of the treatment. In spite of the tragic reasons for the therapy sessions *A Big and a Little One is Gone* is a story which brings lots of hope and courage.

Our interest in how to help people hit by a trauma has increased. Anxiousness in our time, global traumas such as terror attacks, natural disasters and the murder of politicians have shaken us deeply. Quick changes in our society lead to lack of time, stress and personal crisis. Tragedies such as traffic accidents and severe illnesses lead to different types of separations between children and family members. For a person hit by a personal loss it is important to find a set of "psychological tools" that will help him to work through the crisis and go on with his life. This is so for both adults and children. Some children, like little Victor in *A Big and a Little One is Gone* need help in crisis therapy to find bearable forms of expressing their grief through fantasizing and play with symbolic content.

No matter the cause of the death of a family member, the loss always hits a family with small children hard. The two concepts "love" and "leave" do not go together in the world of small children. It is impossible for them to form the thought that a family member has disappeared forever because fantasy and reality exist simultaneously in their world. However, in therapy the child must be slowly guided to use his imagination and capacity to play as a way of accepting reality. This is what crisis therapy for small children is about. Completed therapy will work as a link into a new future. In *A Big and a Little One is Gone*, Victor shows how much easier it is to go on in life with healed scars than with open wounds.

Here are some examples from this fascinating book that exemplify Victor working through his grief:



**Session 1.** One of the first things Victor does is to put little horses on their heads in the sand tray. By not letting the horses stand on their feet, Victor shows his therapist how life looks to him. His life has suddenly been turned upside down, like for the horses.

**Session 3.** "Hold my daddy's hand" chants Victor in the middle of his play. He eagerly tells that his daddy needs help as well. Victor peeks very carefully at his father's therapist to see if he will do.

**Session 5.** Two empty little doll chairs stand alone without any dolls on them. Victor does not like these chairs. He illustrates in a symbolic way that two places have become empty at home. Later during the same session Victor buries a big and a little horse in the sand. His dad has been wondering if Victor understands that his mummy and little brother are gone. Victor shows here that he "knows" that a big and a little one have been buried.

**Session 6.** Victor is playing with animals on the floor. He sobs and talks to himself: "The first one is little brother to daddy bull. The giraffe is big brother, no, yes. The horse is little brother, no big brother. No, I do not know." It gives the impression of a small child trying so very hard to work through his confusion about his new family situation. Through his play he shows his therapist that he carries important and difficult questions. Is there a little brother now? Is Victor himself a big brother now? Does little brother have a dad any more?

**Session 11.** Victor tries to bury a big and a little ball. He has a hard time deciding whether to put a thick or a thin layer of sand over them. This gives the therapist the opportunity to talk about the possibility of remembering buried ones; if you see them and if you do not see them.

**Session 13.** Victor makes strong locks of clay for trucks so that nobody will fall out as they speed along. Victor reassures himself that there will never be another car accident. In his symbolic play he reassures himself of a safe future.

### About the author

Elisabeth Cleve is a licensed psychologist and licensed psychotherapist for children and adolescents at the Erica Foundation in Stockholm, Sweden. She is a specialist in clinical psychology and the author of four books published in Sweden. One, *From Chaos to Coherence: Psychotherapy with a Little Boy with ADHD*, is translated into English (Karnac 2004, catalogue number 18551). *A Big and a Little One is Gone* is translated from Swedish into: Danish, Norwegian, Finnish, Czech and will soon be published in Arabic. In 2003 Elisabeth gave an interview on Norwegian radio about *A Big and a Little One is Gone*. It was awarded the best interview of the year in Norway. In 2004 Elisabeth was also awarded a prize by the Swedish Psychological Association for *A Big and a Little One is Gone*.

*A Big and a Little One is Gone: Crisis Therapy with a Two-year-old Boy* by Elisabeth Cleve (210 pages, Cat. No. 25870) £19.99



## STANDING ON THEIR OWN FEET: THE YOUNGER ADOLESCENT

By Judith Trowell

**EARLY ADOLESCENCE** is a time of change, challenge and fun. Young people are rather like preschool children and want independence, but at the same time need support and firm parenting. Management of these conflicting needs is a developmental process for the young person and their parents.

*Standing on Their Own Feet* starts with developmental issues and describes how the young person must move forward, not only physically, but emotionally, in social skills and relationships, and also intellectually and with a moral sense. This is all looked at in some detail: in order to understand a young person, we need to be able to recognise the child within them now and their own actual early experiences. These are different because the child remembers in a way that changes their past and also because in the unconscious early experiences become changed and modified by

'unconscious phantasy'. By that I mean strong

feelings such as the oedipal conflict where there are passionate feelings for mother or father or both. There are also strong negative feelings of hate and anger that change how relationships and events are recalled. It is so important to understand these processes that two sections of the book are devoted to elaborating these issues. The hope is that parents reading the book will understand their young person more easily if they can understand what is filling the mind of the young person. At this age emotions and feelings are in

turmoil as young people try to work out their relationships with parents, siblings, extended family and friends. Feelings can emerge from earlier experiences, but also from these unconscious issues that confuse their 'here and now' responses.

Problems that can occur are considered; there is a great deal of anxiety in society, and in parents, about coping with adolescents and hopefully this book will help to clarify when a parent should be worried, or when a situation is difficult but will settle. Psychosocial problems when the young people struggle in their environment and with relationships are common. Family breakdown at this time is difficult for the young person and they let their parents and society know it: they become angry, take to drink or abuse substances. Usually these are passing phases: if they become long term patterns then help is needed. All young people need to rebel and then have time to talk. Having made parents feel useless and irrelevant it is hard, but when there are family crises this is even more important. Trauma and abuse can be more problematic if it is occurring in the family—sometimes extended family or friends may be the first to know, but we know that how a parent reacts and whether the child is believed makes a big difference to the outcome for the child, so it is really important to give time and support—even if there is pain and disbelief—whilst the situation is clarified.

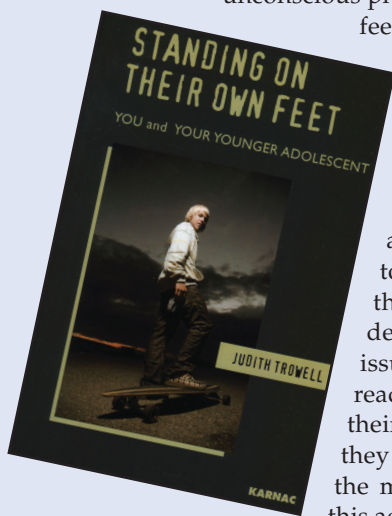
And then there are mental health problems. These can be frightening for the young person and it is important to

recognise 'adolescent turmoil' where the mood and state of mind is distressing but fluctuates over time and is not fixed, and more long-term difficulties, which probably need outside help. Depression in young people is recognised more now; the youngster who is being stropky and difficult may have underlying low mood, or low self-esteem. It may be part of normal up and down mood swings, but if it persists then a talking treatment usually helps. Medication is only used in extreme cases. Ideas about wanting to be dead or not wanting to exist must be taken seriously, but these ideas generally settle if the young person is closely watched and given plenty of time to talk. Eating disorders need careful watching, girls and boys need to slim, given current obesity problems, but excessive slimming needs a close parental eye, particularly if baggy tee-shirts and loose trousers hide the body outline. The early onset of serious mental illness, bipolar disorder or schizophrenia is rare, but psychotic episodes do occur. Drug use must be considered (and now we know children as young as ten years of age are using mind altering substances), and parents need to be alert and talk to their young people about this. Some parents are reluctant to raise subjects with their children, fearing it will put ideas into their minds, but most young people know where these substances can be bought, and often the price (it is part of their general chat). Likewise cigarette and alcohol consumption can be raised. Intense friendships and early sexual contacts may be more difficult: the young person is likely to be reticent and shy, and it is important to be able to respond calmly if the subject comes up.

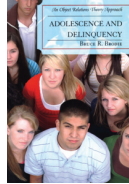
The importance of parents is emphasised, for parents to manage the difficulties and hostility and yet to continue to be there when the young person needs help or is in trouble. Young people tend to open up and want to talk just at times when parents are weary and ready for bed. This is acknowledged but parents are encouraged to do their best to be available. It is important to enjoy the young person—to delight in their physical development, to take pride in their intellectual growth, and to have fun finding shared interests and learning from theirs, so that one's own horizons expand alongside the young person's.

Writing this book after many years of work with families when they had broken down was an interesting and different experience. Usually one is confronted with situations at the point of breakdown when problems have already been experienced for some time. Then it is hard to find ways forward; the young person is bitter and has, for example, put all their emotional energy into a peer group, however dysfunctional it may be, and parents are exhausted and in despair. Hopefully despite the perspective being from the very troubled end, the book will provide useful thoughts about how to recognise—and when possible prevent—problems, and to alert parents to what they can manage themselves, and when other help needs to be sought.

*Standing on their Own Feet: You and Your Younger Adolescent* by Judith Trowell (128 pages, Cat. No. 25867) £12.99

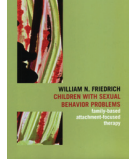


## CHILD AND ADOLESCENT STUDIES

**Adolescence and Delinquency: An Object-relations Theory Approach**

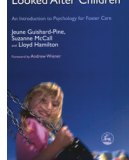
**Brodie, Bruce R.**  
**Catalogue No. 26581**  
**Jason Aronson**  
**Price: £19.99**

Applies modern object-relations theory to a population for which the treatment du jour is increasingly cognitive-behavioral. Taking his lead from the delinquent adolescents in his practice, he presents a treatment approach in which adolescents are related to as people, rather than as transitory objects passing through a 'stage.' The book presents theory and case examples in a dialectical relationship, illuminating the seamlessness of theory and application.

**Children with Sexual Behavior Problems: Family-Based, Attachment-Focused Therapy**

**Friedrich, William N.**  
**Catalogue No. 25987**  
**W.W.Norton**  
**Price: £19.99**

Prevailing taboos about sex and the misconception that sexually inappropriate touching, language, and other actions by children are always signs of sexual abuse lead families to hide problems. William N. Friedrich, with more than twenty-five years of experience in the field, offers a research-based and clinically proven method for assessment, diagnosis, and intervention with children and their families.

**Understanding Looked After Children: An Introduction to Psychology for Foster Care**

**Guishard-Pine, Jeune et al.**  
**Catalogue No. 26697**  
**Jessica Kingsley**  
**Price: £14.99**

An accessible guide to understanding the mental health needs of children in foster care and the role of foster carers and support networks in helping these children. The authors provide foster carers with an insight into the psychological issues experienced by children in the care system, and the impact of these issues on the foster family. Chapters cover cultural, social and legal structures associated with foster care and both the relevant child psychology theory and examples drawn from real-life situations. It is essential reading for registered foster carers and those considering fostering, as well as adoptive parents, and a useful reference for trainee and experienced practitioners in the care system, including social workers, psychologists, counsellors, teachers and others looking after vulnerable children.

**Patchwork: Children, Trauma and Therapy**

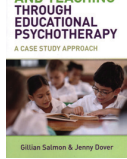
**Harel, Miriam Grossman.**  
**Catalogue No. 26757**  
**Miriam Grossman Harel**  
**Price: £14.99**

A pioneering exploration of the creation of resilience in infants, children and their families living in modern Israel. The chapters cover topics such as children's adaptation to Kibbutz life and traumatic experiences such as war and the Intifada, and the book offers insights and therapeutic object lessons for clinicians, caregivers and interveners.

**Lives Across Time/Growing Up: Paths to Emotional Health & emotional Illness from Birth to 30 in 76 People**

**Massie, Henry H. & Szajnberg, Nathan M.**  
**Catalogue No. 26180**  
**Karnac**  
**Price: £19.99**

Follow seventy-six children from birth to thirty to learn about their various developmental life paths and their influences. Children traverse continuous or discontinuous courses. This book describes their life stories, which may transform and enrich the reader's life. In working with these people, the authors heard something basic: stories people tell about themselves. While a life may fall into a group—share characteristics with others—the individual's story remains compelling: to group people is to some degree against psychoanalysis, a humanizing discipline. The authors allow the subjects to speak at length in their own voices, to bring themselves alive for the reader. It is the authors hope that they have been able to convey their awe about watching the inner worlds of children and that these stories may evolve in readers minds and hearts and thus be remembered.

**Reaching and Teaching Through Educational Psychotherapy: A Case Study Approach**

**Salmon, Gillian & Dover, Jenny.**  
**Catalogue No. 26571**  
**John Wiley**  
**Price: £27.99**

An introduction to educational psychotherapy which outlines the insights by discussing troubled children in the classroom who resist efforts to teach them. This book comprises four case studies of educational therapy work with children, chosen for their narrative interest and the variety of the children's difficulties and backgrounds.

**Working with Parents and Infants: A Mind-Body Integration Approach**

**Sansone, Antonella.**  
**Catalogue No. 25158**  
**Karnac**  
**Price: £18.99**

The book examines the field of early emotions and the fact that the human body has frequently been excluded from psychological and relational processes. The widely held view that any illness or difficulty should be classified as either 'mental' or 'physical' has long been predominant. Central to the book is an examination of the ways in which the unconscious life of the mind expresses itself through a woman's body, and conversely, the manner in which the body's experiences impinge upon the mind.

**From Birth to Five Years: Children's Developmental Progress: Third Edition**

**Sheridan, Mary D. et al.**  
**Catalogue No. 25788**  
**Routledge**  
**Price: £9.99**

Containing over 120 illustrations, this book places emphasis on the ethos of health promotion. It is suitable for both parents and health and social care professionals. "From Birth to Five Years" has long been accepted as the guide to children's developmental progress. Based on the pioneering work of Mary Sheridan, it has become a classic text for students in many fields and is widely recognized by professionals as an excellent source of reference. The book clearly sets out each stage of development in young children, looking particularly at communication and

hearing, social behaviour and play, vision and fine movements, and posture and large movements. It includes features such as: age appropriate suggestions for promoting healthy development; explanation of the normal variations and patterns in development; advice on when to refer a child for specialist attention; guidance for supporting parents and carers of children with developmental delays and disorders.

**Me, Myself, and Them: A Firsthand Account of One Young Person's Experience with Schizophrenia**

**Snyder, Kurt.**  
**Catalogue No. 26984**  
**Oxford U.P.**  
**Price: £6.99**

During his second semester at college, Kurt Snyder became convinced that he was about to discover a fabulously important mathematical principle, spending hours lost in daydreams about numbers and symbols. In time, his thoughts took a darker turn, and he became preoccupied with the idea that cars were following him, or that strangers wanted to harm him. Kurt's mind had been hijacked by schizophrenia, a severe mental disorder that typically strikes during the late teen or young adult years. In "Me, Myself, and Them", Kurt, now an adult, looks back from the vantage point of recovery and eloquently describes the debilitating changes in thoughts and perceptions that took hold of his life during his teens and twenties. This book offers hope to young people who are struggling with schizophrenia, helping them to understand and manage the challenges of this illness and go on to lead healthy lives.

**Adolescent Girls in Crisis Intervention and Hope**

**Straus, Martha B.**  
**Catalogue No. 25989**  
**W.W.Norton**  
**Price: £19.99**

From anorexia to sex to depression and pregnancy, the lives of teen girls are often awash in rage and despair. Martha B. Straus, a seasoned therapist, describes how to reach the children behind these often frightening behaviors and how to help them cope. Topics addressed include oppositional defiant disorder, trauma, eating disorders, and attachment problems.

**Magical Moments of Change: How Psychotherapy Turns Kids Around**

**Terr, Lenore C.**  
**Catalogue No. 25991**  
**W.W.Norton**  
**Price: £15.99**

The question, "Why and how does child psychotherapy work?" underlies everything in this book. To answer this fundamental question, Lenore Terr contacted leading child and adolescent psychiatrists around the world. Selecting from an overwhelming response, she compiled vignettes that clearly expressed what the doctor says, does, and thinks. Terr presents highly effective child psychotherapeutic styles and techniques and demonstrates them in three ways: by relating moments from at least six of her own cases; by conveying and comparing moments from 33 of her distinguished colleagues cases; and by watching her 'wild child' patient, little Cammie, develop her own eight magical moments over a period of fifteen years. These moments are rare. But by pooling them together, or by looking at how they develop over a long period of time in a single individual, readers are able to achieve further understanding of the process of change in child and adolescent psychotherapy.

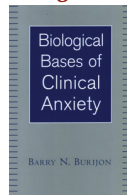
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## CLINICAL PSYCHOLOGY AND NEUROSCIENCE

### Biological Bases of Clinical Anxiety



**Burijon, Barry N.**  
**Catalogue No. 25259**  
**W.W.Norton**  
**Price: £30.00**

Anxiety and anxiety-related disorders (including OCD, panic disorder, phobias and PTSD) are among the most prominent problems reported by people in therapy. This book guides readers in an examination of the epidemiology of anxiety disorders as well as of their various medical and therapeutic interventions

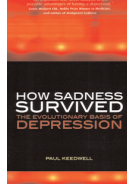
### Managing Personality Disordered Offenders in the Community: A Psychological Approach



**Dowsett, John & Craissati, Jackie.**  
**Catalogue No. 26393**  
**Routledge**  
**Price: £19.99**

Drawing on the latest evidence from health and criminal justice, this is a practical guide to the management and treatment of a group who comprise some of the most troubled offenders, who provoke the most anxiety in our society. Illustrated throughout with relevant case examples, this book provides a detailed account of key issues in the assessment of both personality disorder and offending. It explores the current state of knowledge regarding treatment approaches, before suggesting a framework for thinking about community management, legislation, and multi-agency practice. The book concludes with a discussion of community pilot projects currently taking place throughout England and Wales. An accessible and informative guide for trainees and practitioners working in the fields of mental health, social services, and the criminal justice system.

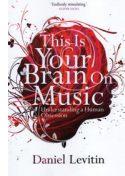
### How Sadness Survived: The Evolutionary Basis of Depression



**Keedwell, Paul.**  
**Catalogue No. 25305**  
**Radcliffe Medical Press**  
**Price: £13.99**

This is a critical overview of ideas about depression (some new, some old) which fall under the discipline of 'evolutionary psychology' (EP). It addresses questions such as: do most types of depression represent an adaptation—an evolved mechanism which has improved our survival and reproductive value in our ancestral environment? Has depression been selected? Could it still be useful to us today? This book makes a contribution to the field while communicating the issues to a wider audience than EP currently receives and deserves.

### This is Your Brain on Music: Understanding a Human Obsession



**Levitin, Daniel J.**  
**Catalogue No. 26570**  
**Atlantic Books**  
**Price: £18.99**

A fascinating exploration of the relationship between music and the mind and the role of melodies in shaping our lives. Whether you load your iPod with Bach or Bono, music has a significant role in your life even if you never realized it. Why does music evoke such powerful moods? The answers are at last becoming clear, thanks to revolutionary neuroscience and the emerging field of evolutionary psychology. Both a cutting-edge study and a tribute to the beauty of music itself, "This Is Your Brain on Music" unravels a host of mysteries that affect everything from pop culture to our understanding of human nature, including: Are our musical preferences shaped in utero? Is there a cutoff point for acquiring new tastes in music? What do PET scans and MRIs reveal about the brain's response to music? Is musical pleasure different from other kinds of pleasure?

### The Psychology of Female Violence: Crimes Against the Body: Second Edition



**Motz, Anna.**  
**Catalogue No. 26770**  
**Routledge**  
**Price: £19.99**

What are the causes of violence in women? What can be done to help these women and their victims? Why does society deny the fact of female violence? This book explores the nature and causes of female violence from the perspectives of psychodynamic theory and forensic psychology. This fully updated and expanded second edition explores developments in research and services for violent women. Recent high profile cases of female violence are discussed alongside clinical material and theory. The new topics include: the Victoria Climbié Inquiry, the controversy related to the diagnosis of Münchausen Syndrome by Proxy, Dangerous and Severe Personality Disorder in women, and the impact of pro-anorexia and pro-bulimia websites.

### The Neuroscience of Fair Play: Why We (Usually) Follow the Golden Rule

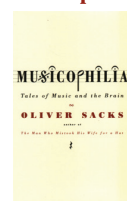


**Pfaff, Donald W.**  
**Catalogue No. 26869**  
**Dana Press**  
**Price: £11.00**

We remember the admonition of our mothers: Treat others as you want them to treat you. But what if being nice was something we were inclined

by nature to do anyway? Renowned neuroscientist Donald W. Pfaff upends our entire understanding of ethics and social contracts with an intriguing proposition: the Golden Rule is hardwired into the human brain. Pfaff, the researcher who first discovered the connections between specific brain circuits and certain behaviors, contends that the basic ethics governing our everyday lives can be traced directly to brain circuitry. He explains in this clear and concise account how specific brain signals induce us to consider our actions as if they were directed at ourselves—and subsequently lead us to treat others as we wish to be treated.

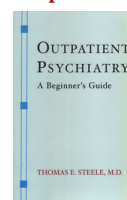
### Musicophilia: Tales of Music and the Brain



**Sacks, Oliver.**  
**Catalogue No. 26719**  
**Picador**  
**Price: £17.99**

An illuminating book about the power of music, from the bestselling author of "The Man Who Mistook His Wife for a Hat". In this eagerly awaited new book, the subject of Sacks' uniquely literate scrutiny is music: our relationship with it, our facility for it, and what this most universal of passions says about us. In chapters examining savants and synaesthetes, depressives and musical dreamers, Sacks succeeds not only in articulating the musical experience but in locating it in the human brain. He shows that music is not simply about sound, but also movement, visualization, and silence. He follows the experiences of patients suddenly drawn to or suddenly divorced from music. And in so doing he shows, as only he can, both the extraordinary spectrum of human expression and the capacity of music to heal. Wise, compassionate and compellingly readable, "Musicophilia" promises, like all the best writing, to alter our conception of who we are and how we function, to lend a fascinating insight into the mysteries of the mind, and to show us what it is to be human.

### Outpatient Psychiatry: A Beginners Guide



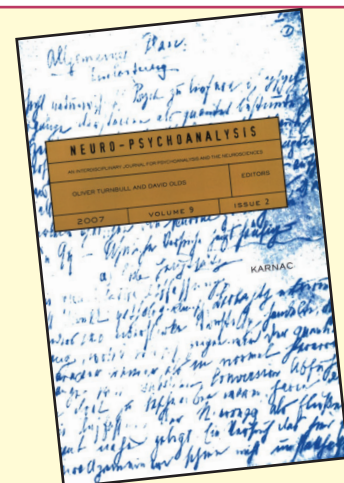
**Steele, Thomas E.**  
**Catalogue No. 26870**  
**W.W.Norton**  
**Price: £15.99**

Psychiatric education does not provide all a doctor needs to know about working with patients. This title provides a guide to psychotherapeutic techniques, uses of psychotropic medication and pertinent issues from the expanding field of therapy research, and includes advice about what to do and what not to do. An introduction for residents and new psychiatrists who work with patients, this brief primer provides knowledge that will reduce therapists initial anxiety and heighten their competence in working with outpatients.

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# THE EVOLUTION OF FAMILY PATTERNS AND INDIRECT THERAPY WITH ADOLESCENTS

*Reviewed by Claudette Portelli*

**THE EVOLUTION OF FAMILY** *Patterns and Indirect Therapy With Adolescents* by Prof. G. Nardone, Dr E. Giannotti and Dr R. Rocchi, takes up the challenging project of studying contemporary families and their relative communication patterns, and in doing so, reveals a significant correlation between psychological disorders and dysfunctional relationships in family life.

This study is the outcome of a five-year work, carried out by the team of the Centre of Strategic Therapy (CTS) of Arezzo, Italy, made up of thirty-two researchers-therapists supervised by Prof. Nardone. This team put together data gathered from their personal work in various parts of Europe, on cases related to family problems and psychopathologies present in adolescents (phobias, school drop-outs, eating disorders, aggressive behaviour, etc). The aim of this project was to arrive at a better application of specific strategic interventions aimed at resolving parent-child difficulties.

Following an action research approach which involved more than a thousand cases, the CTS put together a broad picture of the most common dysfunctional contemporary family models which seem to hold a series of pathogenic relationship patterns between parents and their children. This study is not the result of mere observation but rather the outcome of specific structured strategic interventions leading to the concrete solution of these problems.

Since the Second World War, in particular in industrialized countries, it has been observed that the family has changed from being a numerous, economically deprived system to a smaller, more

privileged nucleus. There have been marked changes even in educational styles. It seems that our families have moved from one extreme to another; from a strict and emotionally deprived educational model to a 'child-centred' style based on excessive permissiveness and overprotection.

Moreover, various research reveals that during this period, young people have prolonged their "stay" in their parents' house. Especially in European-Mediterranean countries, the great majority of young people continue dwelling with their parents, even when they become economically autonomous. Scabini (1991) reveals that most youngsters, often supported by their parents, tend to put off decisions and postpone taking up responsibilities such as that of breaking off from the family of origin to form one's own family. This rather common phenomenon is inevitably delaying the natural process of becoming autonomous, self-sufficient adults. There seems to be a perfect complementarity between the parents' protective attitudes and the position of privilege required by their children, but unfortunately, this complicity between parents and children can easily turn into a pathogenic relationship, where the over-protected young persons tend to fear and thus avoid life. The authors note that in our contemporary society we have come to underestimate, or better ignore, one of the primary tasks and duties of a parent: to permit the young person to build his own world through concrete experiences, to build his own perceptions, cognitions and behavioural repertoires and to enhance his resources in order to face the various circumstances of life.

This text explores the role of the family, the communication and interactive patterns between adults-children, and the parents' attempts in 'helping' their children overcome the changes and difficulties undergone during adolescence. The authors emphasise the fact that there is no communication pattern in itself which is healthier than another. Any type of communication pattern, and thus an

interactive pattern is denoted as being healthy if it is flexible and self-corrective, whilst a pattern is defined as pathogenic if it becomes rigid and dysfunctional.

The study carried out by the CTS reveals a meaningful correlation between the presence of psychological problems and rigid patterns of family interaction, and identifies a series of recurring, rigid parent-child patterns which contribute to the development of relevant problems:

1. **Overprotective families.** Since they perceive their child as fragile and weak, parents (both or one of the couple) tend to stand in for their child, with the intent of protecting him from hurt and from 'measuring his own failures'. However, in this way they give rise to a self-fulfilling prophecy: the child will start perceiving himself as a fragile being and thus acting in this manner. This is the most common family pattern present in our contemporary society.
2. **Democratic-permissive families.** Where parents perceive their children as equals and aim to establish a democratic 'friend-to-friend' relationship, but which often lacks parental guidance, authority and often leads to excessive permissive behaviour.
3. **Self-sacrificing families.** Where parents perceive sacrifice as the sole means to reach desired goals. Parents often sacrifice themselves and expect their children to do so too, leading them to become very self-critical and thus very frustrated.
4. **Inconsistent families.** Where the family members shift from a model to another, not allowing time to see possible results. This conveys a sense of confusion and insecurity.
5. **Delegating families.** Where parents delegate their role to others (grandparents, nannies, tutors, specialists, etc), yet nobody can fulfill their role better than themselves.
6. **Authoritarian families.** Where parents (both or one of the couple) use their power in a strict, resolute way in handling all types of problems. There is neither space for discussion nor room for change on what has been decided by the parent(s).

Through the analysis of real life cases, the authors managed to bring to light a clear picture of the most common communication and interactive family patterns, together with their respective explicit and implicit rules (syntax), the relative emerging meanings (semantics) and the consequences on the young person (pragmatics). Moreover, the authors present specific clinical cases, where the therapist intervenes to change these rigid dysfunctional patterns into more flexible self-correcting patterns.

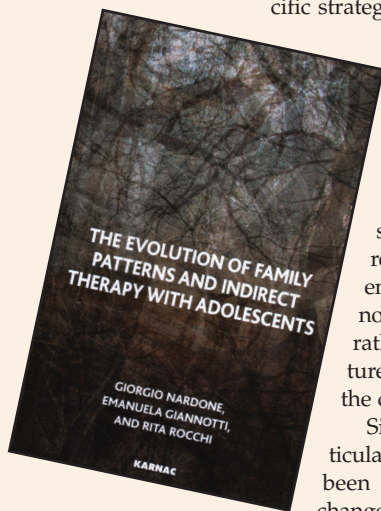
The family undergoes a life-cycle which bring along various changes. Thus what might have been useful in one situation might be detrimental in another. Strategic-systemic interventions aim in rendering the family members more open to change, capable of choosing the most adequate method in each specific situation. Metaphorically speaking, families should be as fluid as water, which thanks to its adaptable properties, wins over all.

Even though this work was conceived as a training manual for specialists, it is written in a reader-friendly way, avoiding potentially incomprehensible technical words, so as to be easily followed and appreciated even by parents and adolescents, so that both can gain knowledge of how to avoid becoming the victims of traps hidden in dysfunctional relationships.

## Reference:

Scabini, E. (Ed) (1990) *L'organizzazione famiglia tra crisi e sviluppo*. Milano: Angeli.

*The Evolution of Family Patterns and Indirect Therapy with Adolescents* by Giorgio Nardone, Emanuela Giannotti and Rita Rocchi (126 pages, Cat. No. 25872) £19.99





# THE PERVERSE ORGANISATION AND ITS DEADLY SINS

By Susan Long

**THE SUB-PRIME MORTGAGE** crisis in the USA is currently throwing out ripples throughout the financial world. Already several large lenders have collapsed, becoming bankrupt in the face of loan foreclosures and falling stock prices. The broader world financial and investment system is implicated due to the commodification of sub-prime loans which were bunched into investment packages taken up over the last decade. Such packages contained within them virtual time bombs because the housing boom that had led to a plethora of sub-prime loans inevitably ended. This, together with rising interest rates and the fact that sub-prime loans are those loans given to people least able to absorb higher costs, has led to the crisis. Implicit in all of this is the massive loss to both homeowners and shareholders. Estimates run into billions of dollars.

Commentators have noted that many simply did not see the risks involved.<sup>1,2</sup> The question is, why? While investigations into changes in markets and economic trends occur regularly in the press,

the fuller answer to human blindness about organisational risks can only be found in the collective emotional life of people in organisations.

*The Perverse Organisation and its Deadly Sins* is a book that examines this collective emotional life. It argues that there is evidence of a movement from a culture of narcissism toward elements of a perverse culture. It examines that evidence as it reveals itself through one of the major institutions of our time—the work organisation.

There are five points that are consistently emphasised throughout the book. They are the basic indicators of a perverse state-of-mind.<sup>3</sup> Derived from a study of perversion in individuals, they are first explored in terms of individuals and later extrapolated to a social level of analysis, where through an argument based on social systems analysis, organisations are regarded as having 'character'.

1. The perverse state of mind is not simply a deviation from normative morality. It has to do with individual pleasure at the expense of a more general good, often to the extent of not recognising the existence of others or their rights. It reflects a state of primary narcissism.
2. The perverse state of mind acknowledges reality, but at the same time, denies it. This leads to a state of fixed ideation and phantasy to protect against the pain of seeing and not seeing at the same time.
3. The perverse state of mind engages others as accomplices in the perversion.
4. The perverse state of mind may flourish where instrumental relations have dominance in the society. This is because instrumentality ignores the rights of others to have an independent existence. This in itself is abusive. The perverse state-of-mind turns a blind eye.
5. Perversion begets perversion. Abusive cycles are hard to break. Corruption breeds corruption because of the complicity of the accomplices and their subsequent denial and self-deception.

By seeing the organisation as imbued with character, certain organisational character traits are understood as influencing the actions taken by organisational leaders and members. Many of the thoughts and feelings that the workplace engenders are unconsciously projected into the corporation that then acts them out through corporate roles, sometimes against the conscious inclinations of the private individual. Many such character traits may, of course, foster corporate growth. However, when destructive traits dominate the actions of organisational members from within an unconsciously perverse social structure, they can be regarded as corporate sins.

The seven deadly sins named in medieval times are: Pride, Lust, Wrath, Gluttony, Avarice, Envy and Sloth. The book is structured to examine perverse process in organisations through the lens of these sins in their corporate form. First comes pride. While a healthy degree of pride is important for growth and progress, and while company pride is a great sustaining source of encouragement for individuals to work in collective endeavors, many organisations attempt to instill a false sense of pride in their members, spreading the propaganda of the latest 'vision' statement to the internal market of employees as much as to their customer markets. This is reminiscent of the patriotism that political leaders wish to instill in citizens during war time. Perhaps corporate pride is the new form of patriotism—where the multinationals may be likened to countries or political entities in themselves. Here, an examination of pride leads to Wall Street and the merchant bankers who, through to the present day, have been making countless millions from clever ways to work the money markets. In this world the competition is fierce and the stakes high. In exploring this mainly male culture, a different kind of pride is discovered. It is not the steady pride in craftsmanship of a large body of workers, but a heady, excited phallic pride that lifts the players into a willful blindness. The case study of Long Term Capital Management is presented.

That case study leads to the close connection of pride and greed. Greed is a complex notion and can be directly linked to the medieval deadly sins of avarice and gluttony. In 21st Century corporate life, the idea of avarice and love of money is also associated with a greed for power: to be in that place that leads to gaining mass recognition, and the lifestyle of the rich and famous; the perverse culture of celebrity. The case of Parmalat, with its 'greedy yet generous CEO' illustrates the idea of corporate greed and its perverse aspects.

The functioning of envy and the social defenses against envy are next broached. Incorporated professional associations have a different structure to for-profit corporations. Rather than having the accountability hierarchy of organisations with vertical authority they are purportedly groups of equals with leaders voted into office. A kind of horizontal authority structure operates. In such organisations envy and sibling rivalry have to be managed by other than a surrogate parental authority. Associations may be studied to throw light on the process of envy. Moreover, many corporations in post-modern times strive to create more democratic structures and practices such as are found in distributed leadership, flattened hierarchy, team-based and network structures. Although these are still at base accountability hierarchies—there is always the boss and the owners or shareholders at the apex—and although this is not done for the sake of democracy but for increased productivity, at times they take on some of the character of associations.

An association and an accountability hierarchy meet in the company board. The perverse dynamics found in corporate governance when directors fail to take up their role forms the basis for a chapter on sloth and neglect. Regarded as a modern form of sloth, a kind of corporate laziness or moral lassitude appears where the governance role is neglected. The cases of HIH Insurance and Ansett Airlines are taken as part of this exploration.

Finally, perverse hatred and wrath are examined; these are expressed in institutionalised bullying and abuse. Military training exemplifies the dynamics involved, although these dynamics are also applicable to an analysis of bullying in corporate workplaces.

The emphasis throughout the book is on perversity displayed by the organisation as such, rather than simply by its leaders, or other members, even though they may embody and manifest perverse primary symptoms to the extent that they at times engage in criminal behaviours. What is explored is a group and organisation dynamic. Although it can be argued that those with power are exposed more fully to the temptations offered by the culture and hence more likely to take up such temptations, the situation is more complex. Within the perverse structure some roles are required to take up corrupt positions. They become part and parcel of the way things work. The person may condemn certain practices, but the role requires them. Tensions between person and role may mean that the person in role acts as they would not while in other roles. Such tensions may lead to the dynamics of perversity, especially the basic dynamics of splitting (the role from the person) and denial (of human responsibilities in the role) or turning a blind eye.

The final chapter examines the perverse organisation in the context of the consumer-provider pair. It is argued that this pair forms the philosophical basis of society and underpins corporate and organisational life. It is a central organising relation. In finding ways to overcome or 'work through' organisational perversity, we must think of the role relations within them. If the organisation has a character, it is not one that can become sick and might be cured—at least not in the sense derived from the medical paradigm. It is a social character that is formed through contracts, negotiations, rules, agreements, unconscious collusions and political co-relations. Its 'health' is dependent upon adequate communication, good authority, clear role relations and ethical process.

Returning to the current sub-prime mortgage disaster, it may be that further disasters might be evaded by following the advice of Watcher and Green<sup>4</sup> that the organisations that originate the sub-prime financial packages be held accountable through a compulsion to retain a financial stake. But this accounts for only one small part of the complex of human dynamics that underpin organisational blindness to risk. The wider picture of organisational and system perversity must also be addressed.

<sup>1</sup>David Wilson, Bloomberg News, Published: February 12, 2007.

<sup>2</sup>Watcher, S. and Green, R. (2007) *The Housing Finance Revolution* cited in David Wilson, Bloomberg News, Published: February 12, 2007.

<sup>3</sup>State-of-mind refers to a particular co-configuration of thoughts, attitudes, perceptions, emotions and beliefs that also link to particular behavioural tendencies. A warlike state-of-mind, for example, indicates the co-configuration of angry and hostile thoughts and emotions together with the propensity to attack (sometimes created) enemies.

<sup>4</sup>Watcher, S. and Green, R. (2007) *The Housing Finance Revolution* cited in David Wilson, Bloomberg News, Published: February 12, 2007.

*The Perverse Organisation and its Deadly Sins* by Susan Long (208 pages, Cat. No. 25880) £19.99

## SEX MAKES THE WORLD GO ROUND

By Colette Chiland

**SEX MAKES THE WORLD GO ROUND.** For me, that is perfectly clear, not only because sexuality is a powerful force at work inside all human beings—often, indeed, we have little control over it—but also because everything that a human being does is carried out *qua* man or woman. Sex is both sexuality and gender identity.

In my exploration of how sex makes the world go round, I have chosen two main threads.

The first is the recognition that, all through history and everywhere in the world, women have always been treated as inferior beings, belittled and dominated by men—what Françoise Héritier (1996, 2002) calls the “differential valence of the sexes”. What is surprising is the fact that women have *consented* to being belittled and dominated. Few people have dared say so in so many words—Maurice Godelier (1982) is one

exception. Why did it take thousands of years for women to realize how unjust that situation was and to rise up against it? That said, demanding equal rights is not the same thing as denying that there are significant differences between men and women, as has too often tended to be the case.

My second main thread is drawn from Freud’s work. He showed that there are two currents in sexuality: sensuality and tenderness. When tenderness has the more or less exclusive role, sexual “wanderings” are the result, leading to perversion, pornography, prostitution—wanderings that reinforce the disparagement

of women. I can see nothing, however, that justifies the assumption that women’s liberation would result from the abolition of the difference between men and women, i.e. the duality of the sexes, as Gayle Rubin (1975) argued more than thirty years ago: “I personally feel that the feminist movement must dream of even more than the elimination of the oppression of women. It must dream of the elimination of obligatory sexualities and sex roles. The dream I find most compelling is one of an androgynous and genderless (though not sexless) society, in which one’s sexual anatomy is irrelevant to who one is, what one does, and with whom one makes love.”

Some would say that I am so antiquated that even carbon-dating would be of no use, simply because I continue to maintain that the difference between the sexes is not a social artefact but a biological reality.

I fully understand, of course, that it can be difficult to decide to which sex a new-born baby should be assigned, if the appearance of the genitalia does not correspond unequivocally to that of a male or a female. Some people do not possess all the biological components characteristic of one single sex, male or female; in other cases, there may be a mixture of both (external genitalia, internal genitalia, karyotype, gonads, hormone levels)—the “intersex”. The fact that some people are intersex—the actual percentage is perhaps a matter for dispute, but at any rate they are very few in number—raises the issue of their status as a minority. It does not, however, call into question the fact that the difference between males and females is a biological reality which, as regards procreation, is undoubtedly significant. No human baby could ever exist without both a male and a female genitor—or, at the very least, a male and a female cell inside an

artificial uterus (Atlan, 2005), although this kind of utopia ignores the fact that the most favourable environment for the development of the human foetus is the uterus that nature has provided. It should be said, all the same, that one does not have to procreate in order to be a fully-fledged member of the human species.

Those who refuse to acknowledge the duality of the sexes do so either because they are homosexual (in fact, we are talking here about *female* homosexuals: Gayle Rubin, Monique Wittig and Judith Butler) or because they are intersex. These militant homosexuals believe that adopting such a standpoint is the only way to liberate themselves from the opprobrium that hangs over homosexuality and from the pressure on them to be heterosexual. The militant intersex have not been able to develop either as men or as women; they have suffered from the secret and the shame that cast a dark shadow over their childhood; they claim—simultaneously—to be “neither a man nor a woman” and “both man and woman”, thereby regaining some degree of self-respect: “Hermaphrodite Pride”.

With the exception of those, few in number, who want to “change their sex” while acknowledging the duality of the sexes, the vast majority of human beings experience themselves as being either man or woman, whatever the desires, fears or regrets to which that situation may give rise; they want to go on being what they feel themselves to be. They are not carried away by the utopia of a world of sexuality without the sexes. It is quite possible to be responsive to the fate of minorities without necessarily adopting their cultural *mores*. It is not easy for minority cultures to co-exist with the dominant culture in any given society; mutual respect is the key factor here.

As Freud pointed out, the real issue is to prevent Thanatos, the death instinct, from triumphing over the life instinct. Whether we believe or not in the existence of these two drives is not the point; no-one could deny the destructiveness that is so much a feature of the human species, as evidenced by the gratuitous harm that human beings inflict on one another (Chiland, 2007).

Sexuality is not without hostility, as Robert Stoller was careful to point out. Eros is an untamed force that has to be kept in check in order to make room for *Philia*, mutual friendship, and for *Agapè*, love that is not self-seeking.

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*Sex Makes the World Go Round* by Colette Chiland (174 pages, Cat. No. 25871) £19.99





## FREUD'S CONVERTS

By Vicki Clifford

**FREUD'S CONVERTS** was written to appeal to practitioners and non-practitioners alike. It was written from the perspective of one who is both an insider and an outsider, in so far as I have trained as a psychotherapist whilst at the same time working in an academic discipline which has traditionally been regarded as 'the opposition'. I never met Sigmund Freud or Carl Rogers, therefore I understand that the Freud and Rogers that I have come to know and respect are constructs. Whether we like it or not, their construction is the result of a myriad of those ideologically led questions which have motivated so many people to write about them. That is to say, each commentator comes to their work with a unique anthropological lens which guides their individual quest and leads them to seek out, or ignore, information which is useful for their

endeavour. The information which we are drawn to and, often more importantly, the information which we actively occlude, results in another 'version' of the person we write about.

In *Freud's Converts* it was my intention to expose our selectivity and the processes of construction, deconstruction and reconstruction which are at work when anyone takes up their pen to write about Freud or Rogers. I have my own ideological question which betrays my complex genealogy and which is unlike that of other disciples and critics

who have their own ideologically led questions. Nonetheless the results of such work, even when we uncover something new, leave distorted notions of reality. It is worth noting that the process of construction of both Freud and Rogers began with their own writings, in which we inevitably get versions of them which they selected for their own reasons. For example, Freud famously burned his work and correspondence, twice in his life, and in a letter to his then fiancée, noted that in doing so he would lead his biographers astray. In this he was overtly engaged in the process of his own construction.

*Freud's Converts* is also an exploration of the relationship which psychotherapy has with religion. In an attempt to shed more light on the humanity of those founders and their followers I have explored the influence which religion had on both Freud and Rogers, along with the fact that they were each seduced by the high status given to science. Freud and Rogers each left a legacy which is not that of the scientist, which each claimed to be. Both Freud and Rogers each had a problematic relationship with religion and this aspect of their genealogies had a lasting effect on the work and subsequently the attitudes of their respective followers. In order to explore effectively this relationship, the book begins with a critical examination of

the historical context in which both Freud and Rogers worked, and how in their determination to be scientists both missed the importance of the religious. I continue with an exploration of the effects of this legacy on the work of contemporary psychotherapists. The context in which their followers work relies on a relationship with the founder which goes beyond that of science, and in addition, each practitioner is influenced by socio-economic circumstances which are peculiar to them.

The resistance from psychotherapists to embrace religion has been complex, although, as it will be illustrated (for example, with the work of some post feminist practitioners), today there are some who are acknowledging the importance of the spiritual. That psychotherapy functions as a religious movement has been excluded by practitioners in their determination to reflect the wishes of their founder, which was that their work should be regarded as science. Psychotherapists have traditionally been considered the custodians of the real and that their clients are the ones suffering from delusions. With respect to their attitudes to religion—not least the spiritual—the positions seem to be reversed. I am hopeful that in exploring the complexity of the relationships which psychotherapists have with religion it will be possible for attitudes toward religion to be reconsidered. I posit the idea that we could look to the ideas arising in what may traditionally have been regarded as the 'enemy camp': Religious Studies. But more specifically we could look to post-secular philosophy where, ironically, Freud's idea that we often find what we most need in areas which we most resist is explored in a different guise.

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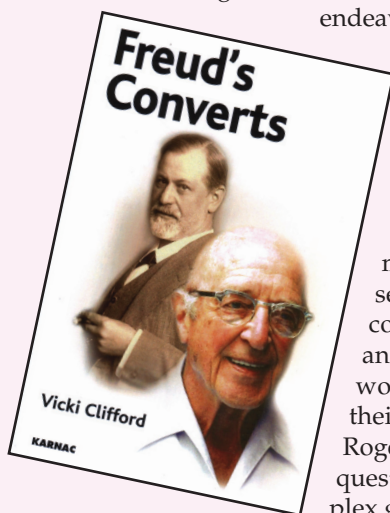
*Freud, as Auden pointed out, was more than a mere person, but became a "whole climate of opinion". This climate survives, as Dr Clifford shows, partly because psychoanalysis shares many of the features of religious movements and, like religion, is concerned with the healing of souls. This book is a highly readable and quite fascinating account of this issue. Written with insight and humanity, Dr Clifford's fascinating book deserves this accolade: it casts light; it illuminates.*

- Alexander McCall Smith, Professor of Medical Law at the University of Edinburgh, Author of *The No.1 Ladies' Detective Agency Series*

*Vicki Clifford has written an intriguing and engaging book that invites us to re-visit the relationship that Freud, Rogers and their followers have with religion and spirituality. This remains a hot topic and it has a special importance for the best practice of psychotherapy which still needs to recognise and honour the role of spirituality in healthy human living.*

- William West, Reader in Counselling Studies, University of Manchester

*Freud's Converts* by Vicki Clifford (232 pages, Cat. No. 25869) £19.99



## TIME IN PRACTICE, ANALYTICAL PERSPECTIVES ON THE TIMES OF OUR LIVES

By Mary Lynne Ellis

**"IF YOU LIVE IN TIME** you want it to go fast. When you look back at it, it has gone too quickly. I often wish my life away".

"I am always a future person. Now I can't see beyond tomorrow. I can't see anything except what I have lost".

Particular orientations to time are integral to the many facets of our anxiety, creativity, rage and courage. Many of the most charged debates between analysts concerning efficacy in psychoanalysis refer implicitly to time: the length and the frequency of the sessions, the length of the analysis, the significance of breaks in the analysis, and the timing of interpretations. Although psychoanalytic theorizing and practices are implicitly rooted in questions of time, this theme is seldom explicitly addressed. For example, the diverse notions of time which underpin Freud's concepts of the unconscious, regression, displacement, condensation, and transference, are only occasionally thematized by him.

In *Time In Practice, Analytical Perspectives On the Times of Our Lives* I focus specifically on the crucial importance of time in analytic work. I critically discuss the relevance of psychoanalytic, contemporary European philosophical and literary theorizing of time (through autobiography) to clinical work. The book is interwoven with clinical vignettes through which I highlight the diverse and shifting ways in which individuals live time consciously and unconsciously and how these are voiced in the analytical relationship. I emphasize the "intertemporality" of subjectivities and I explore the question of the relation between the time of the analyst and the time of the patient.

The book reflects on the question raised by Minkowski (1923) as to whether a problematic relation to time produces certain "symptoms" or whether these are the source of difficulties in relation to time.

My interest in the theme of time signifies a challenge to the dominance of spatial metaphors which permeate much psychoanalytic theorizing. I do not dismiss the value of the importance of the concept of space, nor do I deny that our notions of space and time are enfolded within one another. However, our concern in psychoanalytic practices with the question of change (in a non-normative, non-medicalizing way) involves an acknowledgement of human subjectivities as dynamic, as open to possibility within the vicissitudes of the analytical relationship, and as located between the shifting dimensions of past, present, and future.

Each of the earlier chapters of *Time In Practice* focuses on the implicit and explicit references to time in the theories of Freud, Jung, Klein, Lacan, and Winnicott respectively. My aim is to raise questions as to how their assumptions about time influence psychoanalytic practices. How do they inform our concepts of memory, forgetting, language, embodiment, and identity?

Texts by these analysts, with the exception of Jung's and Lacan's, reveal an over-emphasis on the importance of the past. Both the quotations which open this article convey individuals' orientations to their past, present and future: *Time in Practice* argues for an attentiveness to all of these temporal dimensions in analytic work. This is not to dismiss the crucial importance of an individual's shifting perceptions of their

history, but rather to highlight the simultaneous significance of patients' views of their present and their expectations of the future. According to Jung, for example, the unconscious, like Janus, faces forward to the future and backwards, towards the past. On the horizon of all of our futures is our death ahead, the significance of which is individual and never static.

Reflecting on time in psychoanalysis raises the further question of how we conceptualize the notion of identity in psychoanalytic practices. Do we think of identities as continuous through time as Winnicott emphasizes? Or do we view them, by contrast, always partial, contextual, shifting, and discontinuous as relational psychoanalysts, in their critical development of his work, now claim? What does this mean in practice?

Such questions have preoccupied modern European philosophers since the 1930s. Throughout the writings of Freud, Jung, Winnicott, and Lacan the influence of philosophers is evident, although not always acknowledged. Their interest in modern European philosophers arose because these writers were addressing the very concerns which preoccupy psychoanalysts, namely questions regarding the relations between mind and body, conscious and unconscious, subjectivity and temporality, language, feelings, expression, and intersubjectivity.

In *Time In Practice* I reflect on the particular value of the work of Merleau-Ponty, Foucault, Levinas, and Ricoeur to psychoanalytic practices. How individuals "live" time in all three dimensions is pivotal (albeit with varying emphases) to their analyses of subjectivity as philosophers writing from phenomenological, existential, and deconstructive perspectives. According to Merleau-Ponty (1945), for example, time is the subject; it is not an object which exists outside of or beyond us, it is a dimension of our embodied being.

In *Time In Practice* I also draw on Eva Hoffman's moving autobiographical descriptions in *Lost In Translation* of her shifting temporal experiences as a Jewish Polish refugee living in Canada, and later in America, from the age of thirteen. Her reflections resonate with conceptualizations of time in modern European philosophical texts. Hoffman is also engaged with questions of the relevance to psychoanalytic theory to our understanding of the socio-historicity of individual subjectivities in relation to, for example, gender, sexuality, and ethnicity. In *Time In Practice* I explore how an attentiveness to temporality can enable a theorization of identities which allows for their shifts, including, at times, their profound ruptures. This theme is further developed in my discussion of the significance of language and its relation to temporality in the psychoanalytic relationship. The connection between language and history is intimated to by Freud in "Constructions in Analysis" (1937d). Schafer's theorizing of "narrative" in psychoanalysis and Ricoeur's extensive exploration of this theme from a phenomenological perspective are crucial contributions to analytical reflections regarding the significance of unconscious times in practice.

Throughout the writing of *Time In Practice* it has been evident to me how the theme of time offers an exciting focus for the development of new perspectives on the significance of language and embodiment, change and creativity, conscious and unconscious, in conceptualizations of intersubjective relationships. As *Time In Practice* emphasizes, this matters if we are to be truly alive to the times of people's lives in psychotherapy.

*Time in Practice: Analytical Perspectives on the Times of Our Lives* by Mary Lynne Ellis (230 pages, Cat. No. 25874) £19.99





## PSYCHOANALYTIC ENERGY PSYCHOTHERAPY

By Phil Mollon

**MY NEW BOOK**, the outcome of a psychoanalyst's encounter with Thought Field Therapy, presents a detailed outline of how to work with the information field at the interface of body and mind. This field of energy and information appears to contain the encoding of trauma, emotional pain, dysfunctional cognition, and psychodynamic conflict. It is the deep energetic structure underpinning the material we address in psychoanalysis and cognitive therapy. By addressing this crucial realm, linking psyche and soma, emotional change can take place rapidly and easily.

### Engaging the psyche and the soma

In my clinical practice of over thirty years, a combination of curiosity and dissatisfaction has kept me seeking better ways of alleviating psychological suffering. I have undergone some of the best trainings in psychotherapy and psychoanalysis available anywhere in the world—but have never felt these were entirely adequate for transforming the real and often severe traumas that have captured the minds and bodies of many of the patients I see in routine public sector clinical work. Talking therapies can even make such patients worse. It seems that work with the psyche alone, whilst often helpful, is not always sufficient.

One effective and well-established treatment for psychological trauma is Eye Movement Desensitisation and Reprocessing [Mollon 2005], which incorporates a bodily and sensory element. Towards the end of the 1990s I began to learn of other approaches which engage the body as well as the psyche. Some of these, which address the energy pathways of the meridians and the chakras, have been generically termed 'energy psychology'. Every practitioner I know who has taken the trouble to study and master some of these methods has, without exception, found them to be astonishingly effective as an adjunct to talking therapies. Their effects are rapid, deep, and gentle. However, their application to complex problems requires extensive knowledge and skill. My book is

intended to transmit the clinical knowledge I have acquired from several years of immersion in energy psychology in relation to both psychoanalysis and cognitive therapy.

### Origins of energy psychology

In the 1960s, a chiropractor in Detroit, George Goodheart, made certain clinical observations that led him to explore the use of muscle testing as an indicator of states of health and sickness—an approach that came to be termed Applied Kinesiology. He also discovered links between muscles, bodily organs, and the meridians of traditional Chinese medicine. Whilst much of this work was oriented towards physical manifestations of illness, a psychiatrist called John Diamond investigated the applications to emotional states. There are many complexities and subtleties in muscle testing, but two phenomena, with particular relevance to the psychological realm have become well-established: a muscle will test weak when a person states an untruth and also when a person experiences distress. The body's own response thus becomes a means whereby the deeper parts of a person, including their unconscious mind and other hidden areas, can communicate and respond to our conscious enquiry. Building on Goodheart's original observations, Diamond discovered links between emotions and particular meridians. He found ways of rapidly relieving troubling mental states through having the client stimulate meridians in certain ways, combined with uttering words specific to the meridian involved. Thus he demonstrated connections between the body, its meridians, emotions, and words—truly the language of the mind-body-energy system in all its depths and complexity.

A clinical psychologist called Roger Callahan, influenced by Diamond and others, was startled one day in 1979 to find that he had cured a patient (Mary Ford) of a long-standing phobia by asking her to stimulate a meridian for a few seconds. Mary had been troubled by a severe phobia of water for as long as she could remember. Using conventional cognitive and behavioural methods, as well as hypnotherapy, Callahan had enabled her to sit dangling her legs in his swimming pool—but she would still be in extreme discomfort.

From his studies with Goodheart's group, Callahan was able to diagnose a problem in Mary's stomach meridian. Acting on a whim, one day he asked her to stimulate this meridian whilst thinking of water. She suddenly leapt up exuberantly, declaring that the anxiety she used to experience in her stomach had completely gone. It never returned. Neither Callahan nor anyone else had experienced such a thing before. Despite discouraging results on trying this with other patients, along with exhortations from his wife at the time to return to his more lucrative conventional therapy, Callahan continued to explore what he had stumbled across. Over the years he refined a procedure, involving precise sequences of meridians, which are effective with a high proportion of people suffering with anxiety, trauma, pain, and other forms of distress.

Along the way, Callahan discovered many profoundly important features of the mind-body energy system. Commonly a person's system contains hidden objections to recovery—the muscle test responds in the reverse, showing weak (saying 'no') to wanting to be free of the problem and strong (saying 'yes') to wanting to retain it. Under these conditions, recovery (probably by any form of therapy) cannot take place. We might compare this phenomenon with familiar psychoanalytic concepts, such as resistance, death instinct, perversion, and so forth. Fortunately, these forms of 'psychological reversal' are easily identified and resolved using Callahan's techniques.

Dr Callahan continues to develop and teach his approach, called Thought Field Therapy—this term referring to the informational energy field associated with a thought<sup>1</sup> [www.tfx.com & www.thoughtfieldtherapy.co.uk]. Others have drawn upon his work in various ways—including the popular but simplified variant known as Emotional Freedom Techniques [www.emofree.com], the subtle yet profound Tapas Acupressure Technique [www.tatlife.com], and the deep and thorough approach called Seemorg Matrix, developed by Jungian psychotherapist Asha Clinton [www.seemorg.com]<sup>2</sup>. In 1998, The Association for Comprehensive Energy Psychology was formed to promote research, organise conferences, and develop a code of ethics [www.energypsych.org].

### Psychoanalytic Energy Psychotherapy [PEP]

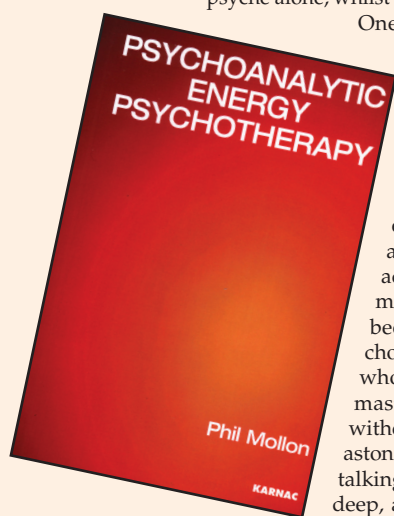
All the energy psychology methods rapidly clear distress from the mind-body system. So why the need for the approach I have called Psychoanalytic Energy Psychotherapy? It is because the questions of how and where to apply the basic principles can be very complex. Just as the personality system may be complex, layered, and pervaded by conflict, so the associated energy system can be. We should not jettison existing knowledge—of psychodynamics, transference, attachment disturbance, trauma, automatic thoughts and core beliefs, neurobiology—all these remain important and are interwoven with the energy system. In PEP we listen at multiple levels—taking note of words, energy, and the body. The energy system reveals much that is new, including realms of crucial influence (such as inherited traumas) that we would never have suspected when working just with the psyche. I believe that energy psychology, in its myriad forms, is the future for effective psychotherapy.

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<sup>1</sup>It is important to note that although Dr Callahan has a theory of how his method works, his therapy is not based upon, nor dependent upon, a theory but upon observations of what happens when certain procedures are followed.

<sup>2</sup>Not all energy psychology approaches require muscle testing or other forms of physical contact with the client.



*Psychoanalytic Energy Psychotherapy* by Phil Mollon (520 pages, Cat. No. 25878) £29.99

## LACANIAN PSYCHOANALYSIS

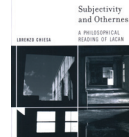
### Lacanian Ink 30: Objet a



**Ayerza, Josefina (Ed).**  
**Catalogue No. 26693**  
**Lacanian Ink**  
**Price: £13.99**

Issue contents: Josefina Ayerza: 'To resume again...'; Jacques-Alain Miller: 'A Reading from Jacques Lacan's Seminar on From an Other to the other II'; Alain Badiou: 'Hegel, Kant, Lacan'; Massimo Recalcati: 'Triggering Determinants in Anorexia'; Simon Critchley: 'Confraternity of the Faithless: Wilde's Christianity'; Richard Kostelanetz: 'A Fairly Orthodox Anarchist-Libertarian'; Jean-Luc Nancy: 'To the Exhausting Nude...'; Slavoj Zizek: 'From objet a to Subtraction'; Cathy Lebowitz interviews Josefina Ayerza; Kohei Yoshizuki: The Park.

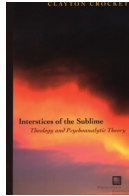
### Subjectivity and Otherness: A Philosophical Reading of Lacan



**Chiesa, Lorenzo.**  
**Catalogue No. 26725**  
**MIT Press**  
**Price: £12.99**

This is the evolution of the concept of subjectivity in the works of Jacques Lacan. Countering the call by some pro-Lacanian for an end to the exegesis of Lacan's work—and the dismissal by anti-Lacanian of Lacan as impossibly impenetrable—"Subjectivity and Otherness" argues for Lacan as a paradoxically systematic thinker, and for the necessity of a close analysis of his texts. It examines, from a philosophical perspective, the evolution of the concept of subjectivity in Lacan's work, carrying out a detailed reading of the Lacanian subject in its necessary relation to otherness according to Lacan's orders of the Imaginary, the Symbolic, and the Real. An original treatment of psychoanalytic issues, "Subjectivity and Otherness" fills a significant gap in the existing literature on Lacan, taking seriously the need for a philosophical investigation of Lacanian concepts.

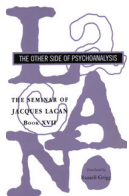
### Interstices of the Sublime: Theology and Psychoanalytic Theory



**Crockett, Clayton.**  
**Catalogue No. 26890**  
**Fordham U.P.**  
**Price: £18.99**

This is a powerful theological engagement with psychoanalytic theory in Freud, Lacan, Kristeva, and Zizek, as well as major expressions of contemporary Continental philosophy, including Deleuze, Derrida, Marion, and Badiou. The sublime refers to a conflict of the Kantian faculties of reason and imagination, and involves the attempt to represent what is intrinsically unrepresentable. The effects of the sublime are not just psychoanalytic but, importantly, theological, because the sublime is the main form that God takes in the modern world. A radical postmodern theology attends to the workings of the sublime in our thinking and living, and provides resources for understanding the complexity of reality. Through creative readings to topics such as sublimation, schizophrenia, God, and creation ex nihilo, this book contributes to a new form of radical theological thinking that is deeply involved in the world.

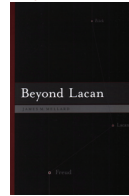
### The Seminar of Jaques Lacan Book XVII: The Other Side of Psychoanalysis



**Lacan, Jacques.**  
**Catalogue No. 26946**  
**W.W.Norton**  
**Price: £12.99**

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

### Beyond Lacan



**Mellard, James M.**  
**Catalogue No. 26857**  
**SUNY Press**  
**Price: £15.50**

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

### Derrida, Deleuze, Psychoanalysis



**Schwab, Gabriele (Ed).**  
**Catalogue No. 26021**  
**Columbia U.P.**  
**Price: £14.50**

These eight probing essays explore the critical relationship between psychoanalysis and the work of Derrida and Deleuze. The first three essays develop three different perspectives on liminal figures and figurations of the human, concentrating on Deleuze's and Derrida's embrace of the "polymorphism of difference" and its challenge to discourses on free will. Subsequent essays focus more on history, politics, the political unconscious, and resistance. One manifestation of the "resistance to psychoanalysis" that Derrida confronts in his work is the stubborn separation of the psychological and the political in philosophy, critical theory, and (Western) epistemology. In its relevance to and manifestation as social theory, psychoanalysis continues to engage this epistemological error. By addressing the split between the psychological and the political, "Derrida, Deleuze, Psychoanalysis" illuminates the ongoing relevance of psychoanalysis to critical interrogations of culture and politics.

## JUNG AND ANALYTICAL PSYCHOLOGY

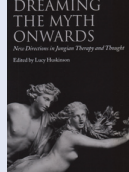
### Jung, Irigaray, Individuation: Philosophy, Analytical Psychology, and the Question of the Feminine



**Gray, Frances.**  
**Catalogue No. 26781**  
**Routledge**  
**Price: £21.99**

"Jung, Irigaray, Individuation" brings together philosophy, analytical psychology and psychoanalysis in suggesting that Luce Irigaray's conception of the feminine is a critical re-visioning of the open-ended possibilities for human being expressed in Jung's idea of individuation. This fresh insight will intrigue academics and analysts alike in its exploration of the different traditions from which Carl Jung and Luce Irigaray speak.

### Dreaming the Myth Onwards: New Directions in Jungian Therapy and Thought



**Huskinson, Lucy.**  
**Catalogue No. 26779**  
**Routledge**  
**Price: £21.99**

Contributors from multi-disciplinary backgrounds throughout the world come together to assess the contemporary relevance of myth, in terms of its utility, its effectual position within Jungian theory and practice, and as a general approach for making sense of life. As well as examining the more conscious facets of myth, this volume

discusses the unconscious psychodynamic processes of myth—including active imagination, transference, and countertransference, to illustrate just how these mythic phenomena give meaning to Jungian theory and therapeutic experience.

### The Wounded Researcher: Research with Soul in Mind



**Romanyshyn, Robert D.**  
**Catalogue No. 26676**  
**Spring Journal and Books**  
**Price: £14.99**

Soul work and academic research have been so split apart that both have been lamed—soul psychology without intellectual respectability and scholarly research utterly irrelevant to the soul's concerns. Romanyshyn's book not only follows from all his earlier diligent explorations in the Western history of soul, but charts a course that joins the integrity of scholarly work with devotion to the soul's vital needs. New winds, new directions, new methods.

### Eyes Wide Open: Late Thoughts: Another Jungian Romance

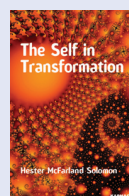


**Sharp, Daryl.**  
**Catalogue No. 26646**  
**Inner City**  
**Price: £14.99**

This final book in The SleepNot Trilogy favors readers with new glimpses into the soul of the author

and the many life, love and death issues, personal and collective, that he grapples with. With candor, insight and humor, interweaving his own story with psychological verities and Jung's concepts, Sharp and Prof. Adam Brillig chart the course, and trials, of individuation that are part and parcel of everyone's journey through life.

### The Self in Transformation



**Solomon, Hester McFarland.**  
**Catalogue No. 25602**  
**Karnac**  
**Price: £22.50**

This book brings together into one volume a number of articles that the author has written over the past 20 years, and includes a new extended essay written especially for this volume. The chapters, organized into sections, explore theoretical and clinical matters within a Jungian analytical framework, making carefully considered links to a number of psychoanalytical themes and concepts. The book also includes a section on ethics in the consulting room. In her new essay, Hester Solomon discusses pivotal themes in depth psychology: psychic transformation, synchronicity, and the emergence of complex adaptive systems in relation to the evolution of Jung's theory of the psychoid. She draws from fields of study such as anthropology, neuropsychology, the arts and religion to develop her themes. This is a reasoned integration and demonstration of the developing thought and clinical practice of an established Jungian analyst.

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## FAMILY & COUPLE THERAPY AND EATING DISORDERS

### The Dialogical Therapist: Dialogue in Systemic Practice

The Dialogical Therapist  
Paolo Bertrando

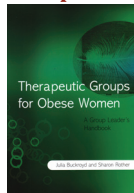


**Bertrando, Paolo.**  
**Catalogue No. 25584**  
**Karnac**  
**Price: £19.99**

Several good books exist about systemic understanding in therapy and a few about dialogic understanding. However, none try to bridge the gap

between these two world views, which have some similarities, but also a whole array of differences. This book is an attempt to find a bridge.

### Therapeutic Groups for Obese Women: A Group Leader's Handbook

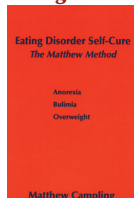


**Buckroyd, Julia & Rother, Sharon.**  
**Catalogue No. 25446**  
**John Wiley**  
**Price: £26.99**

This book provides a practical, comprehensive guide to the group treatment of obesity. It is derived

from a 5 year research project and draws upon elements of CBT and a variety of other counselling theories and styles. It will be divided into two parts. Part one provides a description of the context of research from which the programme has evolved. This section also provides a description of how to use the workbook and includes practical tips for professionals conducting sessions. Part two presents, session by session, a 36-week therapeutic programme for obese women. Auxiliary materials such as food diaries and meal planning sheets are also included.

### Eating Disorder Self-Cure: The Matthew Method



**Campling, Matthew.**  
**Catalogue No. 27009**  
**Grosvenor House Publishing**  
**Price: £11.99**

This book is for people with a disorder, for the people who love them, and for professionals in the field of disorder treatment and recovery.

Having been, in his youth and teens, at times both

overweight and anorexic, Matthew Campling—now a psychotherapist—is well placed to present a new and original approach to disorder recovery. He sees both underweight and overweight as having a specific physical cause—an 'Eating Disorder Mechanism'. This has great significance for therapeutic treatment and recovery. An invaluable addition to current thinking and a practical guide to safe, gentle and permanent recovery.

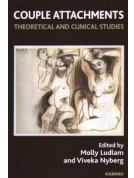
### Couple Therapy: The Self in the Relationship



**Crawley, Jim & Grant, Jan.**  
**Catalogue No. 26376**  
**Palgrave**  
**Price: £20.99**

This book presents students and experienced practitioners alike with an accessible guide on the complex dynamics of the couple relationship. Combining the theoretical grounding of various psychodynamic fields of thought with vivid case studies, it advises on how to address issues such as domestic violence, affairs and the step-family system.

### Couple Attachments: Theoretical and Clinical Studies



**Ludlam, Molly & Nyberg, Viveka (Eds).**  
**Catalogue No. 25875**  
**Karnac**  
**Price: £19.99**

The couple relationship is at the centre of this book. The complex nature of the couple attachment is emphasized, drawing both on psychoanalytic concepts and on attachment theory. The chapters aim to integrate theory with practice and can be seen, both separately and together, as offering new insights into the intricate web of psychic fantasies, shared unconscious anxieties and external realities that shape the attachment between the couple. This book will be of great interest to all practitioners involved in couple work and can be used as a well-referenced teaching aid. It however has a much wider appeal and is to be recommended to anyone with a wish to further their appreciation of attachment as it manifests itself in the couple relationship.

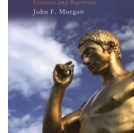
### Genograms: Assessment and Intervention: Third Edition



**McGoldrick, Monica.**  
**Catalogue No. 25264**  
**W.W.Norton**  
**Price: £14.99**

The genogram is a graphic way of organising information gathered during a family assessment and identifying patterns in the family system. This popular text—updated and expanded to highlight new developments in genogram use—thoroughly explains how to draw, interpret and apply the genogram. Entertaining and instructive, "Genograms" is the ideal guide for introducing all those involved in family treatment—family therapists, doctors, nurses, social workers, counsellors and trainees in these fields—to this essential assessment and intervention tool.

### The Invisible Man: A Self-help Guide for Men with Eating Disorders, Compulsive Exercise and Bigorexia

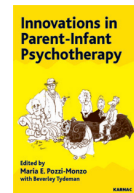


**Morgan, John F.**  
**Catalogue No. 26772**  
**Routledge**  
**Price: £12.99**

Increasingly boys and men are suffering with eating disorders and related body image problems. Some have full-blown conditions such as anorexia nervosa, bulimia, binge eating, compulsive exercising or bigorexia. Others are distressed by slightly lesser degrees of disordered eating or over-exercise and seek ways of overcoming

their problems. "The Invisible Man" applies the latest research to produce a practical, problem-focused self-help manual for men with eating disorders and body image problems. It will provide help to all men with body image disorders, as well as families and professionals involved in their care.

### Innovations in Parent-Infant Psychotherapy



**Pozzi-Monzo, Maria E. (Ed.) with Iydeman, Beverly.**  
**Catalogue No. 25858**  
**Karnac**  
**Price: £22.50**

"Innovations in Parent-Infant Psychotherapy" has emerged from the authors' and contributors' excitement about the proliferation of parent-infant psychotherapy work around the world. This model of parent-infant work has increasingly been taking place in community settings, adapting to the needs of emotionally deprived people such as refugees and ethnically diverse groups. Skilled workers from a variety of disciplines have benefited from psychodynamic thinking and supervision without necessarily being formally trained psychoanalytically. "Innovations in Parent-Infant Psychotherapy" is referring here to talented clinicians—such as speech and language therapists, health visitors, specialist nurses, child psychiatrists and paediatricians, family therapists, and psychologists, etc—not just child and adult psychotherapists and psychoanalysts.

### Re-rooted Lives: Inter-Disciplinary Work Within the Family Justice System



**Thorpe, Carola & Trowell, Judith (Eds).**  
**Catalogue No. 26081**  
**Jordan Publishing**  
**Price: £29.00**

"Re-rooted Lives" marks the tenth anniversary of the publication of "Rooted Sorrows", the first volume in the series of collected papers from the interdisciplinary Dartington Conferences, which introduced the family judiciary to the important role of child psychology and psychoanalysis in the outcome of child protection cases. A decade on, the diverse professions working in the family justice system continue to share the common goal of preventing or ameliorating the effects of 'rooted sorrows', despite the inevitable tension between the aspiration to 're-root lives' and the difficulty of providing that ideal in many individual cases. Through papers written by distinguished contributors drawn from various disciplines, "Re-Rooted Lives" provides a detailed exploration of both the theory and practice which underpins the attempt to achieve the best outcomes for children and their families.

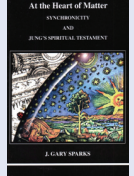
### The Performance of Practice: Enhancing the Repertoire of Therapy with Children and Families



**Wilson, Jim.**  
**Catalogue No. 25866**  
**Karnac**  
**Price: £19.99**

This book is about how to maintain an aliveness to the possibilities in therapy and practice and how to challenge ideas of orthodoxy in theory and methodologies that can become stale or followed like religions. The central metaphor is the performance of practice emphasized in the spoken word and expressed in all its non-verbal complexity. How we, as practitioners, use every aspect of our being to communicate with the other in practice, how we shape and mould our words through gesture and other non-verbal actions in response to the gestures and words of others in a continually recursive process. Therapy is an enactment, a performance that is created between all the participants.

### At the Heart of Matter: Synchronicity and Jung's Spiritual Testament



**Sparks, Gary G.**  
**Catalogue No. 26545**  
**Inner City**  
**Price: £14.99**

This is an extraordinary book. It is important both for its clarification of the phenomenon of synchronicity and for its implications for the survival of Western civilization. The author, schooled in religious studies and science, takes readers gently through a basic understanding of physics, from classical Newtonian to modern quantum, and weds that to C.G. Jung's long-standing enquiry into the enigmatic relationship between matter and spirit, selfhood and destiny.

Here we meet the conjunction in time of three great minds: Swiss psychiatrist Jung; Nobel Prize-winning physicist Wolfgang Pauli; and the celebrated analyst-scholar Marie-Louise von Franz in their efforts to understand the mysterious interpenetration of time and the timeless. The journey is exciting and illuminating, and certain to mark a watershed in an understanding of the individuation process and the evolving practice of analytical psychology as a holistic approach to healing psychological ills.

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## THE OPUS INTERNATIONAL JOURNAL 'ORGANISATIONAL AND SOCIAL DYNAMICS': *An International Journal for the Integration of Psychoanalytic, Systemic, and Group Relations Perspectives*

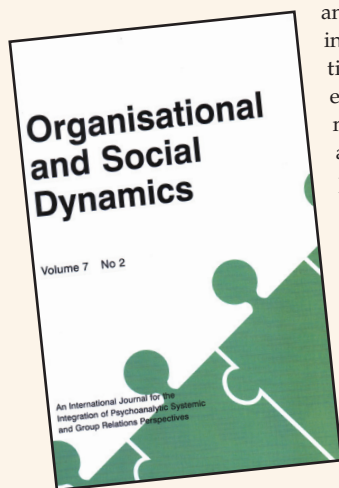
OPUS is an organisation of people who believe that it is important that we and others develop a deeper understanding of organisational and societal processes and the way in which we relate to them; and that we use such understanding to act with authority and responsibility in our various roles. OPUS exists therefore to promote the development of the reflective citizen. This is achieved through various educational activities that provide opportunities for the study of conscious and unconscious organisational and societal dynamics; and the publication and dissemination of the results of these activities for the public benefit.

In launching this Journal in 2000 OPUS greatly enhanced the ability for the publication and dissemination of contributions from within OPUS and others for a wider public benefit. The aim of the Journal is to further contribute to OPUS objectives by providing a vehicle for the development of a deeper understanding of organisational and social processes and their effect on the individual. It provides an innovative forum in which writers from psychoanalytic and systemic perspectives can address emerging issues in societies and their institutions. Papers range from case studies, features and reviews of contemporary social and political events, to personal polemics or reflections.

### Contributions and Books for Review

'Organisational and Social Dynamics' is a forum for the publication of theoretical and applied papers that are relevant and accessible to an international readership; and, one where writers from psychoanalytic, group relations and systems perspectives can address emerging issues in organisations and societies throughout the world.

It aims to sustain a creative tension between scientific rigour and popular appeal, both developing conversations with the professional and social scientific world and opening up these conversations to practitioners and reflective citizens everywhere. We wish to attract manuscripts from contributors who are aware of their own values, suppositions and assumptions, the influence of counter-transference in their work, whatever form it takes, and the ability to connect the internal world of individuals and groups with societal and global processes.



In addition to scientific papers, 'Organisational and Social Dynamics' also seeks to attract accounts of interven-

tions, in the shape of reports of action research projects or case studies of consultation projects; soundings, and writing inspired by events that offer perspectives on contemporary affairs and societies. It also contains sections on speaking out, which provide a space for personal ideas and polemic; and, dialogue, which provide opportunities for differing views to be positioned together.

Reviews provide a space for the review of books, plays, art and other cultural productions or events that are considered to be of interest as a result of the insights they provide into organisational and social dynamics.

Thus, in each Issue, there is a highly creative compilation of refereed academic papers and a selection of papers that are not of a nature to permit academic rigour but are highly informative and valuable to the reader. Among these are the Global Reports compiled as a result of the OPUS International Listening Post Project which concerns up to thirty countries convening Listening Posts on or about the same date in January every year. The latest Report being part of the Summer 2008 Issue which will be available in June 2008. The Autumn 2008 Issue will contain interviews with Douglas Woodhouse recalling his experiences at Northfield with Bion and others in the 1940's when so many exciting theoretical and practical developments took place. And, an interview with Isabel Menzies Lyth concerning her thinking and approach to consultancy, which, coming shortly after her sad passing, will serve as a reminder of the magnificent and original contribution she made to the field of study.

### Recent academic papers include the following:

'Internal Racism, Anxiety and the World Outside: Islamophobia Post - 9/11.' M. Fakhry Davids. Volume 6. No 1.

'Are the Basic Assumptions Basic?' Stan Gold. Volume 6. No 1.  
'The Psychological Nature of Oppression in an American Workplace.' Seth Allcorn. Volume 7. No 1.

'Psychoanalytic Aspects of Driving Behaviour: Role and Fantasy on the Road.' Oren Kaplan, Silvia Silberman, Rinat Alon and Yoram Galli. Volume 7. No 2.

'The Dynamics of Lateral Relations in Changing Organisational Worlds.' David Armstrong. Volume 7. No 2

### Address for all Articles and Books for Review:

In the first instance please send articles for submission to Christine.Taylor@uwe.ac.uk

Christine Taylor, Editorial Assistant, Organisational and Social Dynamics, Centre for Psycho Social Studies, Faculty of Social Sciences and Humanities, Room 3E31, University of West of England, Frenchay Campus, Coldharbour Lane, Bristol BS16 1QY, UK.

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# ATTACHMENT: NEW DIRECTIONS IN PSYCHOTHERAPY AND RELATIONAL PSYCHOANALYSIS JOURNAL

## Volume 2 Number 1

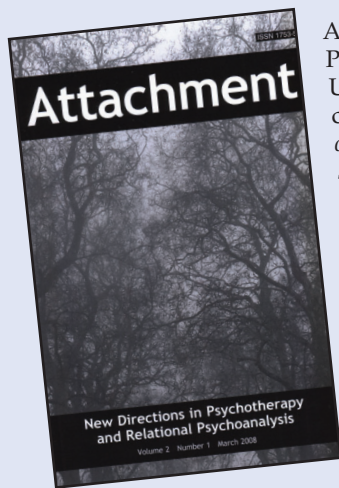
Published by Karnac, March 2008

New issue of leading edge psychotherapy journal, *Attachment*, presents compelling evidence to challenge the 'medical model' of mental illness

- Millions of people with schizophrenia have been wrongly stigmatised by the belief that they are suffering from an irreversible brain disease
- Attachment theory can further our understanding of how abuse, neglect and loss in childhood can lead to psychosis later in life

In the latest issue of *Attachment*, psychologists **John Read** and **Andrew Gumley** examine the growing links between childhood relationships and mental illness. In their article *Can Attachment Theory Help Explain the Relationship Between Childhood Adversity and Psychosis?* they analyse significant new findings in the field of psychoanalysis, in particular regarding schizophrenia, exploring the psychosocial causes within the field of attachment theory and research.

For several decades, human distress has been attributed largely to genetics or abnormal brain chemistry, which Read and Gumley argue has impeded the treatment of sufferers. They assess the impact of sociological factors on mental health, from childhood trauma, loss, and neglect, to sub-optimal parenting styles and insecure attachment, concluding that this new integration has profound implications for treatment approaches.



**John Read**, PhD, is an Associate Professor in the Psychology Department of the University of Auckland. He is coordinating editor of *Models of Madness: Psychological, Social and Biological Approaches to Schizophrenia* (Brunner-Routledge, 2004), which presents the research-based psycho-social alternatives to understanding and assisting people labelled 'schizophrenic'.

**Andrew Gumley** graduated in clinical psychology from the University of Glasgow in 1993. He carried

out PhD research into psychological aspects of relapse in schizophrenia. He is currently Senior Lecturer in Clinical Psychology and Programme Director for the Doctorate in Clinical Psychology training programme.

**Also in this issue:**

*What is to be done? Reflections on the Bowlby Centenary Year*

**By Rachel Wingfeld**

Rachel Wingfeld reflects on John Bowlby's groundbreaking work on which Attachment theory is based. She examines why there remains such a problem in society with acknowledging the impact of childhood experiences on our mental health-later in life. She examines whether mental health services promote recovery or strengthen defensive mechanisms of avoidance and dissociation.

**Rachel Wingfeld** is Chair of the John Bowlby Centre for Attachment-based Psychoanalytic Psychotherapy, (CAPP) London.

*Genetics and Schizophrenia Part 1: What Is What, Exactly?*

**By Joseph Schwartz**

Joseph Schwartz assesses common misconceptions about schizophrenia and the problems of the current medical treatment available.

**Joseph Schwartz** is a Supervisor and Training Analyst at CAPP. He is author of *Cassandra's Daughter: A History of Psychoanalysis in Europe and America*, Viking/Penguin (reissued, 1999) and *The Creative Moment: How Science Made Itself Alien to Western Culture* (1992).

*Through A Lens Darkly: Working with a CCTV Team in Trouble*

**By Andy Metcalf**

Andy Metcalf examines the psychological trauma experienced by a CCTV team as a direct result of their work.

**Andy Metcalf** is author of *Slump-City: The Politics of Mass Unemployment* and co-editor of *The Sexuality of Men*. He has a private practice in London.

*The Move from Categories to Process: Attachment Phenomena and Clinical Evaluation*

**By Arietta Slade**

Arietta Slade examines how attachment theories can be translated into the clinical situation.

**Arietta Slade** is Professor of Clinical and Developmental Psychology at the City University of New York and Associate Research Scientist at the Yale Child Study Centre.

### • Attachment: New Directions in Psychotherapy and Relational Psychoanalysis

### • Edited by Joseph Schwartz

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## BEYOND HAPPINESS: DEEPENING THE DIALOGUE BETWEEN BUDDHISM, PSYCHOTHERAPY AND THE MIND SCIENCES

By Gay Watson

**AS I WRITE THIS**, it is Christmastime. Every newspaper and magazine is filled with gift suggestions—the perfect gift for him, for her, for them. A visitor from Mars would think that the end of December was a consumer festival. And maybe they would be right. I wonder if they would also see the assumptions and implicit messages hidden in the call to consume: that happiness comes with material goods and can be bought or given as a gift; the depth of our dependence on image, the identity I want to assume with the gifts I desire and the gifts I give.

Recent studies have shown that while income and economic comfort increase in the West, wellbeing and happiness do not. Maybe it is time to stop and consider if it is not the search for happiness itself as a commodity that is flawed.



Ancient teachings, the 'first' psychology of the Buddha, take a different view. According to them happiness comes not from our possessions, which will ever be at the mercy of events beyond our control, but rather from the control we may achieve over our own emotional response to uncontrollable events. An eighth century Buddhist writer likened the attempt to control events to covering the Earth with leather to protect one's feet, suggesting that a wiser course is to use just enough leather to cover the soles of one's feet—or achieve control of one's own mind. This suggests that happiness is more of a process, a practice that may be cultivated.

Interestingly contemporary neuroscience would seem to confirm this: recent studies have shown noticeable development in the brains of practised meditators in those areas concerned with wellbeing.

For many decades psychology, the study of the mind, had surprisingly little conversation with psychotherapy, the practice of attempting to heal troubled minds. In the early days of academic psychology, after introspectionist beginnings with William James in the United States and Willam Wundt in Europe, the experiencing subject was excluded from objective scientific research. Only in the second half of the twentieth century was conscious experience welcomed back into the arena of scientific studies. Since then progress has been swift. The 1990s were the 'decade of the brain' and ongoing findings in the field of mind sciences have infinitely important things to tell us today. It seems that certain practices can lead towards wellbeing. I say wellbeing rather than happiness, for science, like Buddhism, tells us that rather than grasping some *thing* called happiness, a more general way of approaching all experience may lead to wellbeing, a way of being not a thing. At last psychology, or as it is now termed: the wider field of mind sciences, has much to say to psychotherapy and has perhaps even more important implications for child-rearing and education. An understanding of the way development occurs in babies may help in later repair, or even make it unnecessary. More strange is the resonance of these findings with the first psychology of the Buddha.

At the heart of this is the practice of attention. One of the most exciting discoveries of mind sciences is that of neuroplasticity, the ability of the brain to be fashioned by its experiences. Neuroplasticity is the sign of a two-way process; how our brains are 'wired' and the patterns of neuronal firing are the result of early experience. Our experiences help to form our brains, which in turn, form our experience. As might be expected, this occurs most strongly in early development. What was not so expected was the discovery that this continues throughout life. We can practise for wellbeing. An important finding is that attention is a major factor in bringing about such change. Those networks of neuronal firings most frequently employed become those most easily activated, and those networks that are frequently linked will commonly activate together. All this is found to occur most significantly in conjunction with the activation of attentional processes. In the words of psychiatrist, educator and author Dr Daniel Siegel, "Where attention goes, neurons fire. And where neurons fire, they can rewire."<sup>1</sup>

Having long explored, in writing and in practice, the fields of Buddhist study and psychotherapy, I wanted to share the excitement I found when evidence from the mind sciences not only gave grounds for good psychotherapy, but resonated with Buddhist psychology and practices of awareness, in this book. In Buddhist teachings theory and practice have never been fundamentally divided; philosophy came from subjective experience and was expounded in order to support beneficial practices. Twenty-first century mind sciences, now willing and technologically enabled to engage with conscious experience, have much to teach us about our embodiment, our emotions and our environment—physical, social and cultural—that is sadly not reflected in common-sense understanding and our daily living. This may explain why we are mostly getting richer, but rarely happier. This knowledge, together with Buddhist awareness practices, long recognized to be of value to the reparative 'art' of psychotherapy, may help to enhance wellbeing.

Recently I heard a friend give a talk placing the Buddha's teachings in the context of contemporary Indian culture, a culture whose message was a call to transcendence, a cry of "Not this! Not this!" In contrast, he explained, the Buddha's teaching was concerned with immanence, to "This! This!" bringing attention time and again to this moment, this breath. Perhaps by bringing our attention to what is actually occurring in this instant, undistracted by what we want, what we lack, or what image we want to project, we may learn to practise being well. For as William James wrote, back in the infancy of psychology, "The faculty of voluntarily bringing back a wandering attention over and over again is the very root of judgment, character and will..."<sup>2</sup> Such ability would be a real and lasting gift.

<sup>1</sup>Siegel, D. J. (2007) *The Mindful Brain*. New York: Norton. p. 261.

<sup>2</sup>James, W. (1890, 1981) *The Principles of Psychology*. Cambridge, MA: Harvard University Press. p. 401.

*Beyond Happiness: Deepening the Dialogue between Buddhism, Psychotherapy and the Mind Sciences* by Gay Watson (208 pages, Cat. No. 25877) £19.99



## DESTRUCTION AS A WINDOW TO FEMININE CREATIVITY

By Juliet Miller

**THE RECENT EXHIBITION** of Louise Bourgeois' work at the Tate Modern in London had the capacity to stir up visitors in both visceral and archetypal ways. One female therapist colleague of mine couldn't make it through the last room where sewn pink bodies lay entangled with each other or stuffed heads stared open mouthed out of glass cases. Another male colleague returned four times—such was his fascination with Bourgeois' forms. Whether you saw the exhibition or not you are probably aware that the sculptor Louise Bourgeois is ninety-five years old and is still working. As she has got older she has become increasingly attuned to the shadow side of her unconscious internal world. This is a world of part objects and of indeterminate gender where frequently her rage, sadism and destructiveness become the fuel that drives her enormous creative energy.

This creative energy (I'm sure she would agree) has kept her alive, and has also generated an enthusiastic following by men and women, both within the art world and beyond. For fifteen years in the 1960s and 1970s she worked in relative obscurity, knowing that she had to be strong enough and confident enough before exposing herself to the male dominated and highly critical art world. She made her own rules, consistently used herself and her internal world as a reference point and as a result

was able to dialogue extensively with her creative daimon. ("Daimon" is the word used by Jung to describe the conflicted essence of creativity; although he never explored what the positive implications of this might be for women).

In *The Creative Feminine and her Discontents. Psychotherapy, Art and Destruction*, I suggest that both Bourgeois, and another contemporary British sculptor, Cornelia Parker, have discovered ways to access their creativity through the use of destructive forces in their work. Instead of fighting with this dark and more unknown part of their feminine psyches, they open the door to it and meet their creative daimon straight on. They do not operate within the gendered constraints of a patriarchal world but create their own worlds of form and image. These forms may not be very comfortable, as some of the visitors to the Tate may have felt, but they are frequently very beautiful and express themselves within a new language of feminine artistic endeavour, which is neither a reaction to nor a subversion of the orthodox male artistic canon. Cornelia Parker's most famous piece is the stunningly beautiful *Cold, Dark Matter: an exploded view*; pieces of a blown-up shed suspended around a light bulb which is in the permanent collection of the Tate Modern. For both artists this capacity to access their creativity, using either the destruction of form or the expression of destruction as an essential part of the feminine psyche, becomes a powerful and positive statement about the creative feminine and one that the therapeutic world could usefully take note of.



As psychotherapists and analysts we have so much to learn from all the arts. Writers and painters are frequently plundered by those of us in the profession and then used as examples of feelings or states of being in our patients when our own theoretical language appears deficient. We all do it. It gives another dimension to our clinical papers and books. If we are being magnanimous we know that the poets have got there before us and we steal their fruits in the hope that their vision will rub off on us. However we seem to fail to understand that we need to discover a new language of our own if we are to make the life-giving cultural connections that the therapeutic profession so badly needs. If we are able to look to the arts as dynamic expressions of subjective creative truths rather than as examples of our own theoretical viewpoints then we will have made a start to break out of our straightjacket.

One of the things, I think, that this new language needs most, and the area that most interests me, is the necessity that it speaks *for* the feminine and not *about* it. We have gone on tying ourselves up in the theories and language of analysis which can be patriarchal, self referencing and closed. We say that we understand the feelings, drives and creative urges of our female clients and patients and yet, even if we are female analysts ourselves, we have been trained in a language of patriarchy which has descended from the 'Fathers' of psychoanalysis: Freud and Jung. This language of patriarchy does of course also reflect the wider cultural and historical worlds within which women struggle to find their creative voices.

In this book I consider the historical, social, cultural and psychological barriers that women face as they struggle to become mothers, artists, singers and writers and explore ways in which women have attempted to break through the defences and barriers constructed around their creativity. I also look at the psychotherapeutic profession and suggest that through both training institutes and through professional organisations a fear and hatred of the feminine has been perpetuated, which has damaging effects on both women and men.

Many of my female patients express anxiety and blocks around their creativity which echoed my own experiences, and so I felt the need to try and unravel more about this elusive subject. It is so easy to say that women don't write or paint because they have so many other things to do. It is of course true that they are too much needed by others, but I believe the blocks to feminine creativity go far deeper and are more entrenched than this. I hope this book will appeal not only to therapists and patients but to all those interested in accessing their creative potential.

\*\*\*

JULIET MILLER is a Jungian Analyst with a private practice in London. She is especially interested in creative expression and the interface between the arts and psychotherapy.

*The Creative Feminine and her Discontents: Psychotherapy, Art and Destruction* by Juliet Miller (168 pages, Cat. No. 25881) £19.99

## SITEGEIST: A JOURNAL OF PSYCHOANALYSIS AND PHILOSOPHY

*Editorial Committee:*  
Kirsty Hall, Philip Derbyshire,  
Stephen Gee, and Peter Wood

**THERE IS A WELL-KNOWN** Chinese curse, 'May you live in interesting times'. We cannot choose the time of life nor the prevailing spirit that governs it, but we *are* able to engage with the *Zeitgeist* of our times and in small ways, we can influence it. Our new journal, *Sitegeist*, is a space for thinking and questioning philosophy and psychoanalysis; it aims at a change in *Geist*—spirit, mind, intellect, wit, genius and morale. *Sitegeist* has emerged from *The Site for Contemporary Psychoanalysis*, a ten-year-old psychoanalytic organisation with a track record of commitment to exploring the extended field of psychoanalytic thinking and engaging with the traditions of European thought.



*Sitegeist* seeks to contribute to a renewal of psychoanalysis, engaging with both the theoretical and the clinical and providing a lively contemporary discourse.

The current psychoanalytic scene displays every sign of crisis: whilst psychoanalysis itself has probably never had more impact, both as a therapeutic intervention and as a cultural discourse, its own concepts and self-understanding have been

subject to rigorous criticism from within and without. In many cases this has led to outright rejection as newer therapies have made extravagant claims for efficacy and insight. In a parallel way, the explosion of philosophical production after the middle of the twentieth century and the caravan of *-isms* inaugurated by the structuralist revolution in France have left the theory of the subject in a state of radical uncertainty. Yet such crises,

which themselves reflect a period of astonishing change in the possibilities of being human and in the understanding of what it is to be human at all, have every potential for productive and creative responses learning from the traditions that have become unstable and yet moving beyond them.

The journal endeavours to enable dialogue and conceptual engagement without falling into a diffuse eclecticism or seeking to establish new orthodoxies; it seeks to explore the aporias and contradictions of contemporary psychoanalytic theory and practice while opening up to the potentially dissonant yet fruitful consequences of dialogue between apparently conflicting models; it provides a space for thinking about experience—in life or the clinic—in ways that might creatively develop the resources and capacities of psychoanalysis broadly conceived; and its main aim is to hold open the frontiers between psychoanalysis and philosophy such that a productive regeneration of both may emerge.

Notwithstanding its peer-reviewed credentials the journal will make every effort to be inclusive. Whilst we publish established authors and practitioners, we will also make every effort to encourage new writers and contributions from clinicians who might not have published already.

The Journal thus:

- 1 Promotes the field and function of the Site.
- 2 Clarifies the Site's project in the field of psychoanalysis.
- 3 Provides a space for the development of psychoanalytic theory.
- 4 Contributes to the debate between psychoanalysis and contemporary thought.
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## COUNSELLING AND PSYCHOTHERAPY

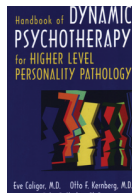
### Psychotherapy and the Everyday Life: A Guide for the Puzzled Consumer



**Budick, Emily & Aronzon, Rami.**  
**Catalogue No. 25159**  
**Karnac**  
**Price: £22.50**

First and foremost this book is written to serve as a guide for prospective and beginning patients of psychotherapeutic intervention of the particular kind known as psychoanalytic or psychodynamic psychotherapy. Psychoanalytic psychotherapy (hereafter also referred to simply as psychotherapy) is the kind of therapy that most closely follows Freud's own dynamic model of mind, both in theory and in practice. This is so despite its important differences from Freud, which we will also be detailing (the title of the book echoes a famous work by Freud).

### Handbook of Dynamic Psychotherapy: Treating Higher Level Personality Pathology



**Caligor, Eve et al.**  
**Catalogue No. 26876**  
**American Psychiatric Publishing**  
**Price: £36.00**

Offering a sophisticated introduction to a contemporary psychodynamic model of the mind and treatment, this book provides an approach to understanding and treating higher level personality pathology. It describes a specific form of treatment called dynamic psychotherapy for higher level personality pathology (DPHP), which was designed specifically to treat the rigidity that characterizes that condition. Based on psychodynamic object relations theory, DPHP is an outgrowth of transference-focused psychotherapy (TFP) and is part of an integrated approach to psychodynamic treatment of personality pathology across the spectrum of severity.

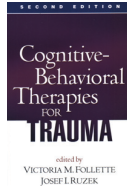
### Psychotherapy without the Self: A Buddhist Perspective



**Epstein, Mark.**  
**Catalogue No. 26598**  
**Yale U.P.**  
**Price: £18.99**

Bestselling author Mark Epstein has long been at the forefront of the effort to introduce Buddhist psychology to 'western' psychotherapy. His unique background enables him to serve as a bridge between the two traditions, which he has found to be more compatible than at first thought. Engaging with the teachings of the Buddha as well as those of Freud and Winnicott, he offers a compelling look at desire, anger, and insight and helps reinterpret the Buddha's Four Noble Truths and central concepts such as egolessness and emptiness in the psychoanalytic language of our time.

### Cognitive-behavioral Therapies for Trauma

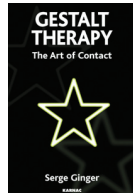


**Follette, Victoria M. & Ruzek, Josef I (Eds).**  
**Catalogue No. 26759**  
**Guilford Press**  
**Price: £17.99**

Presents cognitive and behavioral applications for understanding and treating trauma-related problems. This volume includes strategies for addressing comorbid substance abuse, traumatic revictimization, complicated grief, acute stress disorder, and more. It offers guidance on assessment, case conceptualization, and treatment planning. This volume presents cutting-edge cognitive and behavioral applications for understanding and treating trauma-related problems in virtually any clinical setting. Leading scientist-practitioners succinctly review the whys, whats, and hows of their respective approaches. Encompassing individual, group, couple, and parent-child treatments, the volume goes beyond the traditionally identified diagnosis of PTSD to include

strategies for addressing comorbid substance abuse, traumatic revictimization, complicated grief, acute stress disorder, and more. It also offers crucial guidance on assessment, case conceptualization, and treatment planning.

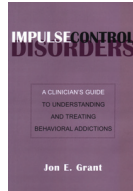
### Gestalt Therapy: The Art of Contact



**Ginger, Serge.**  
**Catalogue No. 25879**  
**Karnac**  
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Gestalt Therapy has been developing steadily for the last 50 years in America as well as in Europe. It is currently practiced in different settings: individual, group, and family therapies; personal growth; social, medical and business organizations. This book describes a specific French approach: a synthesis of French culture (greatly influenced by psychoanalysis) along with a mobilizing and interactive method, emphasizing the cycle of contact, evoking the emotions, the body and the right hemisphere of the brain. This book is written mostly for beginners and for psychotherapy clients: it summarizes the central philosophy of this approach and the main techniques for the enrichment of contact. It includes sketches, charts, indexes, a glossary and a bibliography, which together comprise of a convenient tool.

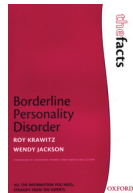
### Impulse Control Disorders: A Clinicians Guide to Understanding and Treating Behavioral Addictions



**Grant, Jon E.**  
**Catalogue No. 26941**  
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**Price: £16.99**

The first comprehensive and clinically oriented guide to the new addictions. Impulse control disorders such as gambling and risky sexual behavior are increasingly recognized as treatable forms of addictions. This is the first comprehensive book on the topic for clinicians, providing clear clinical guidance on assessment, diagnosis, treatment, and follow-up.

### Borderline Personality Disorder: The Facts



**Krawitz, Roy & Jackson, Wendy.**  
**Catalogue No. 27002**  
**Oxford U.P.**  
**Price: £13.99**

Borderline personality disorder (BPD) is a psychiatric condition that affects nearly 2% of the general population, predominantly women. Symptoms of BPD include impulsivity, mood swings, unstable intense relationships and feelings of chronic emptiness. This book provides people with BPD and their families and friends with an authoritative, user-friendly and easily-readable resource that is both informative about the condition and provides practical help in assisting improved outcomes. The authors draw from the latest research and decades of clinical experience to provide a compassionate understanding of BPD and treatments for the condition. Numerous case histories and patient perspectives have been included to help illustrate key points and bring the book alive for the reader. The book is balanced, integrated and respectful of patients, family and friends, and clinicians. In an area often associated with pessimism and negativity, this book provides patients and families with realistic hope.

### Change for the Better: Self-Help through Practical Psychotherapy: Third Edition

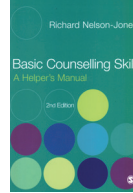


**McCormick, Elizabeth Wilde.**  
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A popular, practical guide for therapists and clients which describes in ordinary language how learned patterns of response contribute to psychological problems

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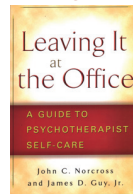
### Basic Counselling Skills: A Helper's Manual: Second Edition



**Nelson-Jones, Richard.**  
**Catalogue No. 26623**  
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A practical introduction for anyone using counselling skills in the course of their work. Written by leading skills expert, Richard Nelson-Jones, the second edition of this highly popular text provides a thorough, step-by-step guide to the subject, working through the stages of the helping process. Each succinct chapter describes the skills used at a particular point in the relationship and provides examples to increase understanding. Exercises are also included which allow you to practise your skills as you go along.

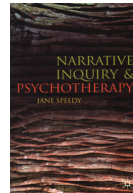
### Leaving it at the Office: A Guide to Psychotherapist Self-care



**Norcross, John C. & Guy, Jr, James D.**  
**Catalogue No. 26782**  
**Guilford Press**  
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Wide, warm, and authoritative, this straight-talking guide addresses the real-world struggles that psychotherapists face in balancing their professional and personal lives. It demonstrates that recognizing and tending to your physical, emotional, and spiritual needs not only feels good—it also leads to more effective and ethical practice as a clinician. The book describes and illustrates 12 self-care strategies that are grounded in the authors extensive research and clinical experience. Interwoven throughout are insights and recommendations from other master therapists, self-care checklists, and suggestions for further reading. The lively and engaging tone will enhance the books appeal for a wide range of mental health professionals and students.

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**Stewart, Ian.**  
**Catalogue No. 26564**  
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(Continued on page 27)

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## THE STRATEGIC DIALOGUE

*Reviewed by Claudette Portelli*

In the wake of more than twenty years of clinical research experience at the Centro di Terapia Strategica (CTS) of Arezzo, Giorgio Nardone and his collaborators have come to understand that in most cases, concealed behind a request for therapeutic help, is an underlying tacit demand, which reads, "Change me without changing me." This double-bind request induced these clinicians-researchers to search for innovative means of intervention, to help patients overcome the constraints that often block them from undergoing the desired change (Nardone & Portelli 2005).

In light of this important notion, the latest evolution of advanced brief strategic therapy (BST) has revolved around the use of strategic dialogue, a therapeutic technique which aims at turning the first encounter with the patient from being merely a diagnostic interview into a discriminating-intervening process. Through a seemingly simple and thus disarming dialogue, the first session becomes a complete and effective therapy in itself.

As Paul Watzlawick denotes in the preface of this book, the therapeutic power of the strategic dialogue resides in fact in its "surprising essentiality", in guiding persons entrapped in their problems to come to jointly discover, with the therapist, the solution in a sort of natural and spontaneous evolution through the use of a simple therapeutic conversation. Through the use of an elaborated yet subtle communicative expedient, the patient feels himself to be the main protagonist and artifact of the therapeutic process, thus becoming more inclined to follow the given in-session and/or out-session indications that bring about change.



Yet the use of this rhetorical device as a strategic technique is no new discovery, in fact it holds its roots in the history of civilization. Nardone and Salvini present an excursus of the use of the dialogue through out the history of mankind, to reveal the power of this instrument as the most used rhetorical artifact in the history of human reason and its divulgence. The most famous thinkers and leaders have managed to spread their ideas and convince others of their value, even when faced by great opposition, by using persuasive expedients.

Yet it is worth noting that the first person to use dialogue as a persuasive technique, was Protagoras. Regarded as the principle exponent of the great Sophists of the ancient Greek era, he made use of the so-called Eristic dialogue (eristikè tèchne, i.e., the art of argumentation) to persuade his interlocutors of his thesis (Abbagnano 1993). The art of this dialogue was founded more on putting forward questions rather than that of proposing affirmations. Questions were structured in succession aimed at acquiring responses from the interlocutor, who is in this way guided to discover alternatives through the use of the wisely chosen questions. The questioning process guided the interlocutor to doubt his previous assumptions and to start considering the new point of view suggested by the other. This reduces resistance to change, since the interlocutor feels that he is the main protagonist of the new thesis.

The authors reveal how the dialogue was used by St Thomas of Aquinas and Blaise Pascal in persuading their followers of their theological arguments and how Galileo and Einstein employed it to propose their scientific theses to the public. Moreover, the dialogue was the investigative technique used by most psychotherapies for a better understanding of the psyche and of human behavior. Brief strategic therapy regards the dialogue as a fundamental investigative and intervening instrument in the resolution of human sufferings.

In his clinical practice, the therapist is not only faced by great human suffering, but paradoxically his work is often challenged and sabotaged by the patient's resistances to change. Even though patients are in desperate need to be helped, often they do not or are not able to collaborate and follow the therapist's indications. In fact research reveals that less than 20% of the patients are actually collaborative and put into play their resources to undergo change (Nardone & Watzlawick 2005).

Aware of these difficulties, brief strategic therapy has worked hard to overcome this limitation, directing its clinical-empirical research not only towards understanding human suffering and its function but also to unveil adequate means to overcome the person's resistance to change. In fact, the latest evolution of advanced brief strategic therapy revolves around the first session and the use of strategic dialogue.

Hence, during these years of clinical-intervention research, Nardone and his collaborators have striven to formulate a particular process of change-oriented questioning that can help therapists guide each patient through a process of learning that will provide him with the impression of having reached certain conclusions by himself, even though those conclusions have actually been subtly induced by the therapist. This is in line with the Spanish Jewish philosopher and poet Solomon Ibn Gabirol's words, "A wise man's question contains half the answer."

In the advanced model of BST, the first session has a fundamental importance because it embraces the first and second stages of the therapeutic process. In other words, during the first session the strategic therapist does not limit his intervention to a mere capturing of the patient and of trying to discriminate or define the type of pathology the patient presents, but he does already start introducing change. This is carried out through the use of a particular type of semi-structured interview based on the strategic dialogue.

Thus, one can define the strategic dialogue as an intervening and discriminating instrument that involves the language used, the relationship established, and the logic of the intervention, and is characterized by its all-time orientation toward change.

The BST model used in all CTS-affiliated clinics from 1987 to 1995, comprised open-ended questions that followed a more directive manipulative logic of intervention. Resistance to change was overcome with a highly suggestive, hypnotic directive intervention, where the prescription was the apex of the session. With this approach it took two to three sessions to have a more comprehensive description of the perceptive-reactive system of the patient, to tune-in with the patient and overcome his resistance, and thus be able to choose the adequate unblocking intervention that triggers change.



In the advanced model of BST all this takes place in the first session, by means of a more indirect and subtle mode of intervention. Even though both models share the same objective, the process of arrival changes.

By adopting the strategic dialogue, the therapist seems to take up a one-down position, where he humbly asks the patient, who feels in command of the dialogue, a series of seemingly simple questions, but actually this method leads the patient to lower his resistance, to become open to new alternatives discoveries, useful for solving his problem.

The strategic dialogue with its change-oriented questions, its continuous redefining, paraphrasing, and the use of analogical language (metaphors, aphorisms, anecdotes, etc) that evoke overwhelming sensations in the session, triggers off a persuasive process through which the patient gradually comes to recognize himself in the new vision suggested by the therapist, while feeling, however, as if he was the one to reach this new vision.

The harmonious evolution of the strategic dialogue does not only cause the suggestions given by the therapist to be more acceptable to the patient but they are consequently perceived as some sort of inevitable continuation of the process in progress. In fact, the art of therapy is that of rendering change, not just as a desired goal but inevitable outcome (Nardone & Salvini 2004).

Through this gradual process of strategic interaction, which follows the lines of Protagoras's sophistic skill and the rhetoric of Blaise Pascal, the strategic therapist leads the person along a path of guided self-discovery, thus increasing their level of persuasion. Indeed, according to Pascal (1995), "People are generally better persuaded by the reasons which they have themselves discovered than by those which have come into the mind of others."

The strategic dialogue leads to a joint discovery. This helps in establishing a "good" therapeutic relationship and in strengthening extra-therapeutic elements that tend to magnify both the efficiency and efficacy of therapy. Research findings show that change is more likely to be long-lasting in patients who attribute their changes to their own efforts (Lambert & Bergin 1994).

The strategic dialogue has turned the first session into a fundamental part of the advanced brief strategic model, because, besides helping in capturing the patient and identifying the problem with greater precision, it is a mediator of small yet fundamental change. The strategic dialogue is a vehicle that induces the patient to "feel" the need to change. Thus, we can conclude by saying that the strategic dialogue is the most elegant and evolved persuasive technique that transformed a simple investigative session into an authentic medium of change.

The authors present the Strategic Dialogue process as a sort of "interactive dance", where questions create answers and answers lead to the formulation of successive strategic questions, thus bringing the interlocutor to take up a new

more functional position, acquired by the discoveries made during the dialogue.

The strategic dialogue has been proven to be a useful instrument for problem solving. It presents as a unique vehicle which can be employed effectively and efficiently in various contexts by caregivers and also by anyone dealing with human suffering, individual and interpersonal conflicts, and in overcoming organisational and school-related problems.

This text is enriched by the presentation of full transcriptions of various cases with different problems. These case examples will help the reader immerse themselves more fully into Giorgio Nardone's style of work, to be fascinated by the articulate dialogue carried out through the use of precise strategic plans that are adaptable both to the structure of the problem and also to the peculiar reality of the patient. Moreover the reader will be astounded to discover how through the use of seemingly simple, subtle communicative manoeuvres, patients are gently lead to rapid, and effective therapeutic change.

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*The Strategic Dialogue: Rendering the Diagnostic Interview a Real Therapeutic Intervention by Giorgio Nardone and Alessandro Salvini (134 pages, Cat. No. 25873) £19.99*

## COUNSELLING AND PSYCHOTHERAPY

### A Curious Calling: Unconscious Motivations for Practising Psychotherapy: Second Edition

Sussman, Michael.  
Catalogue No. 26807  
Jason Aronson  
Price: £19.99



What brings you here? is the standard question posed to patients at the outset of their therapeutic journey. In "A Curious Calling", this question is posed to therapists themselves. Applicants to psychotherapy training programs commonly state that they wish "to help people"—but this tells us very little. What are the unconscious factors underlying the decision

to become a psychotherapist? Guilt, compassion, a sense of moral duty, a sense of power? Or a wish to be needed, or to enjoy vicariously the prospect of receiving aid and comfort? For each individual with a "need to help" there exists a unique constellation of underlying motives and aims. Without exploring and facing up to these hidden sources of motivation, therapists run the risk of exploiting patients for their own needs. The only comprehensive text on this topic, Sussman's book presents a survey of motivations to practice psychotherapy, through an extensive review of the available literature and discussion of the results of a qualitative study of therapists conducted by the author.

### Therapist as Life Coach: An Introduction for Counselors and Other Helping Professionals: Second Edition

Williams, Patrick & Davis, Deborah C.  
Catalogue No. 25993  
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Price: £19.99

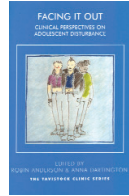


Every chapter in this second edition has been revised, reflecting the growth of the coaching field and its increasing appeal to therapists and all helping professionals. New material includes an overview of recent coaching developments, updated liability concerns, new business opportunities and a new section on the research on coaching.

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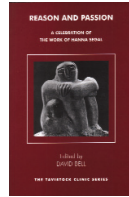
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Armstrong, David.  
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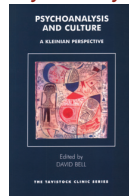
**Reason and Passion: A Celebration of the Work of Hanna Segal**



Bell, David (Ed).  
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One of the most influential figures within the Kleinian group of the British Psychoanalytic Society, Hanna Segal was a recent recipient of the Sigourney Award for her contributions to psychoanalysis. This is the first of two volumes in the Tavistock Clinic Series examining her clinical and theoretical work. 256 pages.

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Bell, David (Ed).  
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Briggs, Andrew (Ed).  
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**Acquainted with the Night: Psychoanalysis and the Poetic Imagination**



Canham, Hamish & Satyamurti, Carole (Eds).  
Catalogue No. 17695  
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Price: £18.99

Part of the Tavistock Clinic Series. This book explores some of the ways in which an understanding of poetry, and the poetic impulse, can be fruitfully informed by psychoanalytic ideas. The contributors focus on the work of particular poets, from the prophet Ezekiel to Seamus Heaney. They demonstrate the ways in which specific psychoanalytic concepts and theories can enable us to see meanings in a poem which might otherwise not be apparent. Several shed light on the creative process itself.

**Sent Before My Time: A Child Psychotherapist's View of Life on a Neonatal Intensive Care Unit**



Cohen, Margaret.  
Catalogue No. 16936  
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Sent Before My Time is an exploration of the workings of a neonatal intensive care unit from a child psychotherapist's point of view. It examines the relationships between the babies, the parents and the staff.

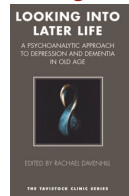
**Borderline Welfare: Feeling and Fear of Feeling in Modern Welfare**



Cooper, Andrew & Lousada, Julian.  
Catalogue No. 17086  
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Which "forms of feeling" are facilitated and which discouraged within the cultures and structures of modern state welfare? This book illuminates the social and psychic dynamics of these new public cultures of welfare, locating them in relation to our understanding of borderline states of mind in individuals, organizations and society. Part of the Tavistock Clinic Series.

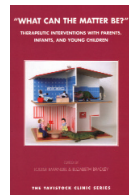
**Looking into Later Life: A Psychoanalytic Approach to Depression and Dementia in Old Age**



Davenhill, Rachael.  
Catalogue No. 24510  
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Looking into Later Life aims to bring alive the relevance and value of psychoanalytic concepts in supporting the core role of those working directly in services for people who are older. The book will also be of interest to analysts and psychotherapists concerned with old age and the application of psychoanalytic thinking in the public sector.

**What Can the Matter Be? Therapeutic Interventions with Parents, Infants and Young Children**



Emanuel, Louise & Bradley, Elizabeth (Eds).  
Catalogue No. 18433  
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This volume is the result of over twenty years of therapeutic interventions with families within the Tavistock Clinic's

Under Fives Service. It describes in detail the process of understanding young children's communications and behaviour and the dynamics of family relationships within the consulting room in a lively, accessible style. It covers common themes in work with young children such as disruptive, angry behaviour, separation and sleep difficulties, and problems in the parent/couple relationship. This book is essential reading for all early years professionals hoping to gain a greater understanding of the technique, observational skills and theory which underlie a psychodynamic approach to work with the under fives.

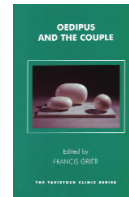
**Understanding Trauma: A Psychoanalytical Approach (Second Enlarged Edition)**



Garland, Caroline (Ed).  
Catalogue No. 5654  
Karnac  
Price: £18.99

Revised edition with additional chapter. This book, from the Tavistock Clinic Series, is about what follows the breakdown in functioning, either short or longer-term, provoked by a traumatic event. The authors offer a psychoanalytical understanding of the meaning of the trauma for an individual, illuminating theory with detailed clinical illustration and case histories. A range of therapeutic procedures is described. 224 pages.

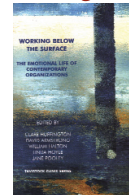
**Oedipus and the Couple**



Grier, Francis (Ed).  
Catalogue No. 17904  
Karnac  
Price: £18.99

The contributions to this volume are sufficiently diverse for each to stimulate reflections and responses from the reader in the particular area upon which the author has chosen to focus, whilst at the same time sharing a base of contemporary Kleinian/object-relations theory and a focus on the Oedipus situation. The chapters have been organised into three sections. The first three chapters are primarily theoretical. The second section comprises chapters that make use of artistic and cultural themes from the worlds of literature and film to explore Oedipal couple issues. The final section consists of chapters that are specifically clinical in their focus. The manifest focus in most chapters is on the couple, but there are variations on this theme. Part of the Tavistock Clinic Series.

**Working Below the Surface: The Emotional Life of Contemporary Organizations**



Huffington, Clare et al (Eds).  
Catalogue No. 17704  
Karnac  
Price: £18.99

The chapters contributed to this book have been written by the staff and associates of The Tavistock Consultancy Service, whose distinctive competence is in the human dimension of enterprise and the dynamics of the workplace. The intention is to identify and explore some of the key themes that have emerged, such as the emotional world of the organisation and the dynamics of resistance to change, and how these affect and influence the understanding of leadership and management in contemporary organizations. No attempt is made to reach a consensus, but rather to raise and map out a territory of continuing question and debate. Part of the Tavistock Clinic Series.

ALL TITLES AVAILABLE AT A 5% DISCOUNT UNTIL THE END OF MAY 2008





## TAVISTOCK CLINIC SERIES

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

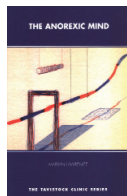
**Kenrick, Jenny et al (Eds).**  
Catalogue No. 16972  
Karnac  
Price: £18.99

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

**Reflecting on Reality: Psychotherapists at Work in Primary Care**

**Launer, John et al (Eds).**  
Catalogue No. 21947  
Karnac  
Price: £18.99

This innovative book looks at how psychotherapists can make use of their skills in primary care. It examines how therapists, family physicians and other primary care professionals can all learn from each other through clinical collaboration. Each chapter describes a different practical approach to joint working in a range of primary care settings across the life cycle. Specific topics include services for children and adolescents, working with immigrants and live supervision. Part of the Tavistock Clinic Series.

**The Anorexic Mind**

**Lawrence, Marilyn.** **New**  
Catalogue No. 23331  
Karnac  
Price: £18.99

Eating disorders vary in severity from developmental difficulties in adolescence which may be transitory, to serious and chronic mental illnesses. 'The Anorexic Mind' offers a coherent approach to these difficult and demanding problems, always underlining the point that while many of the manifestations are physical, eating disorders have their origins as well as their solutions, in the mind. While anorexia nervosa may be considered the central syndrome in eating disorders, this book also considers how it links and differs from bulimia nervosa, the more common, related disorder. In the process of the research on anorexia and bulimia, valuable insights have been gained into the very common problem of overeating.

**Therapeutic Care for Refugees: No Place Like Home**

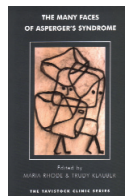
**Papadopoulos, Renos (Ed).**  
Catalogue No. 16923  
Karnac  
Price: £18.99

This volume addresses the complexities involved in attending to the mental health of refugees. It covers theory and research as well as clinical and field applications, emphasising the psychotherapeutic perspective. It explores the delicate balance between accepting the resilience of refugees whilst not neglecting their psychological needs, within a framework that avoids pathologising their condition.

**Multiple Voices: Narrative in Systemic Family Psychotherapy**

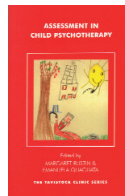
**Papadopoulos, Renos & Byng-Hall, John (Eds).**  
Catalogue No. 4303  
Karnac  
Price: £18.99

Part of the Tavistock Clinic Series, this book focuses on narrative and stories in Family Systems Therapy—particularly on how stories develop within the domain of a therapist's own theoretical, clinical and professional contexts. The aim is to allow the reader to understand the uses of stories in family therapy. 224 pages.

**The Many Faces of Asperger's Syndrome**

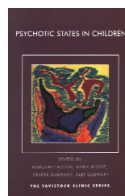
**Rhode, Maria & Klauber, Trudy (Eds).**  
Catalogue No. 18192  
Karnac  
Price: £18.99

A volume in the renowned Tavistock Clinic Series, this pioneering multi-disciplinary collection of papers addresses the issue of variation within the diagnostic category of Asperger's Syndrome. It will be of interest to mental health professionals, teachers, parents, and all those working with Asperger's Syndrome.

**Assessment in Child Psychotherapy**

**Rustin, Margaret & Quagliata, Emanuela (Eds).**  
Catalogue No. 7499  
Karnac  
Price: £18.99

This book, a volume in the Tavistock Clinic Series, describes an approach to children and young people who might be helped by child psychotherapy. Using a number of clinical examples, and showing factors such as the family and wider school and community context, it will be of great value to child and adolescent mental health professionals and to a wider public interested in child development. 180 pages.

**Psychotic States in Children**

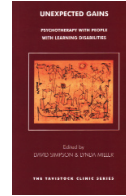
**Rustin, Margaret et al (Eds).**  
Catalogue No. 4752  
Karnac  
Price: £18.99

Developments in the understanding and psychotherapeutic treatment of children and adolescents suffering from psychotic levels of disturbance are dealt with in this work, from the Tavistock Clinic Series. The book is chiefly concerned with children troubled in their behaviour, relationships, and communication. 224 pages.

**Mirror to Nature: Drama, Psychoanalysis and Society**

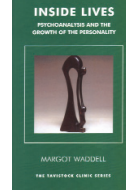
**Rustin, Margaret & Rustin, Michael.**  
Catalogue No. 16893  
Karnac  
Price: £18.99

This, the latest volume in the Tavistock Clinic Series, is a thoughtful and comprehensive analysis of drama and psychoanalysis, written in the lucid and accessible manner that epitomises the Rustins' style. These two well-known authors and psychotherapists explore in depth the extent to which psychoanalysis can illuminate and give fresh perspective to areas of drama, and how far this extends in the other direction. Concentrating on well-known playwrights including Ibsen, Shakespeare, and Harold Pinter, this is a well-researched and fascinating book.

**Unexpected Gains: Psychotherapy with People with Learning Disabilities**

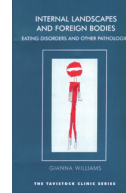
**Simpson, David & Miller, Lynda (Eds).**  
Catalogue No. 18420  
Karnac  
Price: £18.99

Psychoanalytic psychotherapy is a fairly recent development in the treatment of people with both learning difficulties and mental health problems. This volume collects together a wide variety of papers by members of staff of the Learning Difficulties Service at the Tavistock Clinic in London.

**Inside Lives: Psychoanalysis and the Growth of the Personality**

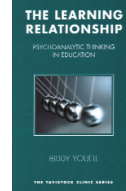
**Waddell, Margot.**  
Catalogue No. 5253  
Karnac  
Price: £18.99

This is the second edition of the remarkable 'Inside Lives', expanded with a chapter on the last years of the life cycle. It provides a perspective on the relationship between psychoanalytic theory and the nature of human development which has not been available in written form. A volume from the Tavistock Clinic Series, this book traces the interplay between influences—internal and external—which contribute to a person's character strength and sense of identity. 192 pages.

**Internal Landscapes and Foreign Bodies: Eating Disorders and Other Pathologies**

**Williams, Gianna.**  
Catalogue No. 4295  
Karnac  
Price: £18.99

Klein's model of projective and introjective processes and Bion's model of the relationship between container and contained have become increasingly significant in clinical work. Here, the author elucidates the psychodynamics of these processes in the context of eating disorders in both sexes. 224 pages.

**The Learning Relationship: Psychoanalytic Thinking in Education**

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

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

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## CRISIS CENTRE

# CLINICAL DIRECTOR

£ 65,000 pro rata  
(Plus £ 5,000 expenses)

Due to the expected retirement in December 2008 of Dr. Joseph Berke, the founder and current Director, the Centre will appoint a Clinical Director to take over from Dr. Berke in October 2008. It is anticipated that there will be a handover period of three months for this important transition to take place.

Founded in 1973, the Arbours Crisis Centre has an established international reputation as a unique psychosocial residential facility for the severely emotionally disturbed individuals and families. The Centre functions as a small therapeutic community applying psychoanalytic principles to its structures and practise.

This post represents an exciting opportunity for an energetic, experienced senior clinician and manager to contribute to the Centre through the clinical leadership of a creative therapeutic staff group. The Director will also be responsible for the strategic vision for the future development of the Crisis centre.

Interested applicants should submit their CVs, preferably with three references, to Dr. Joseph Berke, 5 Shepherd's Close, London N6 5AG (e-mail: [jhberke@aol.com](mailto:jhberke@aol.com)). Informal visits to the Centre are encouraged. Please contact Evonne Cameron-Phillips or Cate Potter, Joint Centre Managers on tel. no: 020 8350 8125 (e-mail: [info@arbourscentre.org.uk](mailto:info@arbourscentre.org.uk)). The closing date for applications is 11<sup>th</sup> April 2008 and interviews are expected to be held in early May.

**LATE APPLICATIONS WILL BE CONSIDERED**

Fax: 020 8342 8849

Web: [arbourscrisiscentre.org.uk](http://arbourscrisiscentre.org.uk)



## FOOTBALL DELIRIUM

**SHORTLISTED FOR THE NATIONAL SPORTING CLUB  
BRITISH SPORTS BOOK AWARDS 2008 FOOTBALL  
BOOK OF THE YEAR**



In the tradition of Adam Phillips and Darian Leader, Chris Oakley shines his spotlight on the world of football and with wit and erudition looks at the question of why there is this worldwide preoccupation with football. Does anybody have the answer? This book argues that football offers us the possibility of manageable doses of self-elected madness. A madness that is essential for a sane life. For the paradox is that this very madness is simultaneously therapeutic: football as an insistent provocation, repeatedly re-inaugurating the reverie or drift, disrupted by those moments of the most intense fracture, moments of the autistic stare.

'Football [Oakley] argues, is therapy for many people; an outlet for the impulse to war; a substitute for religion; an arena in which a variety of sexual concerns are played out; and "above all, right at the centre... is this issue of containable doses of madness that are in themselves therapeutic: football is the therapy that so many of us are in."

- Four Four Two magazine, March 2008 issue

'Football Delirium is not "applied" psychoanalysis, not a book that takes a privileged position in relation to its

subject, but a set of wonderfully subtle and free-wheeling interwoven stories about psychoanalysis and football, and what they might have to say to each other. A book for, and about fans, and a book consistently intriguing for those who care little for either psychoanalysis or football, or indeed fans—because it is about so much more than its subject, because its enthusiasms are so contagious—

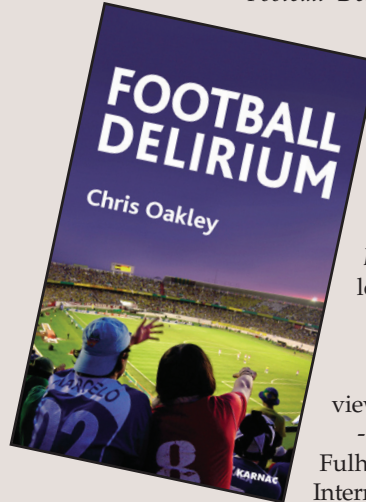
*Football Delirium* has strange unsettling

things to say about how the things that matter to us always matter too much, about the commitments we can't stop ourselves making, about how our passions are always a passion to forget ourselves. After *Football Delirium* joining in will never look quite the same.'

- Adam Philips

'A new and deep thinking view of footballers and football.'

- Trevor 'Tosh' Chamberlain, Fulham & England Youth International 1954-64



CHRIS OAKLEY is a psychoanalyst in private practice. When not working he spends his time attending football matches all over the world.

*Football Delirium* by Chris Oakley (200 pages, Cat. No. 25115) £14.99

## DANTE'S ANGEL: PRAISING WHAT IS LOST

In the *Vita Nuova* Dante tells how he was sitting at home one day, drawing an angel, when suddenly he became aware that he had visitors—men to whom it was proper to pay respects'. As a result of this encounter his drawing was left unfinished, and abandoned.

Robert Browning, in his poem *One Word More*, addressed to his future wife Elizabeth, makes reference to this event, and observes:

"You and I would rather see that angel  
Painted by the tenderness of Dante,  
Would we not?—than read a fresh *Inferno*?"

Browning is right, of course. It would be a wonderful thing to find Dante's lost angel, just as it would to unearth Shakespeare's lost plays, 'Cardenio' and 'Love's Labours Won', and a host of other things swallowed up by the maw of Time. I would be very happy, for my part, to discover a lost painting by John Martin, the eccentric contemporary of Turner, whose reputation rests on a series of 'disaster' canvasses such as 'The Fall of Babylon', 'Belshazzar's Feast' and 'The Great Day of His Wrath': Sublime theatricals that, in a later age, might have served as inspiration to Cecil B. DeMille. The work I covet, though, is not so typical of his oeuvre: It is 'The Land of the Iguanodon', Martin's evocation—based on the somewhat shaky palaeontology of his day—of the era of the great dinosaurs. Worth more to me than a fresh Towering *Inferno*.

But Browning is also wrong. The powerful allure of 'what is lost' exerts a two-fold spell. It excites not only our hopes (that one day, by some miracle, Dante's angel may be found, and its draughtsmanship authenticated), but also our imaginations, allowing us—while the angel remains lost—to imagine not merely one or two, but a veritable host of angels issuing from his pen, in a near-infinite multiplicity of forms.

So, perhaps, what is lost is not 'lost and gone forever' but is also, forever, in a state of being and becoming.

## MALCOLM'S TOP TEN

1. *The Anorexic Mind* By Marilyn Lawrence [Cat. No. 23331, £18.99, Karnac]
2. "What Can The Matter Be?" *Therapeutic Interventions With Parents, Infants, and Young Children* edited by Louise Emanuel & Elizabeth Bradley [Cat. No. 18433, £18.99, Karnac]
3. *Listening to Hanna Segal: Her Contribution to Psychoanalysis* by Jean-Michel Quinodoz [Cat. No. 26440, £19.99, Routledge]
4. *Beyond Happiness: Deepening the Dialogue Between Buddhism, Psychotherapy and the Mind Sciences* by Gay Watson [Cat. No. 25877, £19.99, Karnac]
5. *The Perverse Organisation and Its Deadly Sins* by Susan Long [Cat. No. 25880, £19.99, Karnac]
6. *Violence in Children: Understanding and Helping Those Who Harm* edited by Rosemary Campher [Cat. No. 25071, £22.50, Karnac]
7. *The New Black: Mourning, Melancholia and Depression* by Darian Leader [Cat. No. 26528, £17.99, Hamish Hamilton]
8. *Shakespeare on the Couch* by Michael Jacobs [Cat. No. 25366, £16.99, Karnac]
9. *Psychoanalysis Comparable and Incomparable: The Evolution of a Method to Describe and Compare Psychoanalytic Approaches* by David Tuckett et al [Cat. No. 26953, £21.99, Routledge]
10. *Carl Jung: Darwin of the Mind* by Thomas T. Lawson [Cat. No. 25868, £22.50, Karnac]

## NEW AND RECENTLY PUBLISHED KARNAC TITLES

**No Five Fingers are Alike: What Exiled Kurdish Women in Therapy Told Me**

**Ahlberg, Nora.**  
Catalogue No. 26128  
Price: £29.99

This is probably the only book of its kind that focuses exclusively on refugee women, and one of the few that limit their scope only to one group of refugees - the Kurds, in this case. Although the book is about Kurdish women in Norway, its appeal and contents are nevertheless of universal value and applicability. The general reader will get an unparalleled insight into a therapeutic way of working with refugees and the specialist reader will have a vast range of themes to feast on. These include theoretical considerations of ideas about collective trauma, narrative life stories, working cross-culturally, mental health perspectives on refugees, and the formation of meaning, to mention but a few.

**Leaders in Transition: The Tensions at Work as New Leaders Take Charge**

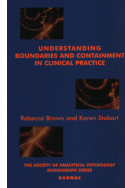
**Amado, Gilles & Elsner, Richard.**  
Catalogue No. 24640  
Price: £19.99

This book brings a new perspective on why some leaders succeed more than others when taking charge of an organisation. Based on in-depth case studies, when four new leaders and their teams in large and complex international organisations were tracked for over a year, this book uncovers that success in managing transition is directly related to leaders' ability to balance seven tensions, appropriately to the context.

**On the Way Home: Conversations Between Writers and Psychoanalysts**

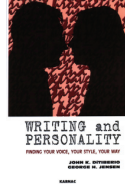
**Bridge, Marie.**  
Catalogue No. 27201  
Price: £12.99

New paperback edition. 'On the Way Home' is a series of public dialogues intended to forge links between psychoanalysis and other disciplines, including the physical and the social sciences, history and literature. They are held at the Institute of Psychoanalysis and attract a wide audience. The book features Rose Tremain in conversation with Margot Waddell, A. S. Byatt in conversation with Ignes Sodre, Brenda Maddox in conversation with Helen Taylor Robinson, and Philip Pullman in conversation with Marie Bridge.

**Understanding Boundaries and Containment in Clinical Practice**

**Brown, Rebecca & Stobart, Karen.**  
Catalogue No. 25854  
Price: £9.99

The authors propose to investigate the meaning and purpose of boundaries within and around the therapeutic experience. A boundary is more than a simple line delineating one space from another; it is an entity with properties that demand a response if they are to be negotiated. Boundaries circumscribe a space that can be viewed objectively, or experienced subjectively, as a 'container'. For the uninitiated, this therapeutic container can be difficult to penetrate. Even health professionals such as GPs and psychiatrists often do not know how to access psychotherapy organisations and their referral networks. Also, real constraints on the availability of counselling and psychotherapy within the National Health Service, and the cost of private sector services, may prohibit access to the help being sought. The book explores aspects such as the gradual evolution of therapeutic boundaries in psychodynamic work, boundary development in infancy and childhood, the role of the therapist's mind and the therapeutic setting, confidentiality and issues such as money and time.

**Writing and Personality: Finding Your Voice, Your Style, Your Way**

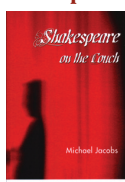
**DiTiberio, John K. & Jensen, George H.**  
Catalogue No. 26216  
Price: £19.99

How you write—what works for you and what makes sense to you—depends on who you are, your personality, your preferences, your style of thinking and feeling. If you're extraverted and grounded in your senses, your natural writing style will be far different from the person who tends to be introverted and intuitive. Not only that, how you learn to write will be different as well. Here's a book that taps into the natural strengths of your personality and helps you use those strengths in your writing. Whether you're a student, businessperson, or professional writer, this book will help you: engage your natural writing voice; adapt to styles that are less natural; overcome writer's block; find the right words for communicating effectively, whatever your assignment.

**What Can the Matter Be? Therapeutic Interventions with Parents, Infants and Young Children**

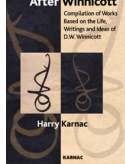
**Emanuel, Louise & Bradley, Elizabeth (Eds).**  
Catalogue No. 18433  
Price: £18.99

This volume is the result of over twenty years of therapeutic interventions with families within the Tavistock Clinic's Under Fives Service. It describes in detail the process of understanding young children's communications and behaviour and the dynamics of family relationships within the consulting room in a lively, accessible style. It covers common themes in work with young children such as disruptive, angry behaviour, separation and sleep difficulties, and problems in the parent/couple relationship. This book is essential reading for all early years professionals hoping to gain a greater understanding of the technique, observational skills and theory which underlie a psychodynamic approach to work with the under fives.

**Shakespeare on the Couch**

**Jacobs, Michael.**  
Catalogue No. 25366  
Price: £16.99

Drawing upon a vast literature in psychoanalytic journals and either upon Shakespeare's characters themselves or alluding to those characters in the course of other topics, this book discusses eight of Shakespeare's plays and the relationships between the main characters in them.

**After Winnicott: Compilation of Works Based on the Life, Writings and Ideas of D.W. Winnicott**

**Karnac, Harry.**  
Catalogue No. 25855  
Price: £9.99

Harry Karnac began to specialise in psychoanalytic bookselling at the suggestion of Donald Winnicott, a customer at Karnac's bookshop in Gloucester Road during the late 1950s. The two became good friends and Harry's interest in Winnicott and his works has remained strong ever since. This bibliography of over 1200 books, articles and reviews of works by, about, or relating to Winnicott and his work is the result of many years of research, and represents the most complete listing available to date. It is an essential reference work and will be an invaluable aid for scholars, clinicians, analysts, therapists, researchers and anyone interested in the life and work of one of the leading figures in the fields of paediatrics and psychoanalysis.

**The Anorexic Mind**

**Lawrence, Marilyn.**  
Catalogue No. 23331  
Price: £18.99

Eating disorders vary in severity from developmental difficulties in adolescence which may be transitory, to serious and chronic mental illnesses. 'The Anorexic Mind' offers a coherent approach to these difficult and demanding problems, always underlining the point that while many of the manifestations are physical, eating disorders have their origins as well as their solutions, in the mind. While anorexia nervosa may be considered the central syndrome in eating disorders, this book also considers how it links and differs from bulimia nervosa, the more common, related disorder. In the process of the research on anorexia and bulimia, valuable insights have been gained into the very common problem of overeating.

**On Having an Own Child: Reproductive Technologies and the Cultural Construction of Childhood**

**Lesnik-Oberstein, Karin.**  
Catalogue No. 25859  
Price: £19.99

This is the first book ever to consider in depth why people want children, and specifically why people want children produced by reproductive technologies (such as IVE, ICSI etc). As the book demonstrates, even books ostensibly devoted to the topic of why people want children and the reasons for using reproductive technologies tend to start with the assumption that this is either simply a biological drive to reproduce, or a socially instilled desire. This book uses psychoanalysis not to provide an answer in its own right, but as an analytic tool to probe more deeply the problems of these assumptions. The idea that reproductive technologies simply supply an 'own' child is questioned in this volume in terms of asking how and why reproductive technologies are seen to create this 'ownness'.

**No More Anger! Be Your Own Anger Management Coach**

**McMahon, Gladeana.**  
Catalogue No. 22715  
Price: £12.99

This book takes the skills and techniques of Cognitive Behavioural Therapy and Cognitive Behavioural Coaching and offers you the opportunity of taking control of your anger. It aims to help you understand what is happening to you and teach you how you can overcome your anger. If you use the skills outlined in this book you will learn how to become your own anger management coach.

**Entropy of Mind and Negative Entropy: A Cognitive and Complex Approach to Schizophrenia and its Therapy**

**Scrimali, Tullio.**  
Catalogue No. 26694  
Price: £29.99

In this volume the author describes a series of new scientific and clinical perspectives for schizophrenia influenced by cognitivist and constructivist approaches and informed by the logic of complexity and non-linear, dynamic systems. The author delineates a new complex theory of the brain and a procedural theory of the mind, founded on the concept of the modular brain and the coalitional mind. Subsequently, the author develops a multi-factorial conceptualization of the etiological dynamic and an original, complex, and evolutionary perspective concerning the psychotic condition, which has been redefined, in this case, as Entropy of the Mind or Phrenentropy. In conclusion, the author illustrates an innovative, integrated protocol, denominated Negative Entropy, for the treatment and rehabilitation of patients with schizophrenia.

ALL TITLES AVAILABLE AT A 5% DISCOUNT UNTIL THE END OF MAY 2008

