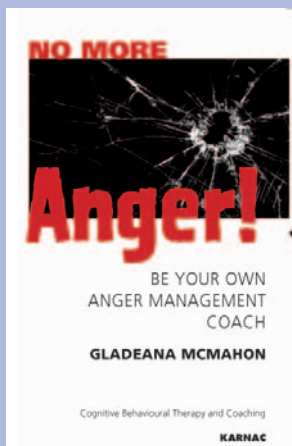


KARNAC REVIEW

NEW TITLES IN MENTAL HEALTH...

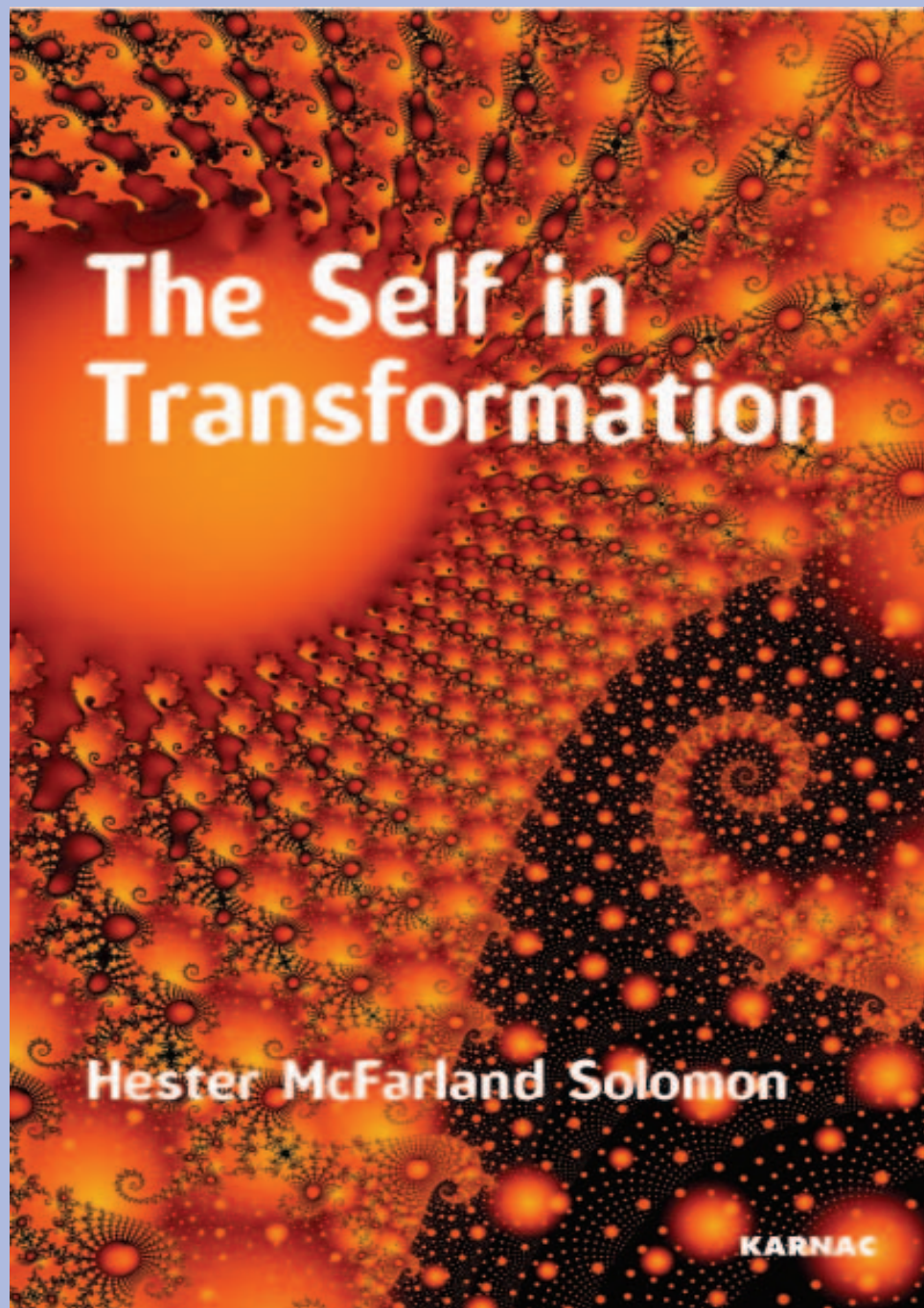
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**Gilles Amado
Paolo Bertrando**



A new CBT
manual from
a leading
expert

**Emily Budick
Michael Eigen
Serge Ginger
Leticia Glocer Fiorini
Brett Kahr
Gladeana McMahon
Maria Pozzi-Monzo
Antonella Sansone
Hester Solomon
Jorge Ulnik
Jim Wilson
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GRIDLOCKED

A short while ago, reading through Steve Jones's fascinating book 'Almost Like a Whale', I came across an intriguing passage which I quote below. It purports to come from a tenth century Chinese encyclopaedia, 'The Celestial Emporium of Benevolent Knowledge', and sets out to provide a pre-Linnaean taxonomy of the animal kingdom. Birds, beasties and all manner of creeping things are categorized thus: "(a) those that belong to the Emperor, (b) embalmed ones, (c) those that are trained, (d) suckling pigs, (e) mermaids, (f) fabulous ones, (g) stray dogs, (h) those that are included in this classification, (i) those that tremble as if they were mad, (j) innumerable ones, (k) those drawn with a very fine camel's hair brush, (l) others, (m) those that have just broken a flower vase, and (n) those that look like flies from a distance". My first reaction to this was one of hysterical laughter. My second, more considered, response was to wonder how the taxonomical treat had been received by contemporary readers of the 'Emporium'—and, along with that, came the niggling thought that the readers' experiences may not necessarily have been ones of incomprehension or hilarity, but of accord and satisfaction at such a simple and elegant schema. My mind dwelling on matters of codification and classification, I suddenly recalled a story I once heard concerning Bion's famous Grid. An elderly analyst once confided that, although he held Bion in the highest esteem, and was indebted to him professionally for his insights and observations, every attempt to fathom the mystery of the Grid had ended in failure. The analyst's brother-in-law—a civil engineer, or something of the sort—having often heard Bion's name bruited about, asked to borrow a book or two of his "to see what all the fuss was about". When, after reading, he returned then he confessed that he couldn't make head or tail of anything Bion had written. Except, that is, for the Grid—so simple and so elegant. Especially, I'm told, when drawn with a fine camel's hair brush.

MALCOLM'S TOP TEN

1. *Yesterday, Today and Tomorrow* by Hanna Segal [Cat No. 25679, £21.99, Routledge]
2. *Encounters With Melanie Klein: Selected Papers of Elizabeth Spillius* by Elizabeth Spillius [Cat No. 25499, £21.99, Routledge]
3. *Looking Into Later Life: A Psychoanalytic Approach to Depression and Dementia in Old Age* edited by Rachel Davenhill (Cat No. 24510, £18.99, Karnac)
4. *Becoming a Person Through Psychoanalysis* by Neville Symington [Cat No. 25857, £19.99, Karnac]
5. *A Beam of Intense Darkness: Wilfred Bion's Legacy to Psychoanalysis* by James S. Grotstein [Cat No. 25072, £29.99, Karnac]
6. *The Freudian Moment* by Christopher Bollas [Cat No. 25603, £12.99, Karnac]
7. *Coach and Couch: The Psychology of Making Better Leaders* by Manfred Kets de Vries et al [Cat No. 26530, £25.00, Palgrave]
8. *"You Ought To!"—A Psychoanalytic Study of the Superego and Conscience* by Bernard Barnett [Cat No. 17699, £14.99, Karnac]
9. *Side Effects* by Adam Phillips [Cat No. 25821, £8.99, Penguin]
10. *Time and Memory* edited by Rosine Perelberg [Cat No. 25190, £14.99, Karnac]



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ISSUE 4/2007 - WINTER 2007

Editor's Message

Dear Readers,

Welcome to the Winter 2007 issue of the *Karnac Review*.

2007 has been an exceptionally busy year for Karnac, both as a bookseller and publisher. As a bookseller we have continued to stock a wide range of titles in all the main areas of mental health, in our two shops in London and via our website and mail order departments. Our website details over 14,500 titles and our shops holds over 3000 titles in stock at any one time. In addition, our conference department has had another varied and interesting year. We attended the International Psychoanalytical Association Congress in Berlin as well as attending or supplying books for nearly 100 major events in the UK, Ireland, Denmark, Sweden, Portugal, Italy, Spain, Greece, Finland, and the International Association for Analytical Psychology Congress in Cape Town, South Africa. Further details about our conference department can be found on the events page of our website.

We have published over 60 books this year, in addition to new issues of our four journals: *Attachment*, *Neuro-Psychoanalysis*, *Journal for Lacanian Studies* and *Organisational and Social Dynamics*. Highlights of the year have included new titles from Christopher Bollas (*The Freudian Moment*), Ann Casement (*Who Owns Jung?*), James Grotstein (*A Beam of Intense Darkness*), Mayes, Fonagy and Target (*Developmental Science and Psychoanalysis*) and Neville Symington (*Becoming a Person Through Psychoanalysis*). This year also saw the publication of Karnac's first novel, *Red Parrot*, *Wooden Leg* by Gregorio Kohon.

In this issue we are delighted to present books covering our usual wide range of subjects, including new titles from Michael Eigen, Hester Solomon, Serge Ginger and Gladeana McMahon, amongst others. We thank all the contributors and hope our readers enjoy the variety of articles presented here.

Finally, I would like to take this opportunity to say a word of thanks to our erstwhile colleague Rose Ashibogu, who has left Karnac to take up a position at the Royal Free Hospital in London. Rose worked at our Tavistock Clinic branch from its opening day in April 1998 and for the past nine years has been a valuable and popular member of staff. We thank her for her dedication and hard work during her time at Karnac and wish her all the best in the future.

Alex Massey
Sales Director

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I AM GRATEFUL TO Dr Aner Govrin for these conversations and supervisions. His original plan, as I remember it, was to create a book of interviews of various American analysts. But once he came to my office and we started talking we just continued. We had never met before and it took awhile to get used to each other, but it wasn't long before I appreciated his probing sensitivity and value it even more today.

Dr Govrin organized our discussions into three main sections: on my thought, life and our supervisions. Within these sections are many topics of interest for the general reader and specialist. Those who know my work will appreciate being in the workshop and seeing more of the "inner machinery" and those who do not will find a welcome introduction.

I hope, above all, that there is something in this work that you need, that it gives you something of value, that it helps uplift and challenge your spirit. My patients tell me that my writing does not sufficiently reflect how funny I am in sessions. That may be the case in this work too. But I do hope some sense of the deep psychoanalytic "fun" I've had for

the past four decades comes through.

In deciding what to say in a brief introduction to this work, I find myself skipping over the sections on my life that may most interest many readers. My mind gravitates towards what most exercises me now, this moment of history. All my professional life I have written a lot about psychosis and psychosis related states. As time went on, I appreciated more and more links between personal, familial and societal madness. In my first book, *The Psychotic Core*, I pointed out how psychotic dynamics permeate and organize Freud's structural concepts: id as outside time, common sense, logic; ego as hallucinatory as well as anti-hallucinatory; a haywire, persecutory superego substituting destructive "moralism" (hallucinated morality) for ethics. The psyche's hallucinatory capacity is carried forward in social structures, in dreaming, falling in love, and positive or negative idealization of authority. It is as if Freud substitutes madness for sin. So much of our madness is quiet, out of sight but explodes with great force in larger group processes.

In *The Psychotic Core* I delineated what I felt to be a presiding structure of our time: a kind of transcendent hate-filled mental self (the heh-heh devil) occultly mocking and inciting a fusional-explosive body self. I feel that structure still holds. But something else has come to the fore or become blatantly visible, center stage: psychopathic manipulation of psychotic anxieties by people in authority. We are living in an Age of

Psychopathy rather than an Age of Madness, although the former feeds off and thrives on the latter.

The theft of the USA presidential election in the year 2000 brought into focus a psychopathic lust for power that threatens the social fabric. A series of maneuvers capped by the Supreme Court stopping the vote count and handing the election to its favored party (a split vote, expressive of a split nation) was a signal that our democracy was more hallucinated than real. If the highest representative of law in the land is compromised, where does that leave the rest of society?

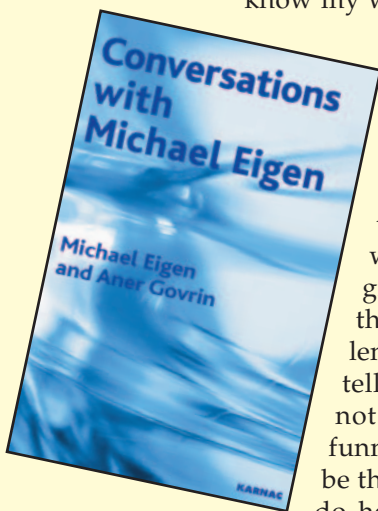
The rule seems to be to win any way you can and to hell with losers. What seeps down to the rest of society is not a share of the wealth, but a sense that you can or should be able to get away with anything, and if you don't you're stupid. Psychopathy (and by definition, duplicity) becomes the rule of the land, the role model, and "truth" or "honesty" is just a tool to get your way.

My interviews with Dr Govrin occurred while I was writing my book *Feeling Matters*, in which "Election Rape" is a chapter. There I bring out the confluence and resonance of familial and political abuse. That there is a world epidemic of suicide and child abuse, at the same time society grows more psychopathic, is no accident. Sin and madness at the top spreads to the bottom. The Bible speaks of sins of the land. Today we might speak of deep pockets of global madness, bottom and top.

As events unfolded, it became clear that corporate-governmental-military power maintain control, partly, by playing on psychotic or catastrophic dreads. If we do not go along with the program, awful things will happen. Only the corporate-governmental structure can protect us from cataclysm. Playing up the fear of weapons of mass destruction in order to justify a profitable war policy is only one instance of mass manipulation of annihilation anxiety. In one way or another this became the tone in which policy making was couched.

Hallucination works at least two ways. You can hallucinate a danger that is not present as present and you can hallucinate a danger that *is* really present as not present. The first strategy permeated the build-up to the Iraq war; the second strategy permeated the response to the decimation of New Orleans by hurricane Katrina (New Orleans is now being remodeled as a place for people with money; the poor who lived there are being displaced). The two modes of hallucination work hand in hand. Both manipulate mass fear in the service of power and profit for the few.

Psychopathy loosely means defective conscience. In the current case, "self-interest" is used to justify actions that maim and kill people. Insensitivity to the pain one's actions cause is part of the brew. What counts is getting to the top and staying there. A kind of bully psychology dominates, what I call hallucinating oneself as Number One, whether that self is individual, group or trans-national. Indeed, the current



President of the USA says feelings are for sissies. What counts is power, action, winning. It is a brutal vision. Therapeutic emphasis on listening, patience, waiting, caring seems besides the point, silly.

Therapeutic hearing and waiting lends new meaning to the saying that the meek will inherit the earth. Someday we may catch on to self-destructive elements of our psychopathy and learn to modulate ourselves. I suspect therapy is one of the social functions that attempt to do that, potentially playing a long range role in humane evolution.

Have you ever noticed the big ears many Buddha statues have? Among the various meanings this has, I like to think it means growth in ability to hear ourselves and others, contact with ourselves and others. Perhaps by some accident the English word hear has ear in it and sounds like here. In the Bible God asks Adam, "Where are you?" And Adam replies, "Here I am." It is a phrase used by Abraham and others too: Here I am. A waking up to life, a model worth developing.

At this juncture of history, it is crucial for society to grow the response capacity needed to address our psychopathy. We must do this on smaller and larger scales and anything any of us can do on any front, whether in our office, our home, our own minds, or in the larger world, is to the good. To build response capacity needed to work with psychopathy is a pressing evolutionary

edge. The quality of our physical and psychic world depends on it.

When I was a young analyst it used to be thought that you can't analyze a liar and you can't analyze a psychopath. Our picture of truth and lies is more complex now. W. R. Bion was on to this some time ago, when he noted that lying is ubiquitous. With our current knowledge one can say, if you can't analyze a liar, you can't analyze anyone, since a liar also does the analyzing. No one is exempt from psychopathy in everyday life. But when this tendency threatens the very conditions that support life, we must learn to work with it.

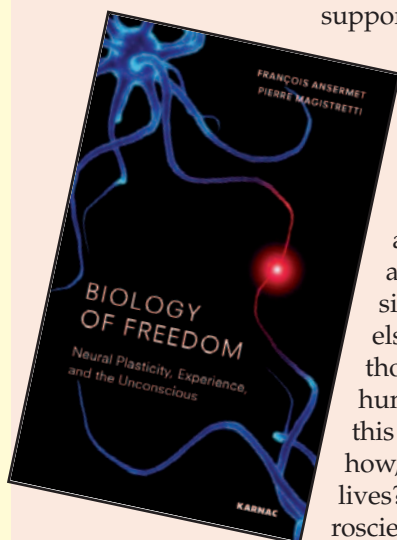
I don't want to give the impression that my conversations and supervisions with Dr Govrin were only about psychosis and psychopathy. They span a wide range of personal and professional topics, including spirituality, meetings with British and French analysts, psychoanalytic writing, work with trauma and many other areas that go with being alive today and difficulties we share in constituting ourselves as fully human beings. There is much at stake in what we do. The stakes were never greater.

Conversations with Michael Eigen by Michael Eigen with Aner Govrin (220 pages, Cat. No. 25942) £19.99

BIOLOGY OF FREEDOM

This groundbreaking book delivers a much needed bridge between the neurosciences and psychoanalysis.

Freud hoped that the neurosciences would offer support for his psychoanalysis theories at some point in the future: both disciplines, after all, agree that experience leaves traces in the mind. But even today, as we enter the twenty-first century, all too many scientists and analysts maintain that each side has wholly different models of the origin and nature of those traces. What constitutes human experience, how does this experience shape us, and how, if at all, do we change our lives? Psychoanalysis and the neurosciences have failed to communicate about these questions, when they have not been frankly antagonistic. But in

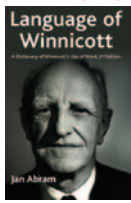


By Francois Ansermet and Pierre Magistretti

"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.

Biology of Freedom: Neural Plasticity, Experience, and the Unconscious by Francois Ansermet and Pierre Magistretti (272 pages, Cat. No. 26460) £19.99

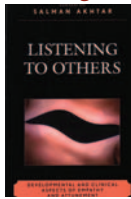
The Language of Winnicott: A Dictionary of Winnicott's Use of Words: Second Edition



Abram, Jan.
Catalogue No. 24508
Karnac
Price: £29.99

Jan Abram's lexicon - "The Language of Winnicott" - has proved to be the definitive comprehensive guide to Winnicott's thought since it was first published in 1996, Winnicott's centenary Year. The twenty-two entries represent the major conceptualisations in Winnicott's theories and take the reader on a journey through his writings that span from 1931 to 1971. Thus the volume is an anthology of Winnicott's writings. This new edition expands on each original entry predicated on Abram's research discoveries, including archival material, over the past decade.

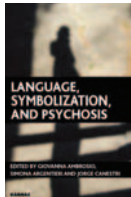
Listening to Others: Developmental and Clinical Aspects of Empathy and Attunement



Akhtar, Salman (Ed).
Catalogue No. 26590
Jason Aronson
Price: £19.99

This edited volume addresses the critical psychoanalytic issue of effective listening. This issue has been discussed widely in the literature but most often from the standpoint of technique. "Listening to Others" is among the first texts to consider the listening process from the so-called two-person perspective - i.e., that which is aligned with intersubjective, interpersonal, and relational theories.

Language, Symbolization, and Psychosis



Ambrosio, Giovanna et al (Eds).
Catalogue No. 25853
Karnac
Price: £22.50

This book compares different psychoanalytic thinking and models - from a rigorously Freudian perspective - on three concepts of great theoretical and clinical importance: 'Language', 'Symbolization', and 'Psychoses'. These concepts are significantly interwoven with each other both in personal development as well as in the atypical and individual forms of pathology. The authors have endeavoured to reply to one of the foremost queries that has occupied Jacqueline Amati Mehler's thinking: whether and how the acquisitions of modern psychoanalysis have brought about changes in our criteria of analysability; whether our increased knowledge has led to a greater therapeutic capacity, as she believes; and whether, as a consequence, we must endorse the so-called flexibility of the setting and the classical methods, as she does not believe.

Bodies In Treatment: The Unspoken Dimension



Anderson, Frances S. (Ed).
Catalogue No. 26172
Analytic Press
Price: £27.99

A challenging volume that brings into conceptual focus an "unspoken dimension" of clinical work—the body and nonverbal communication - that has long occupied the shadowy realm of tacit knowledge. By bringing visceral, sensory, and imagistic modes of emotional processing to the forefront, this original collection expands the domain of psychodynamic engagement. This is a collaborative project that stimulates interdisciplinary dialogue on the developmental neurobiology of attachment, the micro-processing of interchanges between the infant and caregiver, the neuroscience of emotional processing and trauma, body-focused talking treatments for trauma, and research in cognitive science.

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



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

This groundbreaking book delivers a much needed bridge between the neurosciences and psychoanalysis. Freud hoped that the neurosciences would offer support for his psychoanalysis theories at some point in the future: both disciplines, after all, agree that experience leaves traces in the mind. But even today, as we enter the twenty-first century, all too many scientists and analysts maintain that each side has wholly different models of the origin and nature of those traces. 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.

Irmgard's Flute: A Memoir: A True Story of an Impossible Love



Bail, Bernard W.
Catalogue No. 26032
The Masters Publishing
Price: £19.99

In March 1945, American Lieutenant Bernard Bail was shot down on his twenty-fifth flying mission over Germany. Seriously wounded and taken as a prisoner of war, Lt. Bail was brought to a hospital where during his recovery the impossible happened: he and a young German nurse fell in love. Irmgard risked her life - as well as his - slipping poems and letters beneath his pillow each night. The haunting notes from Irmgard's flute play vividly in his mind, and the poems and letters Irmgard left for him sent him on a journey of the spirit for over six decades, moulding his life and deepening his soul. This true story of a young World War II Air Force officer who became a distinguished psychoanalyst also illuminates the journey of a brilliant mind at the deepest levels of self-exploration. A complex and profoundly moving book, "Irmgard's Flute" memorializes a many-faceted love, one that truly transcends time, place, personality and nationality.

The Mother's Signature: A Journal of Dreams



Bail, Bernard W.
Catalogue No. 26033
The Masters Publishing
Price: £19.99

All things have a beginning, and the beginning of the mind is found in its formation within the mother. Bernard Bail uses his groundbreaking psychoanalytic method of dream analysis as a time machine travelling to the conception of mental as well as physical life. His patients' dreams led him to explore the mother's unconscious impact upon her embryo, fetus, and infant. Here he discovered that the mother's projections of her unconscious feelings into her baby's nascent being become the seeds that determine the destiny of the child from birth to death. Dr Bail's analytic explorations into the dream bring us a profound understanding of the human endeavor with a vision of a better life for the individual and a better world for humankind.

You Ought To!—A Psychoanalytic Study of the Superego and Conscience



Barnett, Bernard.
Catalogue No. 17699
Karnac
Price: £14.99

The superego is one of those psychoanalytic concepts that has been assimilated into ordinary language, like repression, the unconscious and the Oedipus complex. Because it has become such a familiar notion, its complexity may not always be appreciated, nor the controversy that it can inspire. Its origins, for example, its timing in the course of development, whether and how it is influenced by gender all these questions and others have been the source of lively disagreement. For psychoanalysts it is a fundamental concept of their discipline, but it belongs to a meta psychology whose value is often questioned, and opinions might vary on whether it remains truly alive as a generative, energising idea in contemporary psychoanalysis.

The Freudian Moment



Bollas, Christopher.
Catalogue No. 25603
Karnac
Price: £12.99

Bollas eloquently argues for a return to our understanding of how Freudian psychoanalysis works unconscious to unconscious. Failure to follow Freud's basic assumptions about psychoanalytical listening has resulted in the abandonment of searching for the 'logic of sequence' which Freud regarded as the primary way we express unconscious thinking. In two extensive interviews and follow-up essays, all occurring in 2006, we follow Christopher Bollas exploring his most recent and radical challenge to contemporary psychoanalysis. The Freudian Moment, Bollas argues, realizes a phylogenetic pre-conception that has existed for tens of thousands of years. The invention of psychoanalysis realizes this preconception and institutes a profound step forward in human relations.

Wounded by Reality: Understanding and Treating Adult Onset Trauma



Boulanger, Ghislaine.
Catalogue No. 26094
Analytic Press
Price: £24.99

The culmination of three decades of studying and treating survivors of adult onset trauma, "Wounded by Reality" is the first systematic attempt to differentiate adult onset trauma from childhood trauma, with which it is frequently confused. When catastrophic events overtake adult lives, they often scar the psyche in ways that psychodynamically oriented clinicians struggle to understand. The enormous challenge of working with these patients is unsurprising - survivors of major catastrophe, whether a natural disaster, a life-threatening assault, a serious accident, or an act of terrorism, experience a near-fatal disruption of fundamental aspects of self experience.

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



Erik Erikson and the American Psyche: Ego, Ethics and Evolution

Burston, Daniel.
Catalogue No. 26007
Jason Aronson
Price: £19.99

An intellectual biography which explores Erikson's contributions to the study of infancy, childhood and ethical development in light of ego psychology, object-relations

theory, Lacanian theory and other major trends in psychoanalysis. It analyses Erikson's famous portraits of Luther, Gandhi and Jesus, and his own ambiguous religious identity, in the context of his anguished childhood and adolescence, and his repeated emphasis on the need for strong intergenerational bonds to ensure mental health throughout the life cycle. It demonstrates the enduring relevance of Erikson's unique perspective on human development to our increasingly screen-saturated, drug-added postmodern - or "posthuman" - culture, and the ways in which his posthumous neglect foreshadows the possible death of psychoanalysis in North America.

The Italian Psychoanalytic Annual 2007: Freud After All: Rivista di Psicoanalisi - Journal of the Italian Psychoanalytic Society

Campanile, Patrizio (Ed).
Catalogue No. 26288
Borla Edizioni
Price: £16.99

A selection of papers published during the previous year in "Rivista di Psicoanalisi", the Journal of the Italian Psychoanalytic Society, is published to bolster the presence of Italian psychoanalysis in the international psychoanalytic panorama. The aim is to adequately represent its polyphonic nature and, in the variety of tones which characterise it, to accentuate the harmony and originality of its voice. To celebrate the 150th anniversary of the birth of Freud, "Rivista di Psicoanalisi" dedicated a great deal of space to his works, and many of the articles are presented in this 2007 Annual, showing the topicality and importance today of Freud's thought, style, and distinctive manner in which he developed his psychoanalytic theories.

Constructions and the Analytic Field: History, Scenes and Destiny

Chianese, Domenico.
Catalogue No. 25393
Routledge
Price: £21.99

Questions the relationship between psychoanalysis, history and literature. Does the analyst help the analysand construct a narrative, or is their task more of a historical reconstruction? In seeking to answer this question, Domenico Chianese examines Freud's writing, beginning with Constructions in Analysis and ending in Moses and Monotheism, as well as the impressions of analytic method reflected in contemporary writers such as Thomas Mann, and historical writings from both sides of the Atlantic. Drawing on vivid and persuasive clinical examples, he argues that psychoanalysis creates a scenic space between analysand and analyst, a theatrical space wherein the cast of the patient's interior world enter and exit from the scene. Drawing on the rich Italian psychoanalytic tradition, this original approach to the analytic field will be of interest to psychoanalysts, historians and literary experts.

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

Davenhill, Rachael.
Catalogue No. 24510
Karnac
Price: £18.99

"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.

Coach and Couch: The Psychology Of Making Better Leaders

De Vries, Manfred K. et al.
Catalogue No. 26530
Palgrave
Price: £25.00

The INSEAD Global Leadership Centre was founded and is directed by Professor Kets de Vries. This book is a volume of essays on leadership development topics. Drawing upon substantial research the book presents the essential leadership models and equips practitioners with tools for developing executive coaches and working with business leaders.

Attachment and Sexuality

Diamond, Diana et al (Eds).
Catalogue No. 26092
Analytic Press
Price: £24.99

The featured papers create a dense tapestry, each forming a separate narrative strand that elucidates different configurations of the relationship between attachment and sexuality. As a whole, the volume explores the areas of convergence and divergence, opposition, and integration between these two systems. It suggests that there is a bi-directional web of influences that weaves the attachment and sexual systems together in increasingly complex ways from infancy to adulthood. The volume's unifying thread is the idea that the attachment system, and particularly the degree of felt security, or lack thereof in relation to early attachment figures, provides a paradigm of relatedness that forms a scaffold for the developmental unfolding of sexuality in all its manifestations. Topics discussed in the book will help to shape the direction and tenor of further dialogues in the arena of attachment and sexuality.

The Death of Sigmund Freud: Fascism, Psychoanalysis and the Rise of Fundamentalism

Edmundson, Mark.
Catalogue No. 25981
Bloomsbury
Price: £18.99

When Hitler invaded Vienna in the winter of 1938, Sigmund Freud, old and desperately ill, was among the city's 175,000 Jews dreading Nazi occupation. Mark Edmundson traces Hitler and Freud's oddly converging lives, then zeroes in on the last two years of Freud's life. Staring down certain death, Freud, in typical fashion, does not enjoy his fame but instead writes his most provocative book yet, "Moses and Monotheism", in which he debunks all monotheistic religions and questions the legacy of the great Jewish leader, Moses. Edmundson probes Freud's ideas about secular death, and also about the rise of fascism and fundamentalism, and finally grapples with the demise of psychoanalysis after Freud's death, when religious fundamentalism is once again shaping world events.

The Philosopher's Desire: Psychoanalysis, Interpretation, and Truth

Egginton, William.
Catalogue No. 25904
Stanford U.P.
Price: £15.50

This book is about interpretation as it pertains to literature, philosophy, and psychoanalysis. It argues against certain trends of thought

that claim we should do without interpretation by demonstrating that interpretation as described by psychoanalysis is already a fundamental aspect of all human experience. Egginton examines the idea of interpretation developed by Freud; how that notion was in turn changed by Lacan; the debate around psychoanalytic interpretation staged by philosophers like Deleuze and Derrida; and finally how a psychoanalytic notion of interpretation is necessary for even the most basic experience of consciousness.

A Beam of Intense Darkness: Wilfred Bion's Legacy to Psychoanalysis

Grotstein, James S.
Catalogue No. 25072
Karnac
Price: £29.99

The author surveys Bion's publications and elaborates on his key contributions in depth while also critiquing them. The scope of this work is to synthesize, synthesize, and extend Bion's works in a reader-friendly manner. The book presents his legacy - his most important ideas for psychoanalysis. These ideas need to be known by the mental health profession at large. This work highlights and defines the broader and deeper implications of his works.

The Struggle Against Mourning

Kogan, Ilany.
Catalogue No. 26038
Jason Aronson
Price: £22.99

How does the analyst help the patient to be in touch with pain and mourning? The special contribution of this book is the provision of a detailed description of the analyses of patients who have employed an array of defenses in order to avoid facing the painful feelings inherent in mourning in specific life situations. Often, the cases are illustrated with verbatim exchanges from the sessions. The reader is invited to be "present" and follow the intimate patient-therapist dialogue from a close perspective, learning about the problems and dilemmas of both patient and therapist when confronted with loss.

Sensuality and Sexuality Across the Divide of Shame

Lichtenberg, Joseph D.
Catalogue No. 26412
Analytic Press
Price: £21.99

Placed in a historical context, sexuality was once so prominent in psychoanalytic writing that sexual drive and psychoanalysis were synonymous. The exciting discovery of childhood sexuality filled the literature. Then other discoveries came to the fore until sexuality slipped far in the background. This book evokes the excitement of the original discoveries of childhood sexual experience while linking childhood sensuality and sexuality to adult attachment, romantic, and lustful love. This revised perspective offers the general reader insight into contemporary psychoanalytic thought, and presents clinicians with a perspective for exploring their patients' sensuality and sexuality with renewed interest and knowledge.

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FOREWORD TO PLAYING THE UNCONSCIOUS

BY MICHAEL GÜNTER

By Brett Kahr

WHEN THE YOUNG Dr Donald Winnicott accepted a post as Assistant Physician at the Paddington Green Children's Hospital in West London in 1923, he found himself confronted with a dilemma. Although employed as an ordinary physician in children's medicine—the term “paediatrician” not yet having come into vogue—engaged to practice standard British medicine, the maverick Winnicott had already begun to take a strong interest in Freudian psychoanalysis, and he would soon embark upon a six-day weekly analysis with Freud's principal English-language translator James Strachey. Winnicott's analysis gradually took root, and by 1927 he had enrolled as one of the very first trainees at the Institute of Psycho-Analysis in London, ultimately qualifying in both adult psychoanalysis and child psychoanalysis. This exposure to the early Freudians changed Winnicott's fledgling paediatric work from a

study of children's temperatures and fevers to an examination of the hidden unconscious processes and

private psychological torments in youngsters and their parents.

Winnicott had to endure much suspicion and hostility from his senior medical colleagues at Paddington Green Children's Hospital, many of whom thought him rather odd, to say the least. But no doubt through his considerable personal charm, he managed to survive execution, retaining his post for fully forty years. Eventually, however, he began to specialise in psychologically orientated cases, leaving much of the physical medicine to his registrars and to his other senior colleagues. By the 1940s, he had developed his so-called “Psychiatric Snack Bar” at Paddington Green, a place where parents could bring their children for a single assessment, and where Winnicott could experiment with his so-called “therapeutic

consultations”: attempting to use infant observation and play therapy in an effort to uncover the family secrets or unconscious conflicts which might have contributed to a psychosomatic symptom in the child.

As a pioneer of British child psychiatry, Winnicott faced a further dilemma: with scant resources, how could he possibly provide treatment for the many thousands of young babies, toddlers, latency-age children, and adolescents who attended his Psychiatric Snack Bar? With few child psychiatrists available, and almost none with intensive psychotherapeutic or psychoanalytic training, Winnicott knew that he would have to cut corners, as he certainly could not provide in-depth, five-times weekly child analysis for each of these arrivals, nor would such intensive treatment be needed in most cases.

From this problematic situation, Winnicott cleverly developed the “squiggle game” as a rapid means of making safe contact with troubled children—a method which combined Winnicott's love of playfulness and his love of psychoanalysis with his love of painting and drawing. The squiggle game permitted Winnicott to process a large number of cases with reasonable speed, establishing immediate therapeutic contact, melting through the defences, and arriving at the buried conflict beneath the symptom. One must hasten to add, however, that although Donald Winnicott made the squiggle game look “easy”—rather like Fred Astaire's dancing—he often stated that he needed his entire multi-year training in child psychoanalysis just to facilitate one short squiggle game. Only a master practitioner of in-depth analysis could dare to produce a

shortened version and still manage to “hold” the complexity of the operation.

In similar fashion, Professor Michael Günter has utilised his comprehensive training in general medicine, with further specialisation in paediatrics, child psychiatry, and adult and child psychoanalysis—exactly the training that Winnicott had undertaken—to develop the squiggle game further as a solid, sober, effective, and above all, compassionate technique for making contact with troubled children and teenagers in his hospital and clinic consultative work. An artist himself by background, who has written extensively on the use of art as a treatment tool in the psychiatric hospital, Professor Günter seems ideally placed to develop this “art form” of the squiggle game in the practice of child psychiatry.

As soon as one begins to read Günter's writing, one begins to like him immediately. Not only does he write with exceptional clarity and with great economy, but he also transmits an attitude of deep concern and compassion for his patients, which can only be described as admirable. He shares his concerns about confidentiality with his young patients and reflects upon his desire to protect their privacy; he also reveals his personal anxieties about the risk of exposing his own unconscious processes to the child through *his* contributions to the squiggle game. He succeeds in communicating his highly-honed capacity to be both serious and playful at the same time, never losing sight of his psychotherapeutic task, but never frightening the child with awkward, intrusive questions or caricatured psychoanalytical interpretations which might, in fact, have an iatrogenic quality. Günter talks with his patients in a conversational style, imbued, however, with his encyclopaedic psychoanalytical and psychiatric knowledge, and his decades of dedicated clinical experience. After reading one of Günter's cases, one feels pleased on behalf of the child patients that each has managed to find such a sensitive and creative healer.

The practice of the squiggle game requires a great deal of courage from a number of perspectives. First of all, most child psychologists and child psychotherapists use verbal exchange as their primary mode of relatedness. Those who do introduce play therapy measures into their work tend to remain neutral, allowing the patient to draw or to use a sand tray, while themselves observing and interpreting from the sidelines, anxious not to intrude upon the child's experience of play. Therefore, the active participation of the clinician in the squiggle game could hardly be described as standard technique. And yet in the hands of a Winnicott, or a Günter, the squiggle game becomes the ultimate expression of *relationality*, and if deployed safely, as Günter always does, it can provide the child with a unique forum in which to communicate.

Michael Günter's book brings his clinical work to life in a joyful, vivid manner, and it pleases me to know that his professional contributions, long admired by German-speaking colleagues and students, will now become available to the English-speaking audience. I regard Professor Günter's work as an outstanding achievement in the art and science of psychotherapy, and I feel confident that his book will soon become a talking point in the child mental health community in the United Kingdom and beyond, and hopefully, in the adult mental health community as well.

Playing the Unconscious: Psychoanalytic Interviews with Children Using Winnicott's Squiggle Technique by Michael Günter (224 pages, Cat. No. 25075) £19.99



THE BEGINNING of the 21st Century is manifesting important changes in the symbolic codes that regulate social ties. Changes in the feminine condition and their impact on the field of the masculine, single parent families as well as homosexual couples and families express marked modifications in the ways human relations are configured concerning the model of the nuclear family, especially in Western societies.

High-speed advances in the field of cyber culture and bio-technology also produce new types of relations. Virtual sex and the cybernetic use of sexuality pose new and weighty questions concerning the role of the real body in the field of sexuality.

Techniques of assisted fertilization update issues concerning relations between female sexuality and maternity, the concept of desire for a child and the notion of paternity. Sex change surgeries generate a necessary debate on the determinants of sexual identity and the production of subjectivity. Although these advances affect different societies in different ways they do set a tendency whose effects demands further investigation.

In this context, a legitimate question can be focused on the impact of these phenomena on today's conceptions regarding the feminine and the masculine. The way the feminine is viewed and its complex relation to men and women is tightly bound up with the concept of sexual difference and—precisely because of the attendant discordances, contradictions and paradoxes—upsets supposedly established "facts".

In this book, I started out with the theoretical obstacles and *impasses* regarding the feminine condition, in the conviction that this subject questions a certain comfortable knowledge that characterizes the subject of that knowledge. A critical review of categories assigned to women and the feminine implies both working with the logics involved in the concept of sexual difference and also dealing with the polysemy of the notion of the feminine.

However, this indispensable examination also aims at illuminating fundamental aspects of clinical work: firstly, the ways in which the myths, ideals, conventions and stereotypes regarding the masculine and the feminine are inscribed in every analyst and secondly, the way they are intertwined with the construction of interventions and interpretations and, no less important, how they become a part of scientific theories.

In this investigation, we also need to focus on the relations of power-domination between the genders. The phenomena of violence that impregnate these relations can be observed in different cultures, racial and ethnic groups and social classes.

I analyze these issues by considering some notions that are frequently attached to the feminine in opposition to the

masculine. They are part of the social imaginary, and their rigid assignment to the feminine or masculine polarity forms an obstacle, in both the theoretical and clinical domains. A facilitated line leads to consider the feminine as equivalent to nature, to the irrational and to the object of desire and of knowledge. On the other hand, the masculine is classically ascribed to the field of culture, to reason, to the subject of desire and of knowledge. Additional dualisms which are also part of the social discourse are strong/weak, self/other and presence/absence, also attributed to the masculine and the feminine, respectively,

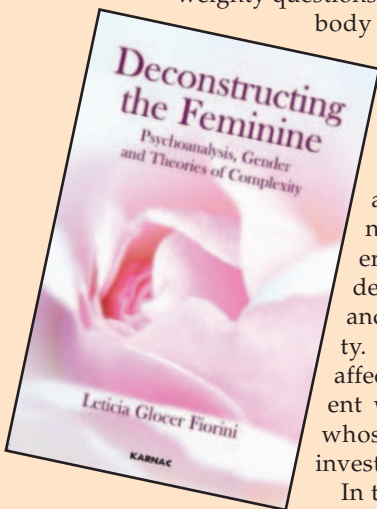
In particular, the relations of domination and violence reside in binary polarities, which in turn generate relations of domination, since dualisms inevitably involve mutually excluding alternatives.

Beyond the values assigned to those qualities, the point is that essentialist notions are configured concerning the feminine and the masculine. These ideas stem from complex phantasms, shared by both sexes, related to those conceptualizations that place women in the field of the enigma or "black continent". In my text, I debate the notion of the "feminine enigma" and conceptions of the feminine as the negative of the masculine. This involves a foray into the nature-versus-nurture debate, as well as into the interpretations that consider the feminine as The Other of the masculine.

My purpose was to undertake the deconstruction and analysis of these polarities, with the conviction that the *impasses* inherent to binary thinking need to be cross-examined by today's epistemologies. At those crucial intersections, we can illuminate these categories with new effects of signification. My proposal is to de-centre false alternatives and mobilize the binary options by including them within growing complexities. In this line, I discard the "or" for the "and", but not for an "and" that would annul the contradictions with false syntheses, but for an "and" capable of holding them in tension. This method opens the way to thinking about feminine subjectivity in a multi-centric fashion.

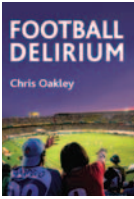
I do this by highlighting controversial issues that have been discussed throughout the development of the psychoanalytic movement, beginning with the never-ending Freud-Jones debate on whether femininity is primary or secondary, debate which has acquired increasingly sophisticated forms. Part of this book focuses on issues relating to desire, love and the passing of time, to beauty, maternity and female sexuality. It considers the role of the real body concerning the sexual difference and debates the universal conceptions of women.

My intention is to contribute a contemporary, psychoanalytic view of these issues, in an attempt to deeply examine the difficulties women face even today to assume a position as a subject, a position that Modernity has been unable to articulate.



Deconstructing the Feminine: Psychoanalysis, Gender and Theories of Complexity by Leticia Glocer Fiorini (220 pages, Cat. No. 25861) £19.99

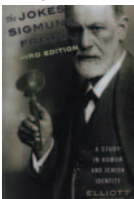
Football Delirium



Oakley, Chris.
Catalogue No. 25115
Karnac
Price: £14.99

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.

The Jokes of Sigmund Freud: A Study in Humor and Jewish Identity: Third Edition



Oring, Elliott.
Catalogue No. 26589
Jason Aronson
Price: £11.99

Unravels the intimate connections between Sigmund Freud and his Jewish identity. Oring observes that Freud frequently identified with the characters in the jokes he told, and that there was a strong relationship between these jokes and his won psychological and social state. This analysis offers novel insights into the enigmatic character of Freud and a fresh perspective on the nature of the science that he founded.

The Future of Prejudice: Psychoanalysis and the Prevention of Prejudice



Parens, Henri et al (Eds).
Catalogue No. 25836
Jason Aronson
Price: £19.99

Established psychoanalytic/psychodynamic researchers and theorists bring the exploration of prejudice to a new level by examining how psychoanalysis might elucidate strategies that will eliminate prejudice.

Putnam Camp: Sigmund Freud, James Jackson Putnam, and the Purpose of American Psychology



Prochnik, George.
Catalogue No. 26040
The Other Press
Price: £20.00

This is an innovative work of biography which traces the lasting impact of the friendship between Sigmund Freud and pioneering American psychologist James Jackson Putnam—written by Putnam's great grandson. In 1909 Sigmund Freud made his only visit to America which included a trip to "Putnam Camp"—the eminent American psychologist James Jackson Putnam's family retreat in the Adirondacks. Putnam, a Boston Unitarian, and Freud, a Viennese Jew, came from opposite worlds—and yet they struck up an unusually fruitful collaboration. Putnam's support of Freud helped legitimize the psychoanalytic movement. "The Putnam Camp" reveals details of Putnam's and Freud's personal lives that have never been fully explored before, including the crucial role Putnam's muse, Susan Blow—founder of America's first kindergarten—played.

Dreams of Love and Fateful Encounters: The Power of Romantic Passion



Person, Ethel Spector.
Catalogue No. 25892
American Psychiatric Publishing
Price: £15.99

This groundbreaking study has been widely hailed for its focus on a human emotion generally considered impervious to rational analysis: romantic, passionate love. Ethel Person views romantic love as a powerful agent of change, arguing that it is as central to human culture as it is to human existence. This new edition of "Dreams of Love and Fateful Encounters" emphasizes the relevance of passion not only to lovers but also to mental health professionals whose patients often enter treatment because of love-related issues from the inability to love or make a commitment to the perils of extramarital love to love sickness or loss of love. She forthrightly addresses not only the power of love to unlock the soul but also its inherent paradoxes and conflicts.

Side Effects



Phillips, Adam.
Catalogue No. 25821
Penguin
Price: £8.99

Side effects are things we do not intend. And, in this collection of essays, Adam Phillips examines how the things we don't mean, or mean perhaps to forget, prove to be those that are often most telling about our unconscious lives. Phillips also intends for us to question our conscious pursuit of happiness, explaining that, in refusing to admit and explore life's down sides, we can only be living half lives. And through his unique and incisive exploration of literature, Phillips also demonstrates what the great novelists have to tell us about ourselves. Both illuminating and fascinating on literature as well as life, "Side Effects" maps our edges as human beings, and, in doing so, goes some way to helping give shape to our lives.

Time and Memory



Perelberg, Rosine J.
Catalogue No. 25190
Karnac
Price: £14.99

The concern with time permeates Freud's work, from "Studies on Hysteria" to "Analysis Terminable and Interminable", which point out to a network of concepts that indicate Freud's complex theories on temporality. Indeed no other psychoanalytic thinker has put forward such revolutionary vision on the dimensions of time in human existence. This volume brings together some of the most important papers written on the topic by members of the British Psychoanalytic Society.

Haunted by Parents



Shengold, Leonard.
Catalogue No. 26056
Yale U.P.
Price: £20.00

Eminent psychoanalyst Leonard Shengold looks at why some people are resistant to change, even when it seems to promise a change for the better. Drawing on a lifetime of clinical experience as well as wide readings of world literature, he shows how early childhood relationships with parents can lead to a powerful conviction that change means loss. "Haunted by Parents" offers a deeply humane reflection on the values and limitations of therapy, on memory and the lingering effects of the past, and on the possibility of recognizing the promise of the future.

Symbolization: Representation and Communication



Rose, James (Ed).
Catalogue No. 25856
Karnac
Price: £14.99

Because psychoanalysis is a science of subjectivity, it is no surprise that symbolism has been of central interest from its inception and early development. There are few phenomena more obviously subjective than symbols. They conjure a particular fascination because of their enigmatic quality. For this reason, they manage to communicate something in an obscure manner. Thus, they partly hide. This duality and ambiguity approaches the fleeting and evanescent quality of subjectivity itself: at its most subjective. This book is assembled in such a way that the reader can trace the development of the understanding of symbols and their formation and use in its historical context and to try to look at their clinical significance. Thus, the book will be of relevance and use in the practical sense as well as the theoretical.

Yesterday, Today and Tomorrow



Segal, Hanna.
Catalogue No. 25679
Routledge
Price: £21.99

Presenting a selection of the author's recent papers, this collection covers a wide spectrum of insights into psychoanalysis, ranging from current thoughts on the nature of dreaming to the psychotic factors, symbolic significance and psychological impact of September 11th, and the following war on Iraq. The development of Kleinian thought, and ideas of Bion and Freud are also discussed.

Key Papers in Literature and Psychoanalysis

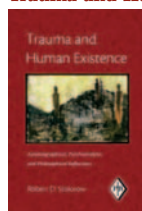


Williams, Paul & Gabbard, Glen O. (Eds).
Catalogue No. 17692
Karnac
Price: £22.50

Since Freud invoked the Oedipus story to exemplify and verify his findings with patients and in analyzing his own dreams, psychoanalysis and literature have had a fruitful if often distrustful relationship. Literature and theory have increased enormously in range. Education no longer insists upon classics of Western literature as building blocks for understanding. Yet the tie between psychoanalysis and imaginative literature remains vital, and the two disciplines can interact vibrantly, as these selected essays of recent years from the International Journal of Psychoanalysis handsomely show. They explore overlaps of literary experience and psychoanalytic process, both of which activate our capacity to 'see feelingly', which is to say, provide occasion for a structured richness of knowing with a felt tie to truth. Both enhance consciousness, expand the emotions, undermine unconscious closures, and provoke thought; and it is those very qualities that inform their illustrative and explanatory usefulness to one another.



Trauma and Human Existence:

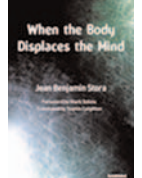


Autobiographical, Psychoanalytic, and Philosophical Reflections

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.

When the Body Displaces the Mind: Stress, Trauma and Somatic Disease

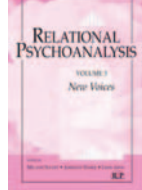


Stora, Jean Benjamin.
Catalogue No. 25074
Karnac
Price: £19.99

Can the mind really generate a physical disease? Conversely, can the body cause mental illness? What do we know today about

their interaction? The relations between body and mind are the source of many problems that are currently treated separately by psychoanalysts and doctors because of the compartmentalisation between their disciplines. Despite differences in clinical practice, we all stand to benefit from a common understanding of the reciprocal influences of the mind and the body and the ways in which these are interrelated. It is time to stop treating the body in isolation from treatment of the mind and to understand that where the psychic apparatus fails in its key task of managing the excitations generated by the tensions and frustrations of everyday life, it is the body that takes over. With a wealth of clinical examples, the author proposes an innovative theoretical and clinical approach that seeks to break down the barriers between biology and psychoanalysis; he also demonstrates its benefits for the health and recovery of patients and its implications for disease prevention.

Relational Psychoanalysis: Volume 3: New Voices



Suchet, Melanie et al (Eds).
Catalogue No. 25797
Analytic Press
Price: £24.99

Relational psychoanalysis has revived psychoanalytic discourse by attesting to the analyst's multidimensional subjectivity and then showing how this subjectivity opens to deeper insights about the experience of the analysand. In this volume, leading relational theorists explore the cultural, racial, class-conscious, gendered, and even traumatized anlagen of the self as pathways to clinical understanding. "Relational Psychoanalysis: New Voices" is especially a forum for new relational voices and new idioms of relational discourse. The contributors to are boldly unconventional in their topics, in their modes of discourse, and in their innovative and often courageous uses of self. Collectively, they convey the ever widening scope of the relational sensibility. The "relational turn" keeps turning.

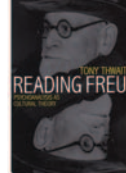
Becoming a Person through Psychoanalysis



Symington, Neville.
Catalogue No. 25857
Karnac
Price: £19.99

In this book Neville Symington brings together a wide range of lectures and previously published papers along with fresh commentary, providing the reader with a veritable feast of his ideas and further thinking about psychoanalytic theory and clinical practice.

Reading Freud: Psychoanalysis as Cultural History



Thwaites, Tony.
Catalogue No. 23964
Sage
Price: £19.99

Cultural theory has found a renewed interest in psychoanalysis, bringing many new readers to Freud and his work. This book is an introductory guide to Freud and brings together for the first time: an overview of Freud's work which enables the reader to see quickly where and in which texts Freud develops his main ideas; a guide to reading Freud, and to what can be done with the complexities of his texts; an examination of what recent cultural theory draws from Freud, and of why psychoanalysis is of interest for it; a reading and argument about the Freud revealed by recent cultural theory; and an extensive selection of extracts from Freud's texts, with commentary. Freud is now the definitive guide to the content of Freud's texts: what's there and where to find it.

The Concept of Analytic Contact: The Kleinian Approach to Reaching the Hard to Reach Patient



Waska, Robert.
Catalogue No. 25392
Routledge
Price: £20.99

"The Concept of Analytic Contact" presents practitioners with new ways to assist the often severely disturbed patients that come to see them in both private and institutional settings. In this book Robert Waska outlines the use of psychoanalysis as a method of engagement that can be utilised with or without the addition of multiple weekly visits and the analytic couch. The chapters in this book follow a wide spectrum of cases and clinical situations where hard to reach patients are provided with the best opportunity for health and healing through the establishment of analytic contact.

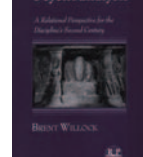
Jealousy and Envy: New Views About Two Powerful Feelings



Wurmser, Leon & Jarass, Heidrun.
Catalogue No. 26368
Analytic Press
Price: £22.99

Jealousy and envy permeate the practice of psychoanalytic and psychotherapeutic work. New experience and new relevance of old but neglected ideas about these two feeling states and their origins warrant special attention, both as to theory and practice. Their great complexity and multilayered nature are highlighted by the number of contributions to this stunning and insightful volume, and form a broad spectrum of new insights into the dynamics of two central emotions of rivalry and their clinical and cultural relevance and application.

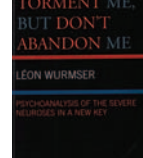
Comparative-Integrative Psychoanalysis: A Relational Perspective for the Discipline's Second Century



Willock, Brent.
Catalogue No. 26266
Analytic Press
Price: £26.99

This exceptionally practical and insightful new text explores the emerging field of comparative-integrative psychoanalysis. It provides an invaluable framework for approaching the currently fractious state of the psychoanalytic discipline, divided as it is into diverse schools of thought, presenting many conceptual challenges. Moving beyond the usual borders of psychoanalysis, Willock usefully draws on insights from neighboring disciplines to shed additional light on the core issue. Part I is an intriguing investigation into the nature of thought and its intrinsic problems. The succeeding section explores its implications with respect to theory, organizations, practice, and pedagogy and is most applicable to everyday concerns with improving work in the field, be it in the consulting room, classroom, or in and between various psychoanalytic organizations.

Torment Me, But Don't Abandon Me: Psychoanalysis of the Severe Neuroses in a New Key



Wurmser, Leon.
Catalogue No. 26586
Jason Aronson
Price: £24.99

Offers analysts and psychodynamic therapists an innovative way of understanding the theoretical intersection of masochism, perversion, shame, guilt, narcissism substance abuse. This constellation of psychopathology frequently is seen in clinical practice and often proves to be a difficult personality organization to treat. While Dr. Wurmser relies on elements of classical analysis to construct his theoretical framework (including a theoretical and clinical analysis of super ego analysis), he incorporates contemporary relational and intersubjective perspectives understanding that the analyst's involvement of the self is critical for the successful treatment of the serious neuroses.

SELECTED FICTION

Red Parrot, Wooden Leg



Kohon, Gregorio.
Catalogue No. 25109
Karnac
Price: £14.99

This is an original first novel of an accomplished poet: erotic, humorous, exotic and sensuous. It describes the adventures of two young writers, set in the midst of political repression, anti-Semitism and violence during the Latin American dictatorships of Brazil and Argentina in the 60s. Kohon's text might be deceptively read as personal reminiscences. In fact, this is one of the many achievements of this wonderful piece of fiction that it is not.

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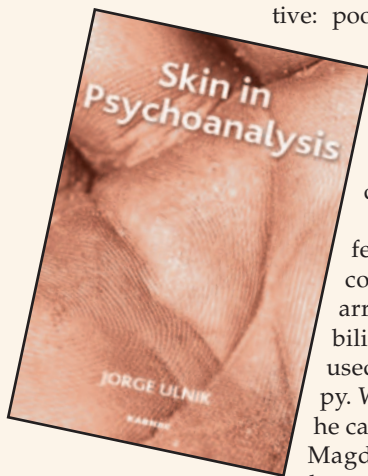
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MAGDALENA blushes at an interpretation offered by her psychoanalyst. Soon afterwards, she stands up to fetch moisturiser, ready to use in a small bottle, and puts it on her face to soothe her itching. Once she has done this, she lies back on the couch and continues talking as if there had been no interruption whatsoever.

Time is up and Peter, another patient, raises himself from the couch. Once he has left, his psychoanalyst notices that Peter has left silver scales of epidermis which stand out against the black leather of the couch.

Could we term these phenomena "Skin in psychoanalysis"?

The psychoanalyst would probably reply in the negative: poor Peter's psoriasis is genetically determined; his skin comes off in small pieces and there is nothing he can do about it. Magdalena, on the other hand, is allergic and itching is the consequence of her skin disease.



However, the psychoanalyst is feeling upset: he must clean the couch before the next patient arrives; he even considers the possibility of getting a cover for it to be used whenever Peter comes to therapy. While he washes his hands he feels he can hardly keep himself from telling Magdalena not to touch her face throughout the session. He is feeling

upset and anxious: he cannot think "in depth". He might even feel itchy!

Might not his feelings be attributed to counter-transference? Do somatic conditions pose a limit to psychoanalysis?

Peter has an appointment with the dermatologist after his session. While he undresses for the physical exam he leaves a pile of scales on the floor. The dermatologist asks him how he is doing and Peter, pointing to the scales on the floor, replies, "look, there I am".

What Peter sees in his own scales is himself, as if he were another who leaves traces everywhere. This other "presence" is disavowed by his dermatologist and his psychoanalyst, who just Hoover the floor, as Peter's wife always does, and put Peter's "other me", which, incidentally, is torn to pieces, in the rubbish bin. I learned this from a patient with psoriasis who spoke of her divorced mother saying "If I moved in with Dad, Mum would fall to bits", while her skin came off in small pieces.

Medical scientific papers claim that a third of the population who consults with a dermatologist suffers from psychological problems and yet, at the same time they claim that cognitive-behavioural therapy is the treatment of choice. Is it that psychoanalysis has no say within this field? Indeed, there are several multidisciplinary societies of psychiatry and dermatology in the United States and in Europe where the voice of psychoanalysis can barely be heard. However, in our present cultural context, where interdisciplinary work is essential and where a piercing or a tattoo grant a feeling of identity to youths whose subjectivity is at risk, the issue of the skin seems to be receiving a lot of attention. We psychoanalysts must bear in mind that Freud used to consider it "the erogenous zone par excellence", and that it was also the entrance and the exit door for many emotions and situations which mark us. I have devoted my entire professional life to psychosomatics, trying to understand diseases as singular

experiences which are inscribed as chapters in the vital history of people. My interest in psychosomatics led me to the dermatology ward, where doctors asked for interconsultations with greater frequency.

I thus began developing joint consultations (i.e. consultations where patients were seen by a dermatologist and a psychoanalyst), group therapies for patients with psoriasis and, finally, private sessions of psychoanalysis and interdisciplinary activities as well as research in Latin America, Spain and Portugal.

I would like to emphasise that clinical work is my main objective. Nothing in my effort to write this book would be justified if it were not useful in order to understand, interpret, accompany and mitigate in some way the misery internally experienced by patients and displayed on their skin. This suffering, like psychic suffering, is minimised by all, and can only be understood by those who have experienced it, or at least, by those who have analysed it with a non exclusively visual curiosity.

This book is the result of more than fifteen years of work with patients with skin diseases. It might provide an answer to questions such as: what is the relationship between skin, the psyche and the gaze? What kinds of internal sensations are experienced by someone who, for instance, frantically scratches or tears off small portions of his own skin? What do chronic patients really expect when they wander around different consulting offices? Is it possible to study placebo effect from a psychoanalytic perspective? What is the difference between a tattoo and a lesion on the skin? What would the aesthetic value and the dignifying effect of suffering from skin ailments be? What is the relationship between the Superego, masochism and the skin? Is blushing a display of sensitivity that unchains desire? How does a psychoanalyst work with patients with psoriasis, vitiligo, allergies, alopecia or eczemas?

Dr Gutierrez writes in the preface "This book is a magnificent source of information and motivation for those who are beginning, as well as a well-documented, conscientious and complex study, with abundant and varied clinical material, for specialists".

The book is written in a clear style and offers examples, graphs and charts as well as an updated revision of the psychoanalytic literature regarding the skin. It describes the different levels of symbolisation that could be detected while treating skin diseases and explains, thus, in which way these are connected to the patient's life history. The book also includes theoretical developments regarding subjects such as the connection between skin and the gaze; itching and anxiety; and ego functions and the body image, and it addresses the issues of the development of psychosomatic patterns in childhood, as well as the relationship between identity and the concept of boundary. Finally, the book makes fundamental contributions to psoriasis, interdisciplinary work, the doctor-patient relationship, and placebo effect.

To conclude, *Skin in Psychoanalysis* sheds light on that deep suffering which is felt in the soul and reflected on the skin and does it with the help of psychoanalytic listening.

Skin in Psychoanalysis by Jorge C. Ulnik (250 pages, Cat. No. 25860) £19.99

THIS BOOK has been twenty years in the making. Most but not all of the chapters have been previously published in various forms in various analytical journals and edited books. The final chapter is a previously unpublished sustained piece of work written specifically for this volume.

The work involved in bringing to publication *The Self in Transformation* provided an opportunity to review and sometimes to revise each of the chapters, and to consider how they might be organized into a structured whole. When I cast my eye over them as an entirety, I was struck that what emerged was a sense of a reasoned progression in the theoretical and clinical writing which had not been

so clearly apparent to me in the past, as I moved from topic to topic over the years. In the writing of each, I had responded variously to calls for papers for conferences or other professional events, or invitations to write on particular topics for books or journals. But in all cases, at the same time, there was a sense, from within, of a need or a certain urgency to write about a particular topic.

In reviewing the chapters as a body of work, I found overall that it was possible to organize the papers according to themes. A structure for the book emerged early on in

the work of compilation. Some chapters were mainly theoretical, where I was trying to come to grips with, and to develop, a number of core concepts in analytical psychology and, in certain contexts, their relationship to psychoanalytic concepts. Much of the work of these chapters was centred around themes emerging from the developmental and archetypal dimensions of the emerging psyche, the *self in transformation*.

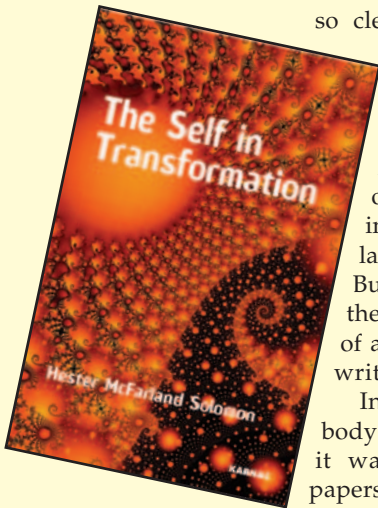
Others arose directly from my clinical work, where I observed some common clinical features shared by a number of patients or in the clinical work with supervisees, cases seen in intensive analytic treatment over a number of years. Through these clinical observations, I have developed my own understanding of certain theoretical constructs, particularly those that have to do with what is commonly called the *defences of the self* in both analytical psychology and psychoanalysis.

Still other chapters arose from the opportunity I had to reflect on professional ethics—what I came to call the ethical attitude in analytic practice. I was very fortunate to be invited to chair the Ethics Committee of the British Association of Psychotherapists (BAP), and later the Sub-Committee for Ethics Procedures of the International Association for Analytical Psychology (IAAP), which became its first standing Ethics Committee. In the ethics endeavour, I was pleased to be joined by my longstanding psychoanalytic colleague, Mary Twyman. Our collaboration led to the publication of a book of collected papers on professional ethics, *The Ethical Attitude in Analytic Practice*. These papers, written by us and by a number of colleagues—BAP and non-BAP, Jungian analytic and psychoanalytic—represented a project of integration

and communication linking the two core analytic traditions: Jungian and Freudian; a project of participatory collaboration which I consider vital to the interests of the profession of depth analysis overall—a project which has always been personally meaningful. In my own work on professional ethics, I have sought to demonstrate that the ethical attitude is at the core of the analytic endeavour—that the analytic attitude is in essence an ethical attitude. In my view, understanding the bases of the ethical attitude in analytic work causes us to stretch deeply into our analytic understanding of the roots of the psyche, with developmental and archetypal dimensions shared by analytical psychology and psychoanalysis alike. This occurs through the provision of a third space in which the analytic dyad may be held in safety while the sometimes very unsafe analytic endeavour is undertaken. The notion of the third—whether a third dimension or area or space—is a concept, again, found in both analytical psychology and psychoanalysis.

Finally, there is a new, extended essay written specifically for this book, a paper that arose from a series of BAP public lectures, with the overall title, 'The Human Psyche in a Changing World', when I shared a platform with Karen Armstrong, the theologian and scholar. At that time, Karen was immersed in her study of the emergence, at a particular time in history, of the axial religions around the world, a work that culminated in the publication, *The Great Transformation: the World in the Time of Buddha, Socrates, Confucius and Jeremiah*. In the last chapter of this volume, I discuss the potential for transformation in the human psyche, linking core Jungian concepts such as the self, synchronicity, the transcendent function, and the psychoid, to recent findings in such diverse fields of enquiry as emergence theory, the theory of complex adaptive systems, the new physics, neuropsychology, and evolutionary anthropology.

These notable correspondences suggest that we may be approaching a time when it will be possible to achieve a new theoretical synthesis linking depth psychology to the findings of the so-called new sciences. If this occurs, no doubt through a progression of incremental steps of which the final chapter of this volume constitutes but one small one, a long awaited unified theory may emerge in which it will be possible to reliably demonstrate that the findings from the new sciences and those from depth psychology, of the psyche in all its manifestations, including the individual self and the transpersonal collective, partake in the processes inherent in all nature—in Pascal's felicitous phrase, from the infinitely small (quantum physics) to the infinitely large (cosmology). The remarkable emergence of these correspondences attests to the exciting possibility that a new, synthesizing 'axial age' is emerging, in which our profession may enjoy the pleasures of inclusion and contribution. This will only happen through our profession's continued theory building, based as it must be on the evidence arising from the attentive and careful quality of our work in the consulting room.



The Self in Transformation by Hester McFarland Solomon
(352 pages, Cat. No. 25602) £22.50

SUPERVISION plays a focal part in psychotherapy and counselling training and will, in a different way, play an important part in the future development of all qualified psychotherapists and counsellors. As the professions move towards statutory regulation, partly out of concern about healthcare scandals such as the case of Harold Shipman, the obligation to have some external observation and scrutiny of our clinical work now becomes a requirement for registration. No longer is supervision a voluntary relationship, part of the professional learning and development we might have chosen to undertake with trusted senior colleagues. In short, we are no longer trusted as professionals by the government, a process that I think began in Mrs Thatcher's day. Then, we began to have to account for our time by counting all we did, as opposed to being trusted as professionals to use our time (and more) as effectively as we could, because at bottom we would rather work than waste time.

Therefore, perhaps all of us now need an opportunity to think about the supervisory process, as we all have to be supervisees in one form or another. What is it that we want from a supervisor, particularly when newly qualified? Plenty has been written recently on how to be a supervisor, but what about the perspective of the supervisee? Crick (1991) rather bravely wrote something from this perspective while still a trainee, and Sue Johnson movingly writes about her experiences of different supervisor styles

in the book I have recently co-edited with Ann Petts, *On Supervision: Psychoanalytic and Jungian Analytic Perspectives*.

After qualification, the supervisory relationship perhaps needs to move into a collegial relationship, in which two colleagues talk about a third, the patient. The newly qualified therapist needs to be helped to move professionally from adolescence to adulthood, by a supervisor who can bear the development of the supervisee's professional persona, including the development of thinking that is not necessarily the same as that of the supervisor. We need as supervisors to be aware of the envious need to clip the wings of our supervisees, as their potential and growing expertise threaten us. Maureen Chapman points out in our book that the Greek myth of the 'Procrustean bed' might be relevant here. Procrustes had two beds, one small and one large. Offering a bed for the night to travellers, he would lay the short men in the large bed, racking them out to fit, while the tall men on the small bed had their legs cut off!

In my view, we want three essential attributes of a supervisor:

Firstly, an awareness of boundaries.

By this, I mean not just the frame and to be a good role model for the supervisee, important as this is. More, it means respecting very carefully the boundary between being a therapist and supervisor, and keeping firmly to the supervisor's 'side of the fence'. Some practitioners, taking a particular ethical position, recommend going to the point of never even suggesting to supervisees to 'take this to your therapy', this being in their view a violation of the essential privacy of the analytic couple. Instead, perhaps, the supervisor's role is to bring out the blind spots and areas of vulnerability we all have, and then leave it to the integrity of the supervisee that they will work on them in the appropriate place.

A phenomenon much in vogue in parts of the supervisory world is the so-called parallel process. This is where a dynamic present in the patient-therapist relationship is unconsciously repeated in the therapist-supervisor relationship. In the classical model of supervision, two people sit dispassionately discussing the unconscious of a third, the patient. Using the parallel process, suddenly there are two more unconsciouses in the room, that of supervisee and supervisor, and in group supervision the unconsciouses of all the other group members may resonate as well. However, if we are to use the supervisee's unconscious actions in supervision and our own unconscious as a tool, we need to be very clear for what purpose we are doing this. It needs to have a firm focus on helping us understand what is happening in the patient-therapist dyad.

For instance, take the supervisee who pushes at the boundaries, like coming late or forgetting to pay, for example. I think our first position as supervisors needs to be that this possibly reflects an important issue about boundaries in the therapy relationship that needs close attention. Another example is the way supervisees can sometimes miss, on a regular basis, key issues the patient is bringing. Is this the supervisee's personal blind spot, a task for therapy? Or might we be in the presence of a phenomena Heinrich Racker (1968) called 'counter-resistance', where the patient's resistance to talking and thinking about a particular issue is unconsciously projected into the therapist, who then also cannot think and talk, in an unconscious collusion. If we too quickly assume that this is the therapist's own issue, we not only risk crossing the supervision-therapy boundary but also could miss using some important unconscious communication that might help us all understand the patient better. In short, the focus primarily needs to be on the therapist-patient dyad, rather than itself becoming a therapeutic dyad between supervisor and supervisee.

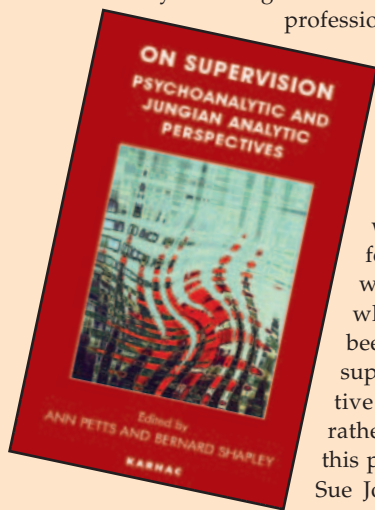
Secondly, we might want our supervisor's interest.

Of course we want our supervisors to warm to the patients we bring, there is nothing worse than presenting a patient our supervisor seems to have little interest in. I well remember an experienced supervisor of mine, on being presented with a choice of patients for me to take, quite openly choosing the one about which she was most curious. I think this turned out to the benefit of all of us, herself, me and the patient. We might also need supervisors to be interested in our own learning and development. Post qualification, it would be helpful to have a supervisor who is interested in the task of consolidation of our learning and a supervisor who knows and respects our trainings, certainly not one who seeks to put us down. Finally, we might wish for a supervisor who can help us think about the setting in which our work takes place and help us survive and develop in that place. Again, I know from my own experience that a supervisor's capacity to think organizationally and help me in the same direction helped a whole service grow and develop, rather than wither in some entrenched and rather purist *cul de sac* my thinking had become trapped in.

Thirdly, we might want a supervisor with a particular style of supervision.

In her paper Crick puts forward two extremes: didactic and dialectical, and suggests that we need supervisors who have something of both, and can move from one to another as appropriate.

Too much of being told what to do can be paralyzing. The supervisee not only has to think about the patient, but also somehow show the supervisor that they have incorporated their views. The supervisor can become a sort of superego figure sit-



ting on our shoulder, whispering in our ear what we 'should' say. The chances are that if we are paying that much attention to the supervisor's ideas, the timing of what we say could be quite discordant with the thrust of the patient's material, because at that moment we are not speaking to the patient, we are really speaking to our supervisors.

But conversely, too dialectical a style and an idealization of not knowing might leave the supervisee no clearer about the patient's state of mind or the therapist-patient relationship than when they came into the room at the beginning of the supervision session. Supervisees might need us to give them some sort of conceptual map, based on sound psychoanalytic thinking, to help them inform their thinking with the patient.

I am increasingly coming to the view that supervision should be regarded as a shared 'dream' space, in which supervisor and supervisee and sometimes the rest of a group share ideas, associations and thoughts based on some clinical material, through which the patient's unconscious may speak to us. The experience then needs to be 'forgotten' by the supervisee, lest it takes over his mind and pushes the actual patient out to the margins, as described earlier. We then need to trust our capacity to recall by association, because if the ideas contained in the supervision 'dream' have any resonance with the patient's unconscious, they will emerge in being remembered by the supervisee because of

something the patient says or does. The 'dream' thoughts can then be made use of to perhaps frame an interpretation, and it is more likely that it will make sense to the patient because the timing follows the patient's communications.

There is a familiar conceptual idea of a triangular relationship between patient-therapist-supervisor, one that Denise Taylor writes about in some detail in our book. My notion of a 'dream' space puts the supervisor a long, long way away from the patient-therapist dyad, until some thought from supervision emerges in the therapist. At that point, the supervisor might draw much nearer, so the triangle might change shape in a fluid way, the supervisor being very firmly in the background until really needed and useful.

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Racker, H. (1968) *Transference and Countertransference*. London: Hogarth Press.

Crick, P. (1991) Good Supervision: on the experience of being supervised. *Psychoanalytic Psychotherapy*, 5(3):235-245.

On Supervision: Psychoanalytic and Jungian Analytic Perspectives edited by Ann Petts and Bernard Shapley (266 pages, Cat. No. 25073) £19.99

JUNG AND ANALYTICAL PSYCHOLOGY

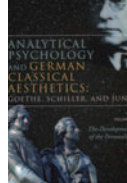
From the Brink: Experiences of the Void from a Depth Psychology Perspective



Ashton, Paul W.
Catalogue No. 25347
Karnac
Price: £22.50

A commonly encountered experience of both analyst and analysand is that of the void. It is spoken about at different stages of therapy and refers to experiences that have different origins. Sometimes the experience of the void is around a relatively limited aspect of the psyche but at other times the void seems much more global and threatens to engulf the entire personality; the whole individual psyche then seems threatened by the possibility of dissolution into nothingness. By drawing on the writings of both Jungian and psychoanalytic thinkers as well as on poetry, mythology and art, and by illustrating these ideas with dreams and other material from his analysands, Paul Ashton attempts to illuminate some of the compartments of this immense space. Because the experience of the void is so unsettling we attempt to defend ourselves against it. The author's thesis is that the void, frightening as it is, is not something that can or should be obliterated, as that would lead to stagnation. Rather, that hidden behind the "clouds of unknowing" that shroud the void, lie endless possibilities for growth and transformation and an increasingly strong connection with the objective other; whether we see that "other" as God or the Self or as previously unexplored parts of ourselves.

Analytical Psychology and German Classical Aesthetics: Goethe, Schiller, and Jung: Volume 1—The Development of Personality



Bishop, Paul.
Catalogue No. 25740
Routledge
Price: £21.99

Investigates the extent to which analytical psychology draws on concepts found in German classical aesthetics. It aims to place analytical psychology in the German-speaking tradition of Goethe and Schiller, with which Jung was well acquainted. This volume argues that analytical psychology appropriates many of its central notions from German classical aesthetics, and that, when seen in its intellectual historical context, the true originality of analytical psychology lies in its reformulation of key tenets of German classicism.

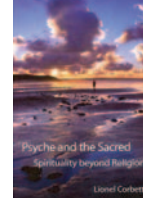
Fr. Victor White, O.P.: The Story of Jung's "White Raven"



Weldon, Clodagh.
Catalogue No. 25044
University of Scranton Press
Price: £19.00

Carl Jung praised Fr. Victor White, O.P. as the only theologian to truly understand his work, and even considered him his only worthy successor. Clodagh Weldon's new biography explores the life and theology of this Dominican priest, focusing particularly on the influence of Jung's work on White's own religious writings. Grounded in extensive research of primary and, until now, unseen documents, including letters, diaries, and even White's descriptions of his dreams, this book will be valuable reading for theologians, psychologists, and anyone interested in Carl Jung and the relationship between psychology and religion.

Psyche and the Sacred: Spirituality Beyond Religion



Corbett, Lionel.
Catalogue No. 25715
Spring Journal and Books
Price: £20.99

Describes an approach to spirituality based on personal experience of the sacred rather than on pre-existing religious dogmas. Using many examples from Corbett's psychotherapy practice and other personal accounts, the book describes various portals through which the sacred may appear: in dreams, visions, the natural world, through the body, in relationships, in our psychopathology, and in our creative work. Based largely on Jung's writing on religion, but also drawing from contemporary psychoanalytic theory, Corbett describes an approach to spirituality that is gradually emerging alongside the western monotheistic tradition. For those seeking alternative forms of spirituality beyond the Judeo-Christian tradition, this volume will be a useful guide on the journey.

Initiation: The Living Reality of an Archetype



Kirsch, Thomas et al (Eds).
Catalogue No. 25769
Routledge
Price: £20.99

This book explores the archetype of initiation in Dr Henderson's own life, as well as suggesting its importance in: clinical practice, culture aging, and death. This book builds on the vast clinical experience of Joseph L. Henderson, who became interested in initiatory symbolism when he began his analysis with Jung.

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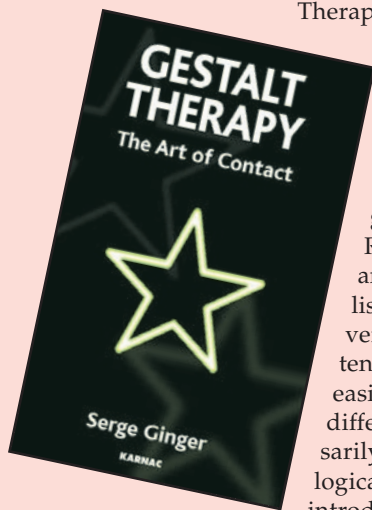
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THERE ARE DOZENS of books on Gestalt Therapy already published in English, so why do we need another? The fact is, most of the existing books are essentially American, and the English-speaking reader ignores practically all of the abundant specialised European literature: more than 200 books published in the last thirty-five years in German, Italian, Spanish, Portuguese, Russian and French (seventy-one books or chapters of books have been published in French to date, along with 1300 scientific articles). Almost nothing of this has been translated into English, while inversely most of the American books have been widely translated into many other languages.

This book describes a European style of Gestalt Therapy, nourished by the local culture, integrating particularly the deep influence of German and French psychoanalysis, phenomenology and existentialism. It has already been published in French, Italian, Spanish, Portuguese, Russian, Polish, Ukrainian, Romanian, Latvian, Macedonian and Japanese, and it will be published in Serbian and Greek. This version has been deliberately written in simple, "basic" English, to be easily understandable to readers of different nationalities, without necessarily a deep linguistic and psychological knowledge. It constitutes an introduction to Gestalt Therapy, written for students, but also for clients



themselves (often considered in Gestalt Therapy as "co-therapists", co-responsible for their own treatment). It will allow psychologists and psychotherapists practising other modalities to perceive some specifics of this original approach, and help any interested reader to update his information about the rapid development of a contemporary method—which is now one of the most widely practiced psychotherapies in the world, after psychoanalysis and cognitive-behavioural therapies (CBT). It is similarly the first choice in many countries in Eastern Europe, where it allows the individual expression of needs and the revalorisation of autonomy.

The book includes a biography of the founder of Gestalt Therapy: Fritz Perls. It outlines the philosophical principles underlying the method, a methodological overview, and several techniques. There are original sketches about the "contact cycle", the "resistances", and a simplified didactical presentation of psychopathology of a specific "profile" for everybody, instead of an alienating classification. It summarises the actual research on the brain and the neurotransmitters, which are directly mobilised by Gestalt Therapy. Two entire chapters are devoted to recent discoveries in neuroscience: functioning of the brain (cortical brain and limbic emotional deep brain) and neurophysiology of the dream. The book shows how this research confirms many hypotheses of the founders of Gestalt Therapy. Some applications of Gestalt, out of the therapeutic field—within institutions,

organisations and business—are also evoked ("socio-Gestalt"). It concludes with a recapitulating chapter, detailing twenty basic notions in Gestalt Therapy. There is also a glossary and an index.

The book demonstrates Serge Ginger's synthetic approach of Gestalt Therapy, practiced in an individual setting, as a couple therapy or a group therapy, associating his initial American training with his international experience and offering a model which integrates the five main "dimensions" of Human being: physical, emotional, cognitive, social and spiritual (*Ginger's Pentagon*), where the awareness to the body, involved in any emotion, is clearly underlined. He shows the actuality of the "Gestalt revolution", which reminds us of the post-modern paradigm, and its rehabilitation of the richness of subjectivity and creativity, field theory, system theory and chaos theory, which give us our own freedom and responsibility in the construction of a personal intense and original life.

The author, Serge Ginger, is a clinical psychologist. He is the Secretary General of the national umbrella organisation for psychotherapy and psychoanalysis in France, the *Fédération Française de Psychothérapie et Psychanalyse*, whose several thousand members are practitioners of various different modalities. He has been trained successively in traditional Freudian psychoanalysis, Morenian psychodrama, different body-oriented psychotherapies, Gestalt Therapy and EMDR. He has thus acquired a deep and broad vision and gained a vast experience in psychotherapy.

For thirty-five years he has taught Gestalt Therapy in a large variety of universities and institutes in about twenty countries around the world, including France, Italy, Spain, Russia, the USA, Brazil, Lebanon and Japan. He speaks several languages and teaches in French, English, Russian and Italian. This rich international experience is completed by his responsibilities within the *European Association for Psychotherapy* (EAP), where he is *Registrar*, in charge of the *European Certificate of Psychotherapy*. He is also Chair of the *Training Accreditation Committee* for the EAP.

He introduced Gestalt Therapy in France in 1971, and ten years later set up the Paris School of Gestalt—*École Parisienne de Gestalt* (EPG)—with his wife Anne Ginger. The EPG is now the most important Gestalt training institute in Europe, with 1200 psychotherapists, trained over a five year period. He also founded the French National Society for Gestalt Therapy (*Société Française de Gestalt*) in 1981, and then the International Federation of Gestalt Training Organisations (*Fédération Internationale des Organismes de Formation à la Gestalt*, or FORGE)—whose members are permanent trainers in thirty institutes all over the world.

He has authored or co-authored seventeen books on subjects such as the special education of young delinquents, the profession of specialised educators, psychology and psychotherapy, many of which have been translated into several languages.

Gestalt Therapy: The Art of Contact by Serge Ginger (172 pages, Cat. No. 25879) £19.99

WHEN YOU TYPE the word 'anger' into Google you get 54,400,000 hits; when you refine the search to newspaper articles you get 1,780,000. Open the newspapers, listen to the radio, or watch the television, and the theme of anger is mentioned daily. Anger at major attacks such as 9/11, at disputes by workers who feel they are not being treated fairly, at environmental issues, at governments all over the world who are seen as acting unfairly; when you walk down the street it is not unusual to hear a loud exchange between two individuals; most of us have seen the look on someone's face as they try to control frustration at a ticket machine that isn't working. There are even television programmes about young children whose angry tantrums are so severe that the parents have to turn to experts to help get some control back into their harassed lives.



According to an article in the *Sunday Times Magazine* in July 2006, 45% of us regularly lose our temper at work, 64% of Britons working in an office have experienced office rage, 27% of nurses have been attacked at work, 33% of Britons are not on speaking terms with their neighbours, 1 in 20 of us has had a fight with the person living next door. UK airlines reported 1486 significant or serious acts of air rage in a year—a 59% increase over the previous year. The UK has the second-worst incidence of road-rage in the world, after South Africa; more than 80% of drivers say they have been involved in road-rage incidents; 25% have committed an act of road-rage themselves. 71% of internet users admit to having suffered net-rage. 50% of us have reacted to computer problems by hitting our PC, hurling parts of it around, screaming or abusing our colleagues.

You can be forgiven for thinking that we live in a world full of mad, aggressive, unpleasant and potentially dangerous individuals. However, is anger really that bad or is it an appropriate response if used wisely? Anger gets things done. Laws have come into being or been changed because individuals have felt angry due to a sense of injustice or unfairness and have taken it upon themselves to bring about such change. In this sense anger is an appropriate emotion and one which individuals and society in general can benefit from. Anger is a human emotion and as such is neither good nor bad, it simply is. Remember the last time you were angry and you will probably become aware that alongside the rage there was a tremendous surge of energy. Those who know how to get the best from that energy without engaging in destructive behaviours—either towards themselves or others—have a wonderful energy bank to draw from. Excessive anger can damage our health, our relationships and our work prospects, while the productive use of anger can enhance our lives, our relationships and society in general.

If anger is neither good nor bad, then how do some people know how to use their anger effectively, while others allow it to get out of control? Recent studies suggest a number of reasons why some individuals find this difficult to do.

Genetic predisposition may have an influence; family history plays its part although no one is sure how much is genetic and how much learned behaviour: stressful life events can turn even mild-mannered Clark Kent into a raging monster; poor coping skills often leave people frustrated and frustration can soon turn to anger. Individual personality suggests that your classic Type 'A': overachieving, easily bored and prone to overworking individual, is more at risk than the more laid back Type 'B'. A lack of social support has also been identified as a factor, as has mental illness and some physical illnesses such as diabetes.

If you are unlucky enough to be one of those people who finds it hard to control your anger or if you have to deal with such individuals you are likely to want to know if it's possible to change. The good news is that unless the individual is a psychopath the answer is yes.

There are now many studies supporting the view that the best treatment for anger is Cognitive Behavioural Therapy (CBT). The National Institute for Clinical Excellence and the NHS have both recommended CBT as the treatment of choice when working with conditions such as depression, anxiety and anger. In one study undertaken by Richard Beck and Ephrem Fernandez on the effectiveness of CBT in relation to anger it was found that the average CBT recipient was better off than 76% of untreated subjects in terms of anger reduction. In a number of additional studies CBT was shown to have a marked effect in reducing anger and its consequent problems.

In more recent years, many of the skills associated with CBT have been brought into the realm of coaching under what is called Cognitive Behavioural Coaching (CBC), pioneered by individuals such as Stephen Palmer and Windy Dryden, as well as by Michael Neenan and myself.

Depending on the severity and individual circumstances faced by individuals either CBT or CBC are able to help them take control of what often seems like an insurmountable problem.

Cognitive Behavioural approaches work in a holistic manner, by examining situations, thoughts, emotions, physical feelings and actions. By considering how we think about ourselves, the world and other people and exploring what we do and how this affects our thoughts and feelings individuals learn what fuels their anger, what triggers it and what strategies they need to deal with it. CBT is what is called an 'evidence based' therapy in that since its inception in the late 1950s CBT has been one of the only therapies to insist on opening itself up to studies to determine which skills and ways of working are best when attempting to help people change. Some of the strategies are as simple as learning to breathe properly, distracting oneself from a negative train of thought and counting to ten, while others are far more complex and explore the belief systems of the individual to unearth the core of that individual's self-defeating thinking and subsequent behaviour.

Anger related problems need no longer spoil people's lives. Providing an individual is prepared to do the work and follow the strategies anger can become a useful resource and not something to be feared.

Anger related problems need no longer spoil people's lives. Providing an individual is prepared to do the work and follow the strategies anger can become a useful resource and not something to be feared.

No More Anger! Be Your Own Anger Management Coach
by Gladeana McMahon (150 pages, Cat. No. 22715) £12.99

LACANIAN PSYCHOANALYSIS

Fundamentals of Psychoanalytic Technique: A Lacanian Approach for Practitioners



Fink, Bruce.
Catalogue No. 25263
W.W.Norton
Price: £21.00

"Fundamentals of Psychoanalytic Technique" presents very basic psychoanalytic techniques in an easy-to-understand and use manner. This practical—not theoretical—primer of psychoanalytic techniques will offer therapists helpful tools for their practices. Topics covered include listening and hearing, asking questions, interpreting and working with dreams and fantasies, the variable-length session and phone sessions.

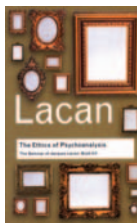
Psychoanalytical Notebooks No.16: Regulation and Evaluation



Wulfing, Natalie (Ed).
Catalogue No. 26616
London Circle of the ESP
Price: £11.00

A series of papers on Evaluation and Regulation, themes which constitute burning issues for all those working in the field of talking therapies today. Contents include sections on Lacanian Orientation; Evaluation; Regulation; The Pass (the mechanism that Lacan put in place to evaluate what takes place in an analysis; and two letters written in response to the UK government's plans to develop national occupational standards for psychoanalytic therapy.

The Ethics of Psychoanalysis: The Seminar of Jacques Lacan



Lacan, Jacques.
Catalogue No. 25763
Routledge
Price: £12.99

A charismatic and controversial figure, Lacan is one of the most important thinkers of the twentieth century and his work has revolutionized linguistics, philosophy, literature, psychology, cultural and media studies. He gained his reputation as a lecturer, disseminating his ideas to audiences that included Jean-Paul Sartre and Luce Irigaray amongst other hugely influential names. The Ethics of Psychoanalysis is a transcript of his most important lecture series. Including influential readings of Sophocles' Antigone and Elizabethan courtly love poetry in relation to female sexuality, "The Ethics of Psychoanalysis" remains a powerful and controversial work that is still argued over today by the likes of Judith Butler and Slavoj Žižek.

The Lacanian Left: Psychoanalysis, Theory, Politics



Stavrakakis, Yannis.
Catalogue No. 21498
Edinburgh University Press
Price: £60.00

Engaging with the role of affect and emotion in political life through the central Lacanian notion of 'enjoyment', The Lacanian Left puts forward innovative analyses of political power and authority, nationalism, European identity, consumerism and advertising culture, de-democratisation and post-democracy. It is of value to everyone interested in exploring the potential of psychoanalysis to reinvigorate political theory, critical political analysis and democratic politics.

Enjoy Your Symptom!: Jacques Lacan in Hollywood and Out



Zizek, Slavoj.
Catalogue No. 25762
Routledge
Price: £11.99

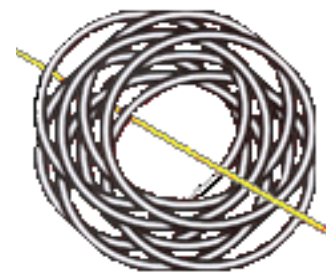
The title is just the first of many startling asides, observations and insights that fill this guide to Hollywood on the Lacanian psychoanalyst's couch. Žižek introduces the ideas of Jacques Lacan through the medium of American film, taking his examples from over 100 years of cinema, from Charlie Chaplin to "The Matrix" and referencing along the way such figures as Lenin and Hegel, Michel Foucault and Jesus Christ. "Enjoy Your Symptom!" is a thrilling guide to cinema and psychoanalysis from a thinker who is perhaps the last standing giant of cultural theory in the twenty-first century. This revised second edition includes a new preface by the author.

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The London Society of the New Lacanian School Psychoanalysis and Lacan's OBJECT a

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- Object a, conceptualisation of the lack
- 15th Dec ○ Object a and the desire of the analyst
- In Visible Signifiers
- 12th Jan ○ The object body: trauma and psychosomatics
- Object a and self-mutilation
- 9th Feb ○ Object a, the body and knowledge
- The calculability of object a in contemporary discourses of risk
- 29th Mar ○ Do you hear the voice in my head?
- The function of the object a within contemporary symptoms and in relation to the body-event.
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Fee: £15 / £10
Seminar Convenor: Richard Klein
For more information contact the Secretary:
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NLS-CONGRESS:
"The Body and Its Objects in the
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Ghent, Belgium 15/16 March 2008
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IN MANY ways, there is nothing more normal in life than transition, whether it is physiological or psychological, whether it concerns organisations, civilisations or the ecosystem. Stability is not of this world; movement, however imperceptible, is the predominant feature—and so therefore is development, for better... or for worse.

There are, however, periods in which transitions are more pronounced. One such period is when a leader takes on a new role and its complexity and the many issues it involves are not only for the “chosen one”, but also for the organisation as a whole. Although a great deal has been said and written about leadership, there have been only a few studies of the critical phase during which the leader actually begins to take charge. *Leaders in Transition* serves to fill this gap.

There are good reasons for wanting to explore what really goes on in the minds and in the environment of these new leaders.

Firstly, as is now well known, the percentage of leaders who fail early after taking over is disproportionately high, and yet no really satisfactory explanation has been found for this. Secondly, a kind of mythology of heroism tends to gravitate around the idea of leadership, and this seems to be far removed from reality as it is actually experienced. Without going as far as the famous expression “The King is naked”, it is clear that all new leaders—with varying degrees of talent, support, clear-sightedness and anxiety—have to come to terms with their new environment and to improvise from day to day when it comes to their integration,

their personal mission, their legitimacy and their action in general. Rather than focus on the situation as it ought to be—as though the question itself and the solutions to it were simple enough—this book tries to understand what really takes place. It is for this reason that the focus is put in particular on the organisational context in which the leader’s transition takes place and on the leader’s actual experience of the transition, while attempting to identify the way in which these two interact.

This book is the result of a three year research period conducted with company executives, civil servants, human resources managers and head-hunters in several European countries. Members of the research team accompanied newly-appointed managing directors, general managers and other executives—and their staff—for periods ranging from nine to twelve months. Initially, interviews were conducted in the new leader’s immediate circle: directors, middle management, subordinates, human resources managers and other executives directly concerned by the new leader’s transition. The methodology also involved regularly observing these leaders as they led monthly management meetings, followed by dialogue and discussions with the new leaders and their subordinates concerning key decisions taken, the strategy being pursued, and the actions and behaviour of the new leader.

Therefore, the first part of the book focuses on the description of the lived experience of the leaders in the four case studies; each one illustrates a different (and typical) transition context: start-up, realignment, turnaround or sustaining success. The first two case studies are reported in substantial detail in order to highlight for the reader the range and complexity of the essential ingredients in the phases of all transitions, while the last two cases dwell more on the differences in context which these case studies illustrate.

By immersing him or herself in the detail of these situations, the reader will be able to draw parallels with his own experience and thus be able to appreciate the more general lessons that can be drawn. These lessons are discussed later on in terms of the “tensions” which the preceding case-studies illustrate. In choosing the concept of “tensions” to represent the conclusions, the authors avoid taking a normative stance.

Seven tensions were identified with two extreme poles for each of them:

Mission	Shake things up	Preserve
Relationship	Develop bonds	Keep distance
Reciprocity	Seek help, to learn about the organisation	Give value, by showing how to succeed or avoid failure
Decision-making style	Impose	Facilitate
Pace of change	Slow down in order to prepare	Move fast in order to achieve results
Development dilemmas	Clean out	Develop
Loyalty	Support the team	Serve the hierarchy and/or the organisation

Each leader navigates more or less, in his mind and, possibly, in his behaviour along these poles, according to his analysis of the new situation, the objective real world pressures, his own values and his personality.

One of the interests of this book is the fact that the authors wanted to test their “model” not only with other leaders but also with the four case study leaders one year after. The reactions of all of them confirm the validity and usefulness of such tensions.

Another important output of such in-depth research is the proposition of conscious and unconscious psychological aspects of the leader in transition. Notions such as separation anxieties, the acknowledgment of indebtedness and its pitfalls, ontological security and the containment of paradoxes—and their illustrations—will be illuminating for any leader who is accepting new responsibilities.

Moreover, it could be argued that, according to the turbulence of our world, the lessons drawn from this research are valid for any member of an organisation presently exerting leadership functions.

Gilles AMADO

Gilles Amado, Ph.D., Professor of Organizational Psychosociology at the HEC School of Management, Paris, is known as an expert of transition through two books he co-edited (*The Transitional Approach to Change*, with A. Ambrose and *The Transitional Approach in Action*, with L. Vansina) published in 2001 and 2005 by Karnac and which are indebted to the close work he had been undertaking for more than thirty years with Harold Bridger, a founding member of the *Tavistock Institute of Human Relations*.

He is a founder member of the *International Society for the Psychoanalytic Study of Organisations*, an associate member of the *Bayswater Institute* and is particularly involved in action-research and consultancy in Europe and Latin America in the fields of industry, health, education, music and sport.

Richard ELSNER

A specialist consultant in leadership and transitions, Richard Elsner is Managing Director of the leadership development consultancy, *The Turning Point*, which supports leaders to take on demanding new roles. The Turning Point is based in the UK and has partner companies in Frankfurt and Paris. Before setting up The Turning Point, Richard was a Principal or Partner with DIA.logos, KPMG and Kinsley Lord. He is a former managing director of Pearl & Dean, and adviser to the chairman of a British plc.

Richard obtained his MBA from IMD in 1985 after devoting ten years of early career to Africa, first as head of rural development programmes for a consortium of British charities for the Sahel region, and then as Researcher for the West and Central Africa region for Amnesty International, based in London.

Leaders in Transition: The Tensions at Work as New Leaders Take Charge by Gilles Amado and Richard Elsner (204 pages, Cat. No. 24640) £19.99



WHEN I started my practice as a systemic therapist (at the time, I considered myself a systemic *family* therapist, since the idea of systemic individual therapy was still to come), the stance I had to hold in the session was clear enough: a person who could drive the session, armed with some secure knowledge of what goes on within the family, despite what the family members themselves thought about it. Just a couple of years later, things underwent a slight change, which, in time, became a dramatic change—described sometimes a shift of paradigm. Systemic therapists started to put themselves into question more and more. Professional knowledge was now seen as the root of most (therapeutic) evil,

something to be eradicated, and substituted with the idea of not-knowing: the therapist had to acknowledge she could not have a knowledge of the clients' world or lives.

I have defined the first stance as the stance of the therapist as a hero, the second as the stance of the therapist as a compassionate listener. And I can say I wrote *The Dialogical Therapist* precisely in order to outline and develop my own therapeutic stance, which is still different, and which I call the stance of the therapist as an opinionated partner. But to be able to

talk about my own stance, I have first to go back to the other two, to give an idea of my struggles with them through the years.

The stance of the therapist as a hero is part (a seminal part) of the strategic and structural tradition. It posits the therapist as a *deus ex machina*, who generates change assuming full responsibility for it. The client totally surrenders to the therapist, the therapist decides (also) for the client. The therapist does not always speak the truth (what she presumes to be the truth). Usually she gives the client a version of the truth modified in order to reach a goal—which, of course, has been agreed upon with the client.

The first real hero in therapy was, beyond doubt, Milton Erickson. We all desire, within a dialogue, our interlocutor to be attentive and spontaneous. From this viewpoint, Erickson was perfect, since he always gave his interlocutors the impression he was totally spontaneous and involved in dialogue, although his wording was always extremely accurate and well-planned. He used, to this aim, his incredible power of observation. Erickson was able to listen and observe the other, and in so doing he could use the verbal and non-verbal language of the other, literally entering in the other's world. But, at the same time, he entered this world in order to direct the conversation. Such a therapy was not fully dialogical, since only one of the two parties changed, namely

the client. The therapist did not change. And the client's change stemmed from a persuasive mode on part of the therapist.

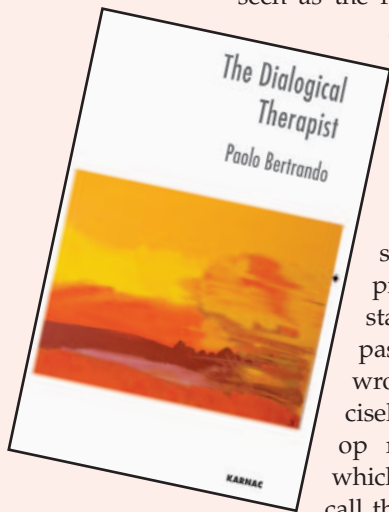
Besides Erickson, most family therapists of the first generation tended to be heroes. If one looks at a recorded therapy by Salvador Minuchin, one will see a very directive therapist, who tries to push (or pull) the family in a well defined direction, as he knows exactly what is best for them (although he is also extremely sensitive to the family's response, and quick to correct his interventions in order to match the family's desires, but without altering this basic stance).

No therapist today maintains the heroic stance, although years ago, everybody tried to adopt it, so the question could be: why this does not happen anymore? Let me consider a model I know well: the Milan approach. If one looks at sessions conducted by Luigi Boscolo or Gianfranco Cecchin, one will find a much less directive therapist, more delicate in his questioning. His agenda emerges in a very subtle way, for example in his choice of the person to ask questions to, his choice of the kind of questions to ask, and his comments. The therapist still holds a well-defined power position, but with more possibilities of being ignored by the family. The (declared) aim of therapy, here, is to create a reflexive process in the clients, where they will eventually find their own "truth".

On the other hand, the client is not totally free, otherwise—in this therapeutic frame—therapy will be useless. There must be some influencing, albeit shifted to another logical level. The therapist must have some secrets toward the clients: I said so myself, in the book I co-wrote with Luigi Boscolo, *Systemic Therapy with Individuals*, when we stated that the therapist should be opaque, at least to a certain degree. This is precisely what has been criticised by therapists who propose an open stance for the therapist, the stance (in my words) of the therapist as a compassionate listener.

Probably the first therapist to introduce such a stance has been Tom Andersen. In the whole of his work, Andersen challenges two assumptions, namely, that the therapist (and the therapeutic team) must be opaque, and that her ideas must introduce some strong unexpected element in the client's world. Elements of this stance can also be found in Michael White's narrative therapy, Harlene Anderson's conversational therapy, and Jakko Seikkula's open dialogue approach.

According to philosopher Hans-Georg Gadamer, in order to understand a discourse, we should become aware of the nature and the extent of our prejudices. We will always be inside what Gadamer calls our cultural horizon, which means that working on a discourse should make us the more aware of its limitations. Conversational therapists bring this position to the extreme, implying that we should abstain from entering into the dialogue with our prejudices. Otherwise, we will unavoidably enter a monologue—and without being aware of it. Like any other position, this contains some



relevant prejudices too: first, that most problems stem from the fact that the person who has problems is in a somewhat disadvantaged, subjected position, and must be helped to express herself freely; second, that giving room to the discourse of the other is therapeutic in itself.

The antithesis between the hero and the compassionate listener can be solved if we think about a kind of dialogue where the therapist has her ideas, sometimes vague, sometimes very well formed hypotheses, and she puts them into play with the client. She can (respectfully, always) argue for her ideas to be understood, but at the same time always leave to clients the last word. With her ideas, hypotheses and emotions that flow freely in the discourse, the therapist does not try to influence her clients (although at time the possibility to enter an influencing stance is strong, and it probably cannot be avoided). She tries, as we saw before, to introduce into the discourse some proposals about “how” things happen, rather than about “why” they happen, or “what” should be done. To have an idea of how such dialogues happen, we have to look closely at the very notion of dialogue, as developed by dialogical theorist Mikhail Bakhtin.

According to Bakhtin, dialogue is not a strictly linguistic concept. Dialogue refers to the very structure of human knowledge (of human existence). When we are in language, we enter a world of multiple, historically and socially determined, co-present and often irreconcilable discourses. This (necessary) state of language is Bakhtin’s heteroglossia. Therapeutically speaking, this entails two sets of consequences. The first, very well known to the clinical theorists of open dialogue, is that language cannot be reduced to any single set of meanings. As a therapist, I should always be aware of this plurality, and never try to prevail upon my interlocutor.

The second consequence brings us closer to Bateson’s concept of context. I should also be aware, as a therapist, that I cannot fully *choose* any meaning, because my meanings (and, above all, the meanings my interlocutors give to what I am saying and doing) are shaped by the context we are embedded in. Of course, this is true also of the meanings I give to my interlocutor’s words and actions. Therapy, in this view, is a continuous process of negotiation of meanings, where it is impossible to reach an end point, but rather any negotiation opens new contexts that create new meanings, and so on. Both therapists and clients are extremely active in this process, exactly as are other persons and institutions not directly involved in the therapeutic dialogue, but involved in generating contexts—all the persons who contribute to the significant system that surrounds (and shapes, and participates in) the therapeutic dialogue.

Perhaps the dialogue becomes fully therapeutic (or its therapeuticity is actualised) when the client (or the clients) become able to accept the others’ discourses within their own. Of course, if a dialogue is heteroglot, it means that it must be considered fully unpredictable. Within such a frame, it is difficult for me to think that

I can drive (up to a point) the dialogue in a certain direction, according to the strategic—or the rhetorical, at large—wisdom. Which apparently brings us back to the stance of the therapist as a compassionate listener.

To me, however, this does not mean that the therapist cannot have her definite points of view to bring into the dialogue. In dialogue, I am connected with others that may create in me a crisis, that may not accept me as I (hopefully) accept them, that may even put into question my own identity. The (monological) strive to persuade the interlocutor to accept my point of view, typical of heroic therapists, is substituted with the nurture of an active understanding on her part, in the sense that anything that is said must be assimilated by the listener in a new conceptual system.

There is in dialogue also an implicit struggle, the struggle to make oneself understood, a struggle that Bakhtin does not hide, but sometimes we, as therapists, would prefer to hide ourselves. But it is a struggle that, by definition, cannot have a winner: the dialogue is always open, even when it is apparently closed. But this does not mean that one should not participate in this struggle—when it is a benevolent one. It is in this very act of struggling (that implies the acceptance of the other and of her discourse) that a proper dialogue lives.

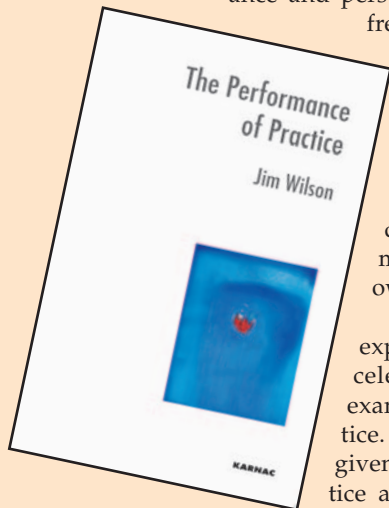
Thus—ideally, at least—heteroglossia is realised in dialogue, the simultaneous presence of different voices, different perspectives, which sometimes can be fused in a new voice, sometimes can stay distinct and distant, but which are never reduced to silence. A dialogical therapist tries to make her discourse emerge, but she never tries (she strives in order not to try) to make it prevail over the other’s one.

The difference between a dialogical therapist and a strategic therapist (between an opinionated partner and a hero) does not lie in accepting or not accepting some specific technique. It lies rather in the context the therapist creates in order, for techniques, to act. A context of pure persuasion, or an open one. Rather than a funnel discourse, one that tends to close upon itself, a fan-shaped discourse, which progressively opens possibilities.

For this not to be only a form of wishful thinking, though, I think I have, as a therapist, to be constantly active in monitoring myself in the very act of being in therapy (in dialogue). It is much too easy to shift from this position to a strategic or a purely passive one. I cannot take for granted that my desire to be an opinionated partner is fulfilled if I do not take into account, on the one hand, my own actions, and, on the other, the effect they have on the other. Only through a constant process of reviewing the event of the therapy can I hope to preserve its dialogical quality.

The Dialogical Therapist: Dialogue in Systemic Practice
by Paolo Bertrando (286 pages, Cat. No. 25584) £19.99

HOW DO WE remain responsive, imaginative and open to the other as therapists? Novelty and uncertainty are part of the therapist's experience and the challenge put before us in this volume is how to engage in this process in ways that help therapists and practitioners to take a step forward with our clients. In doing so the metaphor of therapy as a performance promotes thinking about the way we move and communicate through every sense—not just through words, it is also used as a means of addressing the quality of our work—how we perform to the best of our ability. I set out to shine more light on these necessary explorations of performance and personal "style" in order to provoke



fresh ideas, actions/methods into the repertoire of systemic therapy. It is a book born from challenges and questions raised by colleagues in workshops and seminars about how to keep theories and thinking fresh; how to develop a wider range of useful methods and how to enhance one's own individual "style".

An exploration of the therapist's experience, feelings, struggles and celebrations characterise the case examples and illustrations of practice. The therapist's "inner talks" are given voice in the exploration of practice and in doing so the language of systemic therapy is given more scope

for development. Therapy is a process of humanisation that recognises the creative potential in each of us. This is, at one level, an "Everyman" experience, no matter what your theoretical persuasion. Written from my experience as a Systemic Psychotherapist I explore the constraints of theory when ideas become fixed like religious beliefs; when methodologies are followed like empty rituals and when "use of self" lacks creative exploration. These are the provocations I set out to explore and own up to in my own practice in order to breathe some fresh life into my repertoire and to invite you to do the same.

There are three interdependent areas of exploration in *The Performance of Practice*:

* **Enhancing the repertoire of theory**, in which I re-examine the preferred theories and loyalties we hold as therapists and particularly the stultifying effect of following certain received ideas and methods when critical appraisal deserts us. Theories, core values and our relationship to preferred concepts are explored, and favourite biases and comfortable methods re-evaluated.

* **Enhancing the repertoire of practice**, which focuses on the range of modes and techniques that I have found useful and effective in engaging the child and family members' curiosity and creativity. This section emphasises the dramaturgical aspects of practice within a systemic orientation. The term Systemic Focused Drama is introduced to define

the fresh range of possibilities open to the therapist when performance is considered through this lens. The introduction of the therapist as Transitional Performer provides opportunities to re-think the range of "positions" that can be created between family and therapist for new directions in therapy. The illustrated range of Transitional Performances of the therapist is explored and exemplified. The reader is encouraged throughout the book to re-examine and consider the rehearsal of new methods. This is the fuel that lights the fire and the book invites readers to find their own way with these three dimensions of performance.

* **Enhancing the use of Self in therapy**. For some time the self of the therapist and the therapist's inner talks have increasingly occupied attention in the family therapy field. Here the reader is invited to consider the systemic therapist's reflections to each unique encounter with clients. I offer six dimensions for reflection-in-action that are intended to add greater colour and breadth to the language of systemic therapy, specifically about the therapist's endeavour to connect emotionally with the client. This is an informed improvisation.

The ways in which systemic therapy have developed over the last 40 years or so has led to different emphases in dominant metaphors; cybernetics, systems theory, modernist and post modernist influences, constructivism and social constructionism, therapy as a narrative and collaborative language based process. In this volume I bring my perspective on the evolution of ideas and practices to extend the performative, active, improvisational and dramatic aspects that have been part of family therapy, but somewhat overlooked in recent years, with an emphasis on the spoken word and the "talking cure".

These three dimensions call out to us to step into our particular 'discomfort zone' where uncertainty holds hands with novelty in order to enrich our experience with our clients. If we continue to endeavour to find meaning in what we do and still accept the uncertainty of not-knowing, we can find the courage to keep going. I invite you to find your own way of performing the job of therapist to the best of your ability. I invite you to do this by joining me on this journey. It is an invitation to a dialogue.

The systemic therapy field has matured into a *bona fide* profession and is to be applauded for its growth and achievement. It is also a restless one and this restlessness helps us find new ways and better ways to do this job which are also worthy of applause. This volume aims to provoke the therapist's creativity and aliveness. It urges us not to rest in ideas and methods of an overly comfortable "use of self". If our clients sense a tiredness of spirit in us, we can rest assured they will find it very difficult to light their own creativity in our company.

The Performance of Practice: Enhancing the Repertoire of Therapy with Children and Families by Jim Wilson (202 pages, Cat. No. 25866) £19.99

PSYCHOANALYSIS AND ITS derivative therapy psychoanalytic psychotherapy are hardly universally accepted forms of psychological intervention. From the moment that Freud announced his theory and practice of psychoanalysis, there have been critiques, revisions, and out-and-out dismissals of Freud's ideas, some of them none too friendly. Indeed, Freud himself produced a considerable amount of self-critique and self-revision, although he remained true to the end to what he called the theory of the neuroses. The reasons for dismissing Freud are numerous and all-too familiar. In the beginning there was the sense that Freud's theory was too fantastic to be credible, and, as there was (and still is) no way of proving them, Freud's ideas didn't seem to some worthy of serious consideration. Those early hesitations were only exacerbated

over time by the proliferation of other sorts of psychotherapies, most especially the more goal-oriented and short-term options provided by cognitive and behavioral therapies of various sorts. These have been supplemented in recent years by the significant, extremely valuable advances in psychopharmacology. Both cognitive-behavioral therapies and psychopharmacology have come to be even more highly preferred as the various Health Maintenance Organizations have placed limits on the duration of the therapies they would fund.

More legitimately, perhaps, such non-dynamic therapies have come to seem more desirable as advances in neurobiology have produced more precise pictures of how the brain works and how, therefore, psychiatric problems can be treated medically and symptomatically. This is especially the case in relation to patients suffering from psychotic disorders, whom Freud himself had expressly excluded from the possibilities of psychoanalytic/therapeutic treatment. As Freudian practice came to be applied unsuccessfully to these patients, Freudian theory was even further discredited.

Of course, as even the staunchest defenders of psychoanalysis and psychoanalytic psychotherapy would admit, Freud got certain things wrong. He was androcentric in a way that doesn't fit with our contemporary understanding of gender identity. Certain of his premises and aspects of his clinical approach, especially as recorded in specific case studies, are certainly subject to critique. And, finally, he had his own "Freudian" blind spots that prevented him from seeing one or another aspect of his own subjective investment in his various arguments and interpretations. Yes, what tends to get obscured—one is tempted to say "repressed" because of the way in which Freudian theory informs the arguments of even many of the fiercest Freud-bashers—is that Freud's fundamental contribution to the history of human thinking had to do, not with a particular drama of the psychological life or a specific insight into how psychoanalytic practice might work, but, rather, with his theory of the psychodynamic unconscious as such. That is, Freud's basic idea, which is by-and-large not contested, even in critiques of Freud, is that 1) most of our mental life is unconscious to us; 2) a portion of that unconscious activity has to do, not with chemical or biological processes that can never nor ever need to be brought to conscious awareness, but with motivations that, for one reason or another, are being kept by the mind itself out of conscious awareness; and 3) for any one of a number of reasons we might want or need to investigate those unconscious materials, or, at least, their residue

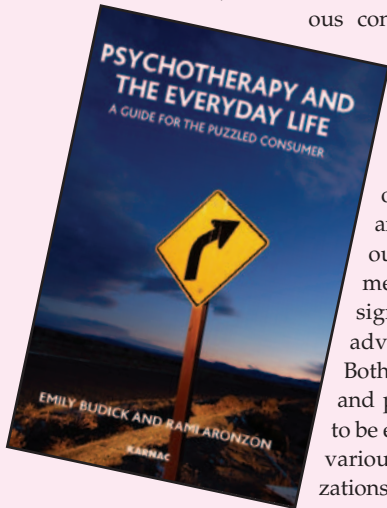
or precipitates in our everyday life, since what is *unconscious* is, by definition, not conscious and not to be rendered conscious.

As philosophers and writers knew long before Freud appeared on the scene (which is one reason Freud was so enamored of literature and philosophy), human beings are meaning-making (which is to say as well, meaning-interpreting) creatures. Yet their meanings are not necessarily transparent to others or to themselves. Therefore, sometimes, we humans might want to discover how it is that we individually, uniquely, produce meanings in our lives. This includes such meanings that we do not intend to produce or that we might well prefer that we didn't produce or that in the production of which we suffer various degrees of psychological distress. Even the relief of symptoms that might be afforded by pharmacological treatment, or, for that matter, by cognitive or behavioral retraining, does not necessarily preclude the human need or desire to comprehend how we are constituted psychologically as unique selves. And that is the enterprise offered and afforded by psychodynamic/psychoanalytic psychotherapy.

Psychotherapy and the Everyday Life is a book predicated on this understanding of psychodynamic psychotherapy. It proceeds on the belief that such psychotherapy is an option that an individual might choose as a way of dealing with psychological dis-ease of a certain kind. It is admittedly only one option among many, and it is not necessarily the right option for everyone. Yet of all the psychotherapies now available, it is the one that, as Jonathan Lear has pointed out in his wonderful book *Open Minded*, is most committed to the idea of human freedom: to the belief that therapy is *not* about advising the patient to choose one thing over another, but, rather, that it is a way of expanding the individual's repertoire of insights and understandings such that the individual can correspondingly experience a transformation in his or her feelings, wishes, fantasies, and behaviors. Then the individual can decide for him or herself what and how and why to choose.

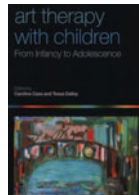
Psychotherapy and the Everyday Life is not a scholarly book. It does not delve deeply into the history and theory of psychoanalytic theory and practice. It is also not a self-help book, designed to enable an individual, rationally, cognitively, to do psychotherapy for him or herself. In this the book emulates Freudian practice, which is also not, for the individual patient, an intellectual experience, but rather an immediately emotional, mental one, that draws directly on "unconscious" materials and affects. Yet the book, obviously, is also not itself a psychotherapeutic experience. Despite the fact that it restages, discursively, the dialogue between a therapist and a former patient, it decidedly does *not* replicate that conversation, which is the essence of the psychoanalytic psychotherapeutic experience. On the contrary, *Psychotherapy and the Everyday Life* is quite deliberately and self-consciously a guide to those who wish to entertain the possibility of such a conversation or who are in its initial stages. Its intention is to help facilitate the initiation or continuation of that conversation, despite all the resistances there are to letting the conversation proceed.

As we suggest more than once, psychodynamic psychotherapy is best understood as a very special kind of story-telling conversation. By telling the story of a single psychotherapeutic experience, in somewhat annotated form, and with the inclusion of the story of the therapist's narrative as well, the book aims to produce some of the lived drama of the psychoanalytic psychotherapeutic experience for individuals for whom the drama of life—in particular of their own life—is a value and a goal worth seeking.



Psychotherapy and the Everyday Life: A Guide for the Puzzled Consumer by Emily Budick and Rami Aronzon (224 pages, Cat. No. 25159) £22.50

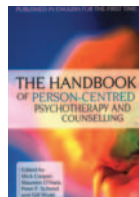
Art Therapy with Children: From Infancy to Adolescence



Case, Caroline & Dalley, Tessa (Eds).
Catalogue No. 26410
Routledge
Price: £19.99

This passionate and exciting book demonstrates the wide theoretical base of art therapy presenting new areas of clinical practice. New to the literature is innovative work with mothers and babies, a study of the sibling bond in looked after children, trans-generational work in kinship fostering, gender disorder and multi-family work with anorexic young people. The detail of clinical process brings alive the significance of the relationship between the art therapist, child and the art forms made. More general topics include: the value of art for the pre-verbal child; the preventative role of art therapy in schools; the development of imagination in 'hard to reach' and dyspraxic children; and the importance of working with the family and professional network in the different settings of health, social services, education and voluntary sector. It will inspire the student, encourage the clinician and interest an international readership of all professionals working with children and young people.

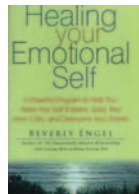
The Handbook of Person-Centred Psychotherapy and Counselling



Cooper, Mick et al.
Catalogue No. 25807
Palgrave
Price: £24.99

Featuring contributions from leading international figures in the person-centred world, this landmark volume provides a comprehensive, in-depth and cutting-edge overview of the field. The Handbook describes the underlying principles, theory and concepts of the approach in a coherent and clearly structured way, and closely relates these ideas to therapeutic practice and research. With its numerous case vignettes and extensive references, it is set to become the final authority on person-centred therapy for students and practitioners the world over. It also contains work by Carl Rogers published for the first time in English.

Healing Your Emotional Self: A Powerful Program to Help You Raise Your Self-esteem, Quiet Your Inner Critic, and Overcome Your Shame



Engel, Beverly.
Catalogue No. 25925
John Wiley
Price: £8.99

This work offers a comprehensive self help plan to help you provide for yourself what you missed as a child. Those who were emotionally abused or neglected in childhood tend to suffer from self criticism, low self esteem, self doubt, a poor body image, perfectionism, and unhealthy shame. Now, renowned psychotherapist Beverly Engel presents a psychologically sound, step by step program to help adult survivors heal the damage to their self image caused by negative parental messages and treatment.

Oxford Textbook of Psychotherapy



Gabbard, Glen O. et al (Eds).
Catalogue No. 26326
Oxford U.P.
Price: £39.99

Now available in paperback. This is an essential companion for every practising psychiatrist, clinical psychologist, psychotherapy counsellor, mental health nurse, psychotherapist, and mental health practitioner. It is integrative in spirit, with chapters written by an international panel of experts who combine theory and research with practical treatment guidelines and illustrative case examples to produce an invaluable book. The first of its kind, this is a 'must have' volume for all trainee and practising psychological therapists, whatever their background - psychiatry, psychology, social work, or nursing.

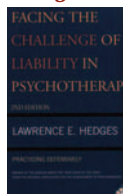
Quickies: The Handbook of Brief Sex Therapy



Green, Shelley & Flemons, Douglas (Eds).
Catalogue No. 25992
W.W. Norton
Price: £13.99

Effective techniques for fashioning pleasurable and satisfying sex lives. Here, Shelley K. Green and Douglas Flemons gather a wonderful array of approaches to sex therapy, each presented by a well-known therapist in the field. "Quickies" takes its cue from clients and keeps it positive and quick, as readers are reminded that the point of sex therapy is sexual change.

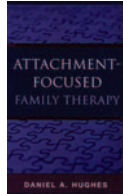
Facing the Challenge of Liability in Psychotherapy: Practicing Defensively: Second Edition



Hedges, Lawrence.
Catalogue No. 25835
Jason Aronson
Price: £26.00

Offers ways for therapists of all persuasions to limit liability while continuing to practice effectively. Dr Hedges demonstrates how therapists can put themselves in a position to defend their practices if ever called on to do so; by developing a series of informed consents covering different situations, by learning how to document ordinary as well as critical incidents, by seeking out peer and expert opinion, and by using community resources as appropriate. Most importantly, Hedges points out the kinds of clinical and dynamic situations that typically lead to complaints and false accusations against therapists. This updated edition addresses three new major areas of concern—work with minors, child custody evaluations, and compliance with the new federal HIPPA regulations. A freshly revised CD-Rom accompanies the book with 30 forms that can be downloaded and adapted.

Attachment-Focused Family Therapy



Hughes, Daniel A.
Catalogue No. 25257
W.W. Norton
Price: £19.99

Attachment theory has primarily been limited to the treatment of individuals. This work equips therapists with the knowledge and tools to apply ideas of attachment, inter-subjectivity and affect regulation in the context of family therapy.

Counselling and Psychotherapy in Contemporary Private Practice



Hemmings, Adrian & Field, Rosalind (Eds).
Catalogue No. 25748
Routledge
Price: £18.99

Working as a counsellor or psychotherapist in contemporary private practice presents a number of clinical, ethical and philosophical dilemmas that impact on the therapeutic relationship. This book brings together experienced contributors to explore these dilemmas, with insightful and illuminating results. This book distinguishes itself as it does not simply offer practical ideas, but also presents the reader with issues that arise from the specific context of working in independent practice and explores how these affect what takes place in the therapeutic relationship. It will provide essential reading for students of counselling and psychotherapy, qualified and experienced practitioners contemplating setting up in private practice and those already working in private practice, who wish to reflect upon the dilemmas that arise in this working environment.

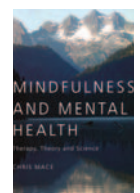
R.D. Laing: A Life



Laing, Adrian.
Catalogue No. 26164
Alan Sutton
Price: £8.99

R.D. Laing was the best-known and most influential psychiatrist of modern times. In this remarkable biography Laing's son tells the story of his father's life and examines the foundations of his pioneering and unorthodox work on madness and the family. R.D. Laing became famous in the mid 1960s when he co-founded the therapeutic community Kingsley Hall and began his experiments with the therapeutic use of LSD. In the 1970s, he studied Zen Buddhism, published poetry, recorded an LP and ran rebirthing workshops across the world - activities which turned him into a guru of radical chic. Yet despite his astonishing empathy with the disturbed, Laing failed to address his own family problems and on the professional side, his practices ultimately led to voluntary disassociation from the medical establishment itself. Adrian Laing's biography, fully updated and with a new foreword, is a brutally honest, sensitive and revelatory portrait of his father's life, as well as a balanced, objective portrait of a troubled genius.

Mindfulness and Mental Health: Theory and Science



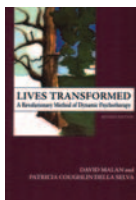
Mace, Chris.
Catalogue No. 26398
Routledge
Price: £19.99

Being mindful can help people feel calmer and more fully alive. "Mindfulness and Mental Health" examines other effects it can also have and presents a significant new model of how mindful awareness may influence different forms of mental suffering. The book assesses current understandings of what mindfulness is, what it leads to, and how and when it can help. It looks at the roots and significance of mindfulness in Buddhist psychology and at the strengths and limitations of recent scientific investigations. As a cogent summary of the field that addresses many key questions, "Mindfulness and Mental Health" is likely to help therapists from all professional backgrounds in getting to grips with developments that are becoming too significant to ignore.

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



Lives Transformed: A Revolutionary Method of Dynamic Psychotherapy: Revised Edition



Malan, David & Della Selva, Patricia Coughlin.
Catalogue No. 25827
Karnac
Price: £19.99

Revised paperback edition. This book provides an in-depth examination of therapy in action, based on verbatim accounts of the treatment of seven patients by Patricia Coughlin Della Selva, using the technique of Intensive Short-term Dynamic Psychotherapy. This technique has been shown to be both effective and cost-effective with a wide range of patients, including some who are notoriously resistant to psychotherapeutic intervention. No-one who has read this book can doubt the relevance of psychodynamics.

Cognitive Grief Therapy: Constructing a Rational Meaning to Life Following Loss



Malkinson, Ruth.
Catalogue No. 25260
W.W.Norton
Price: £22.00

The goal of successful grief therapy is no longer just to sever ties. A healthy psyche copes with the stress of loss by maintaining high functioning in daily life activities while constructing a positive inner relationship with the deceased. Ruth Malkinson shows professionals how to achieve these aims in the context of brief cognitive therapy when working with individuals, couples, and families.

Love and Will



May, Rollo.
Catalogue No. 25986
W.W.Norton
Price: £9.99

The heart of man's dilemma, according to Rollo May, is the failure to understand the real meaning of love and will, their source and interrelation. Bringing fresh insight to these concepts, May shows how we can attain a deeper consciousness.

Tales of Psychotherapy



Ryan, Jane (Ed).
Catalogue No. 24834
Karnac
Price: £19.99

This anthology, written by both psychotherapists and prize winning fiction authors, is a book of surprise, delight, anguish and hope. It draws on one of the most intimate conversations that a human being can achieve - that of the psychoanalytic hour - and gives these encounters a fascinating context in the form of people's lives.

Moving on After Trauma: A Guide for Survivors, Family and Friends



Scott, Michael J.
Catalogue No. 26399
Routledge
Price: £9.99

The effects of extreme trauma can continue to be emotionally devastating. "Moving On After Trauma" offers hope, providing survivors, family members and friends with a roadmap for managing emotional, relationship, physical and legal obstacles to recovery. Dr Scott details examples of the strategies used by twenty characters who have recovered and the survivor (with or without the help of a family member, friend or counsellor) is encouraged to identify with one or more of them and follow in their footsteps.

Who's Afraid of the Teddy Bear's Picnic: (A Story of Sexual Abuse and Recovery Through Psychotherapy)



Smart, Pam.
Catalogue No. 25622
Chimpunkapublishing
Price: £10.00

A powerful and often disturbingly graphic book about childhood abuse and its effects in later life. Pam has been through years of psychotherapy to be able to write this book about her harrowing experiences. Certainly not one for the faint hearted.

Practising Existential Psychotherapy: The Relational World



Spinelli, Ernesto.
Catalogue No. 25652
Sage
Price: £19.99

This new text examines the unique qualities and possibilities of an existential approach to psychotherapy. Drawn from his own experience as an internationally recognised theorist, lecturer and practitioner, the book's overall aim is to provide a thorough and accessible explication of existential psychotherapy in practice. Beginning with an overview of the theoretical underpinnings and distinguishing features of existential psychotherapy, the text describes and develops a three-phase structural model for its practice. As well as describing the key components of each phase, the text provides descriptive examples and topic-focused exercises designed to assist readers in developing their own practice-based understanding of existential psychotherapy.

Clinician's Quick Guide to Interpersonal Psychotherapy



Weissman, Myrna M. et al (Eds).
Catalogue No. 26310
Oxford U.P.
Price: £20.99

Initially developed as a treatment for major depression, IPT has proven highly effective as a therapy for a number of other disorders. IPT can be combined with medication, and it is a safe alternative to medication for those individuals who may not be able to take antidepressants and has been shown not only to relieve symptoms but to build social skills, and to effectively treat depression, as well as other disorders including bipolar disorder, anxiety disorders, eating disorders, and borderline personality disorder. Written by the originators of the treatment, this practical book describes how to approach clinical encounters with patients, how to focus IPT treatment, and ways to handle therapeutic difficulties. Complete with clinical examples and sample therapist scripts throughout, this guide foregoes the theoretical and empirical background of IPT, and focuses on teaching you the best way to deliver this effective, time-limited, diagnostically focused, and immensely practical treatment.

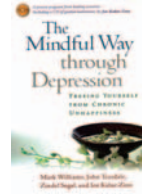
The Well-managed Mental Health Practice: Your Guide to Building and Managing a Successful Practice, Group, or Clinic



Wiger, Donald E.
Catalogue No. 25923
John Wiley
Price: £18.99

The "Well-Managed Practice" is a comprehensive guide for private practices of any size, and at any stage of development, from start-up through mature business that provides indispensable tools for developing business and management skills, insight into the accrediting process, staff hiring, and the other key issues facing those starting up their own practice.

The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness



Williams, Mark et al.
Catalogue No. 25568
Guilford Press
Price: £12.99

"The Mindful Way through Depression" draws on the collective wisdom of four internationally renowned mindfulness experts, including best-selling author Jon Kabat-Zinn, to help you break the mental habits that can lead to despair. This authoritative, easy-to-use self-help program is based on methods clinically proven to reduce the recurrence of chronic unhappiness. Informative chapters reveal the hidden psychological mechanisms that cause depression and demonstrate powerful ways to strengthen your resilience in the face of life's misfortunes. Kabat-Zinn lends his calm, familiar voice to the accompanying CD of guided meditations, making this a complete package for anyone looking to regain a sense of balance and contentment.

What is This Thing Called Love? A Guide to Psychoanalytic Psychotherapy with Couples



Usher, Sarah.
Catalogue No. 25779
Routledge
Price: £17.99

A clear how-to guide for carrying out psychotherapy with couples from a psychoanalytic perspective. The book draws on both early and contemporary psychoanalytic knowledge, explaining how each theory described is useful in formulating couple dynamics and in working with them. The result is an extremely practical approach, with detailed step-by-step instructions on technique, illuminated throughout by vivid case studies. The book focuses on several key areas including: an initial discussion about theories of love; progression of therapy from beginning to termination; transference and countertransference and their unique manifestations in couples therapy; comparisons between couples therapy and individual therapy; step-by-step instruction on technique. "What is This Thing Called Love?" is enlivened with humour and humanness. It is crucial reading for psychoanalytic therapists, psychologists, psychiatrists, couples therapists and students who want to learn about - or augment their skills in - this challenging modality.



STUDYING LIVES ACROSS TIME—QUESTIONS AND ANSWERS

By Henry Massie, M.D.

An introduction to *Lives Across Time/Growing Up—Paths to Emotional Health and Emotional Illness From Birth to 30 in 76 People*, Henry Massie, M.D. and Nathan Szajnberg, M.D.

OFTEN STUDIES OF HUMAN emotional development whet my appetite but leave me hungry. Even well-designed research can raise as many questions as it answers. For example, the longest running study of American preschool child care, encompassing 1300 children, recently reported that “keeping a preschooler in a daycare center for a year or more increased the likelihood that the child would subsequently become disruptive in class—and that the effect persisted through the sixth grade.” (*New York Times*, March 26, 2007). Importantly, the disruptiveness is slight and within normal limits. One of the principal investigators, Dr Jay Belsky, now at the University of London, wonders what happens in preschool

day care that translates into elementary school unruliness, but doesn't have the answer. I, in turn, wonder how these children will look as adults. Might rambunctious school behavior paradoxically assist them to become more assertive and questioning adults than conforming students?

Another contemporary study, the Moving to Opportunity Program, found that when families received financial assistance to move from poor neighborhoods to those with better schools, their children's academic performance did not statistically improve. An unanswered question lurking beneath the statistics concerns motivation: what did the parents of children who did not improve say or not say to their sons

and daughters about education; what unstated or unconscious ambivalence about education and attainment may they have had?

How do children internalize the role models that caretakers, parents, even peers offer? How do they psychologically jettison some experiences and embrace others, for better and for worse, in their maturational drive to make the best possible life for themselves? How do children expand on the role models they have internalized and transmit them to their own children in the next generation?

Such questions can be answered by following children not just for a few years, but from birth to adulthood. While the sweep of statistics provides group pictures, quantitative studies cannot describe what goes on in specific families, let alone portray the process of psychic structuralization and personality and psychiatric symptom formation in individual people. By contrast, it is hard to generalize from individual case studies. A half century ago Sylvia Brody, a psychologist, psychoanalyst and researcher in New York City, was stimulated by these same conundrums.

In 1964 Brody enrolled 132 families who were expecting a child in a prospective longitudinal study; she constructed the study so as to meld individual case history detail and group phenomena as completely as possible within existing knowledge. In a psychodynamically informed mode over the next seven years, Brody and her team regularly interviewed the parents—beginning with mothers in the third trimester and with fathers when the children reached one year. The children received annual developmental and psychological assessments including, from the age of three, Rorschach and Thematic Apperception projective tests; later, home visits, school observations and teacher reports were included. Most importantly, the Brody study pioneered filmed documentation of the mother-child interaction, initially nursing scenes, later mother-child play. From this data the project synthesized a picture of emerging object

relationships, ego functioning, defense mechanisms, and conscious and unconscious conflicts.

The project's basic hypothesis posited that quality of mothering in early life would predict the child's subsequent emotional robustness. To test this proposition, after one year the researchers divided the families into groups according to the effectiveness of parenting on the basis of such operationally defined criteria as the quality of the empathy, structure, and affection the mother offered her baby.

Follow-ups of the children at seven and eighteen upheld the original hypothesis, for the children whose parenting was more effective were emotionally healthier, had more mature peer relationships, and were doing better in school, but as the years passed the statistical link grew weaker.

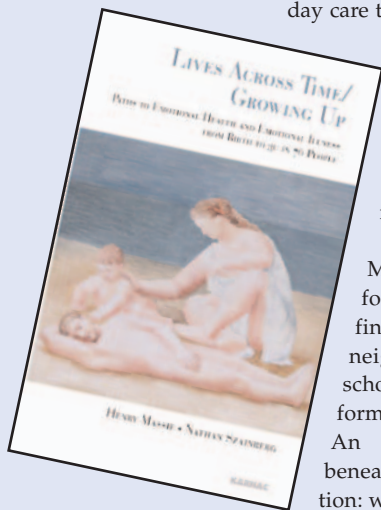
Then in the 1990s I had the opportunity to conduct the thirty year follow-up of the children, now adults. I had seen the films of some of the children as babies during my psychiatric training at Albert Einstein College of Medicine in New York City, and had wondered what had become of them. For example, what had become of the tiny girl whose mother never smiled at her and pushed her away; what had become of the eager boy whose mother turned every feeding into a joyful game? Just as I've rushed to see each edition of Michael Apted's *7Up* documentary series, I jumped at the chance to expand Dr Brody's unique data base for, aside from the admirable Minnesota Child Development Study directed by Alan Sroufe, the Brody project remains unique for its number of cases, span from infancy to adulthood, and intrapsychic measures.

Nathan Szajnberg, a child psychiatrist and psychoanalyst, became my principal collaborator for the thirty year follow-up. We combined projective tests and filmed interviews, both structured and open-ended (including the Adult Attachment Interview) to explore conflictual areas of the participants' lives and psychiatric diagnoses, if any. For those participants who were now parents themselves, the follow-up filmed them with their own children in scenes replicating Brody's original films.

How does the adult study answer the original question: what is more important to a child's subsequent emotional health, quality of early mothering or life experience? Statistically, the data links childhood trauma to psychiatric symptoms at age thirty. Quality of early parenting does not inoculate against traumatic experience arising from personal or family illness, divorce, abuse, exposure to violence, et cetera. On the other hand, adults who received more effective mothering as infants have more mature psychological defense mechanisms (such as altruism, humor, self-observation, anticipation) than adults who were less effectively mothered.

Beyond the statistics, psychodynamic analysis of individual cases showed that children who received better mothering internalized the more mature defense mechanisms of their parents, which facilitated the early life growth of better emotional regulation. Individual case study also revealed the sources of resilience in children who, in the face of poor early life experience or subsequent trauma, fared better than expected; and by contrast, why some children's early promise was betrayed even in the absence of trauma.

The study raises yet more questions. Were we to begin again with the benefit of present day knowledge, we would add examination of the father's formative contribution from the very beginning of life and the role of genetics. That is for the next generation of studies of lives across time, which may give more answers in thirty years time.



Lives Across Time/Growing Up: Paths to Emotional Health & emotional Illness from Birth to 30 in 76 People by Henry H. Massie and Nathan M. Szajnberg (300 pages, Cat. No. 26180) £19.99

PERSPECTIVES ON COUPLE RELATIONSHIPS

By Molly Ludlam and Viveka Nyberg

AT EVERY TURN in our daily lives, we encounter different notions of the couple as a way of being together and relating to one another. These ideas variously emerge in public discourse, through political debates about marriage, through structural changes in the way people live together, whether as hetero or same sex couples, and through the astonishing popular obsession with tracking the relationships of celebrity couples.

The couple and its trials and tribulations, through issues of faith and betrayal, have been central pillars of

Western Art and literature across the centuries. Few themes can have received such sustained

repetition and exploration.

Popular culture extends this obsession, by circling the relationships of the great and famous, eager for any signs of

drama or conflict. Posh and Becks, Tom and Katie, Brad

and Angelina evidence the pre-

occupation with the royalty of

sport and screen. Despite the

intense media idealization, these

couples are essentially portrayed

as afflicted by the same difficulties

as everyday couples: how to nego-

tiate issues of conflict and differ-

ence, faith and infidelity, the

work/life balance and the problems

of parenting.

Why, then, in a world where couple relationships are dissolving (in the UK almost one out of two marriages end in divorce) is the idea of an intimate connection with another so enduring? What perhaps is at stake is the dynamic struggle with a sense of aloneness in the world, and striving for close relationships becomes an attempt to transact this fundamental dilemma. In considering the centrality of this need in our lives, it becomes crucial for professionals whose work involves understanding couples to try to appreciate some of the theories and ideas which underpin current understanding of couple attachment and couple identity. Moreover the character of couple relationships have such far-reaching sequelae that they frame the work of all who work psychotherapeutically, whether with children, families, or adult individuals, and not just with couples.

The inspiration for *Couple Attachments* was an international conference held in 2005 by a partnership of the Society for Psychoanalytic Couple Psychotherapists and the Scottish Institute of Human Relations to explore issues of power and attachment in the psychoanalytic understanding of couple relationships. The book's sixteen chapters are based on material presented there by practising psychotherapists representing four continents. Being an international event, it offered an opportunity for a particular dialogue, comparing the application and relevance of psychoanalytic thinking in different cultures. In some senses too, it provided a bridge for a dialogue between psychoanalysis and Attachment Theory, which themselves appear like an "odd couple" to some practitioners; others see them as being quite compatible. It seems, more than ever, important to find ways in which we can talk meaningfully across our divides with our near neighbours.

The conference commemorated the centenary of John Derg (Jock) Sutherland. As the Medical Director of the Tavistock Clinic (1947–68) and founder member in 1971 of the Scottish Institute of Human Relations, he has played a formative international role in shaping thinking and teaching about the potential applications of psychoanalysis. Intriguingly, Sutherland himself encountered a remarkable revelation in the self-analysis which he underwent as a result of researching to write the biography of Fairbairn. He discovered that, like Fairbairn, he had split his father and mother in his mind, and came to see that, unconsciously, he had kept them and their respective talents and characteristics apart, out of envy and hatred for them as a couple. Once he was able to integrate them and their union in his mind, he was freed in the youth of his eighties to work with renewed creativity and to think abstractly.

This is a powerful testimony to the potential creativity of a generative couple and to the significance of the integrative work which involves us all. Indeed the aim of the contributing authors has been to provide resources in the shape of theoretical exposition and clinical examples which prompt creative and abstract thinking. In this we are also reminded that Sutherland was fond of quoting Kurt Lewin's aphorism that, 'There is nothing so practical as a good theory'.



Couple Attachments: Theoretical and Clinical Studies responds to a current concern that distress and instability are all too common as features of marital life. It is as if an epidemic has swept through families in the developed world during the past fifty years. However we characterise it, this phenomenon mirrors, and perhaps also contributes to, a widespread anxiety about commitment. On a political level, politicians make statements addressed to our different perceptions and prejudices about the couple. For example, politicians argue for and against the essential centrality of marriage to the success of coupledom. In the USA, the prime importance attributed to "family life" by politicians has been a recurrent motif. In the UK, there is a current debate about whether marriage should be endorsed by the state (for example through tax breaks) as a preferable means of bringing up children. Our government has recently re-branded the Department for Education & Skills as the Department for Children, Schools and Families, reflecting similar assumptions about the prime importance of a well functioning couple union for family life.

In many countries the hegemony of the heterosexual union is being challenged by the ability of same-sex couples to register their relationship legally and obtain equal treatment in the adoption, fostering and custody of children. Weddings have tailed off to an all time low in the UK and recently the UK Law Commission has proposed a change in the law that would allow cohabitants a financial claim if they break up, in order for unmarried couples to be treated on the same legal basis as married couples. Arguably these developments indicate a seismic shift from the historical pattern of married relationships. This trend is also reflected in other European countries.

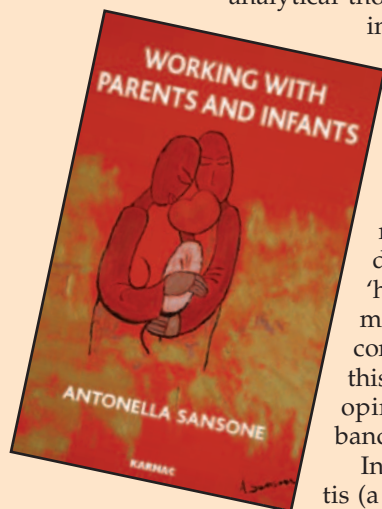
Couple Attachments: Theoretical and Clinical Studies
edited by Molly Ludlam and Viveka Nyberg (294 pages, Cat.
No. 25875) £19.99

A 'MINDBODY' INTEGRATION APPROACH TO WORKING WITH PARENTS AND INFANTS

By Antonella Sansone

THE HUMAN BODY has long 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. Healthcare in the Western world is therefore dualistic, reductionist, non-integrative, and ignores non-physical elements crucial to the understanding of the process of psychosomatic illnesses. It needs the adoption of a mind-body approach to healing. The story illustrated in *Working with Parents and Infants: A Mindbody Integration Approach* offers a clear example of what I mean by this.

Drawing on a single case of a difficult mother-infant relationship, combined with infant observations, psychoanalytical thought, and work in neighbouring disciplines, I consider how



early experiences of touch and movement become stored within the body, and how such experiences may be acted out in adult life and affect the early mother-infant relationship. The case offers a description of how lack of being 'held' as a child may cause a mother's intolerance of physical contact with her baby and how this can manifest through developing a psychosomatic disturbance or symptom.

In this case the mother's mastitis (a breast inflammation that may prevent a woman from breastfeeding) was treated as a medical problem by the midwives. It appeared to me, however, to be a 'symptom', a mind/body strategy to avoid the physical contact with her baby and thus the overwhelming emotions aroused by it. Mastitis, like other manifestations of the mother's use of her body, is seen in this book as the symptom of a psychosomatic dysfunction. It is conceived as the expression of a conflict between the mother's idealistic idea of breastfeeding, and thus her will to accomplish it, and her inability to cope with the intense feelings stirred up by it. The case illustrates how some mothers, who have had damaged relationships with their own mothers, struggle to solve their own mother-child conflicts and how these conflicts can manifest through psychosomatic disturbance.

I highlight the beneficial function of psychosomatic symptoms, such as mastitis, in signalling to the counselor or therapist (as well as the patient) the need for change and the path through which it may occur. Mastitis is an inflammation of the breast whose cause is 'unknown' by science. It develops when breast milk is not flowing well and can be very painful. It is ascribed to unusual events that interrupt normal patterns of feeding, for example, returning to work for the first time, going out to an exciting event, such as a party, or disruption of the mother's feeding pattern due to travel. It seems to me that a dualistic perspective prevents recognising that the mother's concerns, conflicts, and mental state can equally obstruct the flow of milk and affects the infant's feeding patterns – indeed the mother-infant relationship at all levels.

In this book I present a new approach to health and the healing relationship, emerging from a meeting

between Eastern meditative disciplines and Western psychological practice. My regular practice of meditation and yoga helped me to heal the mother's difficulties from inside herself as well as inside the relationship with her baby. I also demonstrate the importance of the therapist's 'emphatic perception' for the healing process. My aim was to work with the mother on her past, not in a theoretical way, but through her body awareness, thus through her actual relationship with her baby.

On the same line as Buddhist philosophy, 'well-being' is conceived in terms of the full union of mind and body, not in the negative meaning of absence of sickness. I consider the positive function of a symptom in guiding the therapist, as well as the client, in re-establishing the unity of mind and body. In Western psychology a symptom is often considered to be the 'problem' and it is believed that well-being depends on getting rid of it. As the mother-infant case illustrated in this book shows, my aim was not to suppress the mastitis symptom, the 'faraway' quality of the mother's language, or her lack of eye-contact, etc, but to guide her to a new awareness or enlightenment, growing out of a complete transformation.

During my work in this case I experienced moments of uncertainty about how to help the mother and her child, but I used those moments to get a better sense of what was happening and to get closer to them, rather than reverting to theory and technique. I drew on my own intuitive perception in responding to them and facing those moments of uncertainty. This is a new quality of 'being' with mother and baby. The key is inside the therapist more than in theory. The moment of uncertainty is seen here not as threatening but as a source of intuition and creative possibilities. It allows for a new space of understanding and higher attention.

Real change brought by therapy can only occur if we experience what the client's reality feels like. The healing in clients is possible when they feel that the therapist provides a space in which they can explore and resolve their problems. When the therapist trusts her/himself more than theory, this provides a model for how a client can begin to trust and connect with his or her own feelings and personal resources. When A. developed a mild mastitis after her second birth and the midwives were giving her antibiotics, she decided to use homeopathy and eventually became able to breastfeed. She had a new wisdom and confidence in her own feelings. She was enabled to understand the function and meaning of her psychosomatic symptom and her use of her body, so that she could withdraw her destructive projections from her baby. With her third baby, she had no problems—at eight months she was still breastfeeding. She had gained a new awareness that emotions play an important part in breastfeeding.

In exploring the 'positive' value of a psychosomatic symptom in signalling to the therapist as well as to the client a need for change and healing, this book should prove useful not only to therapists and other health professionals but also to anyone interested in exploring the interrelationships between the psyche and the body, which means knowing more about ourselves.

Working with Parents and Infants: A Mind-Body Integration Approach by Antonella Sansone (172 pages, Cat. No. 25158) £18.99

INNOVATIONS IN PARENT-INFANT PSYCHOTHERAPY

By Maria Pozzi-Monzo

PEOPLE OFTEN WONDER whether babies can have problems. *Innovations in Parent Infant Psychotherapy* is a book that deals with this issue as it presents in many countries throughout the world. The family atmosphere and the surrounding environment into which a baby enters have a profound effect on the vicissitudes of that baby's future development.

Over the last twenty years there have been huge government initiatives in the UK in the way services for children under five are organised and delivered. The Infant Mental Health movement has become a worldwide, shared concern as exemplified by the existence of the World Association of Infant Mental Health (WAIMH). What connects all practitioners is the wish to improve early mother-infant relationships and hence reduce the risk of emotional, social,

developmental, behavioural and educational problems later on. As well as being therapeutic, these are also preventative interventions that keep the infant in mind by helping parents to think imaginatively about what their infant or small child may be thinking and feeling.

Sensitive caregiving at the start of life sets up a secure base from which the infant can begin the long journey into independent and separate selfhood. All the authors have applied a psychoanalytic framework of thinking to their particular work setting with an innovative flexibility that also includes a developmental stance.

Responsive, community-based services have developed that are reminiscent of Selma Fraiberg's pioneering work in the early 1970s in the USA. We have come full circle now since she and her colleagues, who had a social work background, used to visit deprived and at-risk families in their homes and to practise what was then nicknamed "psychotherapy in the kitchen". This proved to be a very successful way of reaching unreachable families. Something very similar is now taking place again as a number of authors of this book testifies. Many more people are working in community settings, not just in South Africa and Australia but also in Europe.

Each author responds to each family according to their specific needs and cultural background so that none of these interventions can be seen as a 'one type fits all' approach. This is, after all, what 'good enough' parents do—understand this particular child's needs and respond accordingly.

From a more traditional way of working psychotherapeutically, either in private practice or in public service clinics across the globe, this new trend has developed. Parent-infant work has increasingly been taken into community settings, adapting to the needs of emotionally deprived people, of 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. We are referring here to talented clinicians such as speech and language therapists, health visitors, specialist nurses, child psychiatrists and paediatricians, family therapists, psychologists, for example—not just child and adult psychotherapists and psychoanalysts.

A similar phenomenon is occurring in the neuropsychology field. There is an upsurge of interest in neuroscience, reminiscent of Freud, the "old neurologist". We are re-discovering

some of the intricate connections between the development and functioning of the brain and the emergence of unconscious processes in relational and attachment systems.

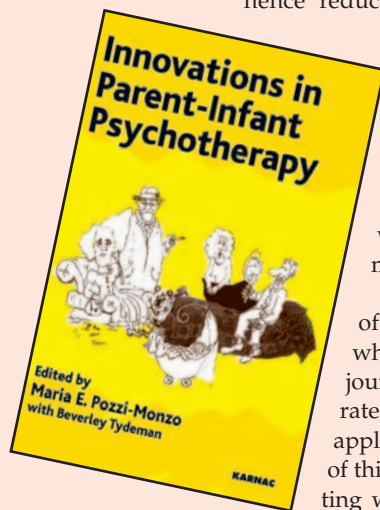
Another common factor is the increasing presence of fathers or male partners and their involvement in these treatments. There is a wider acknowledgement that, when it is possible, treatment with the whole family contributes to a better understanding of the unconscious dynamics related to the child's difficulties. This we can see occurring in a number of case histories described by the authors.

This collection brings together papers from around the world including Australia, Brazil, Japan, Europe, South Africa and the United States. It is written by experienced clinicians, who have a psychodynamic framework and all of whom believe in the importance of early emotional experiences in the development of the personality within the context of family relationships. The vivid detail of the clinical vignettes brings to life intimate stories of the therapeutic process, either from the consulting room of those in private practices, or in the public sector including projects in community settings where traditional psychoanalytic ideas are applied flexibly. The case histories span individual work with various combinations: mothers alone, mothers and babies with or without fathers, families, mother and baby groups.

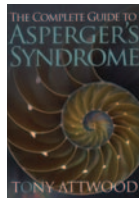
The use of the video camera to record parts of sessions, or entire sessions, is also wide-spread and a number of authors have been adopting this as part of their common practice. This is proving to be an interesting and useful tool, which fosters the observation and understanding of minutiae in parent-child and therapist interactions. These would have otherwise been unnoticed. To watch the video material at a later time, in a different state of mind and usually at a safer distance seems to be enhancing both the parental awareness and understanding of the relationship with their infant, and the therapist's thinking and transforming function, thus leading to therapeutic changes.

We are very pleased and grateful that all our contributors have put much work and patience into this project, which has resulted in the book in its present form. The authors include: Pamela Sorenson from the Under Fives Study Center in Virginia; Mariangela Mendes de Almeida and Marisa Pelella Melega, in São Paulo, Brazil; Bernasconi, Gilardoni, Pozzi and Terragni from the 0-5 Psychotherapy Centre in Ticino, Switzerland; Palacio-Espasa and Knauer from the Geneva Infant Psychiatric Clinic; Annette Watillon from Brussels in Belgium; Romana Negri from Milan University clinic in Italy; Jessica James and Judith Woodhead from the Anna Freud Centre in London; Campbell Paul and Frances Salo who work in the Children's Hospital in Melbourne, Australia; Amanda Jones from a Parent-Infant Mental Health Service in North East London; Maggie Harris in the south-east of England; Lynne Cudmore from the Tavistock Clinic in London; Astrid Berg from Cape Town, South Africa; Hisako Watanabe from Japan.

The publication of this book coincides with a global consciousness about the necessity to take care of the early years in order to create good outcomes for all young children, to reduce inequalities and provide better joined up and accessible early childhood services.



Innovations in Parent-Infant Psychotherapy edited by Maria Pozzi-Monzo with Beverley Tydeman (272 pages, Cat. No. 25858) £22.50

The Complete Guide to Asperger's Syndrome

Attwood, Tony.
Catalogue No. 24879
Jessica Kingsley
Price: £19.99

The definitive handbook for anyone affected by Asperger's syndrome (AS). It brings together a wealth of information on all aspects of the syndrome for children through to adults. Drawing on case studies and personal accounts from Attwood's extensive clinical experience, and from his correspondence with individuals with AS, this book is both authoritative and extremely accessible. Includes an invaluable frequently asked questions chapter and a section listing useful resources for anyone wishing to find further information on a particular aspect of AS, as well as literature and educational tools. Essential reading for families and individuals affected by AS as well as teachers, professionals and employers coming in contact with people with AS, this book should be on the bookshelf of anyone who needs to know or is interested in this complex condition.

Reaching the Hard to Reach: Evidence-based Funding Priorities for Intervention and Research

Baruch, Geoffrey et al (Eds).
Catalogue No. 26045
John Wiley
Price: £24.99

Social inequality and social disadvantage provide an all too fertile soil that sustains the majority of the serious mental health problems suffered by children in our society. The complexity of the issues clinicians routinely encounter in working with children with mental health problems is widely acknowledged. However, few books concern themselves with how such difficult populations can be effectively approached and the strategies that are likely to deliver effective treatment to them. This book, based on a highly successful seminar for grant-giving children's charities held at the Anna Freud Centre and sponsored by John Lyon's Charity, provides pragmatic solutions to this major therapeutic challenge of our age, and will be invaluable to psychologists, psychotherapists, counselors and family therapists.

The Amazing Infant

Field, Tiffany.
Catalogue No. 25984
Blackwell
Price: £16.99

For years parents and professionals marveled at the complexity of infants, but it was not until the 21st century, when explosive advancements in neuroscience began taking place, that sophisticated insights started to emerge. "The Amazing Infant" combines research, theory, and real-life experiences to create a comprehensive and approachable guide to the study of infant development. With a sharp intellect and engaging writing style, Tiffany Field examines the most recent studies on infants, exploring cutting-edge research related to a range of intriguing topics from prenatal problems to motor skills and personality development. Enlightening and intelligent, featuring a breadth of accessible information, "The Amazing Infant" is essential reading for students, parents, and professionals alike.

Your Teenager: Thinking About Your Child During the Secondary School Years

Harris, Martha.
Catalogue No. 25346
Karnac
Price: £22.50

The "Teenager" books by Martha Harris, originally published in 1969, take a similar approach to her long-term bestseller "Thinking about Infants and Young Children". Rooted vividly in the practicalities of everyday situations, the educational focus is on helping parents use constructively the turbulent emotions that are aroused in them by their child. The structural hinge is her empathy with the struggling child in all of us, and with the difficulty of becoming educated in the deepest and widest sense of that term. If the central task of the adolescent is defined as one of finding their individual identity, then the task of parents is a reciprocal one: it is to re educate themselves through questioning their own relationships, values, emotions and principles. Her aim is that children and parents may make the most of this opportunity to develop in tandem, with a view to ultimately taking their place in the great social class of the truly educated people, the people who are still learning.

Resilient Therapy: Working with Children and Families

Hart, Angie et al.
Catalogue No. 25545
Routledge
Price: £19.99

Using detailed case material from a range of contexts, this book illustrates how resilient mechanisms work in complex situations, and how resilient therapy works in real-life situations. Whilst much has been written about the identification of resilience in children and their families, comparatively little has been written about what practitioners can do to support those children and families who need the most pressing help. "Resilient Therapy" explores a new therapeutic methodology designed to help children and young people find ways to keep positive when living amidst persistent disadvantage. Using detailed case material from a range of contexts, the authors illustrate how resilient mechanisms work in complex situations, and how resilient therapy works in real-life situations.

The Cradle of Thought: Exploring the Origins of Thinking

Hobson, Peter.
Catalogue No. 91774
Pan Books
Price: £7.99

The author refutes the notion that thinking is turned on by biologically pre-determined "modules" in the brain, but that it arises from the nature and quality of the relationship between parent and child in the first 18 months of life. He draws on experience, case histories and research.

Child Neglect: Identification and Assessment

Horwath, Jan.
Catalogue No. 25206
Palgrave
Price: £20.99

Cases of child neglect raise complex assessment dilemmas. This important book explores these dilemmas considering the causes and effects of child neglect and the personal, professional and organizational factors that influence identification and assessment. Practical suggestions are made to improve practice. Drawing on new and existing research evidence, it provides a thorough and insightful overview of this taxing area of professional practice, emphasizing throughout the importance of effective multidisciplinary working.

Understanding Adoption: Clinical Work with Adults, Children, and Parents

Hushion, Kathleen et al (Eds).
Catalogue No. 26009
Jason Aronson
Price: £17.99

Adoption has become widely practiced, accepted, and accessible, and has greatly changed the composition of families making it a timely subject for study. The authors of Understanding Adoption undertake exploration of this important terrain of loss and connection, and of the fragility and resilience of human bonds. Adoption has become widely practiced, accepted, and accessible, and has greatly changed the composition of families making it a timely subject for study. The authors of Understanding Adoption undertake exploration of this important terrain of loss and connection, and of the fragility and resilience of human bonds.

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

Lesnik-Oberstein, Karin.
Catalogue No. 25859
Karnac
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 IVF, 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'.

The Story of Infant Development

Negri, Romana & Harris, Martha.
Catalogue No. 25825
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Price: £22.50

This book brings together the closely observed development of Simone (from birth to three) and the perceptive comments of Martha (or Mattie) Harris, who was such an influential figure in the development of the Observational Studies Course at the Tavistock. Romana Negri's pioneering work on neonatal intensive care units is informed both by infant observation and by psychoanalysis. She presents in this volume the transcribed tapes of her detailed observation of a normally developing infant, whom Martha Harris supervised for three years. Other chapters present observations of children in hospital that formed part of their diagnostic assessment, and the book includes commentaries by Donald Meltzer and Martha Harris together. This book will be of outstanding interest to all readers whether parents, teachers, or mental health professionals who wish to deepen their understanding of the roots of mental life.



The Development of Consciousness: An Integrative Model of Child Development, Neuroscience and Psychoanalysis



Sasso, Giampaolo.
Catalogue No. 24811
Karnac
Price: £22.50

Using 'Freud's Project for a scientific psychology' as a starting point, this book is a brilliant new approach that combines psychoanalytical research with neuroscience. Its aim is to delineate a new psychological framework for mental health practitioners. The author throws light on the slow pace of brain development during childhood, grapples with both the question of evolutionary factors, and the infant's sensitivity and predisposition to build relationships within his environment. The book also broadens and highlights two key topics; the origin of language and the importance of introjective-projective modulation in verbal communication.

Family Constellations: Basic Principles and Procedures



Schneider, Jakob Robert.
Catalogue No. 25509
Carl Auer International
Price: £18.99

What helps love to flow freely? What keeps us entangled in the lives and fates of others? What can free us from entanglements?

Family constellations can help us to look at these issues and take steps towards a happier and more fulfilled life. Family members often become entangled in the lives and fates of others in the family system. This book describes this process, how this appears in family constellations, and how it can be resolved. It clarifies the orders of love in the soul that support relationships between partners, parents and children, and others in the family system. It looks at how family constellations can help lay the past to rest and redirect life energy towards the future.

The Neurobehavioral and Social-Emotional Development of Infants and Children



Tronick, Ed.
Catalogue No. 24257
W.W. Norton
Price: £34.00

A major collection of writings from an internationally acclaimed researcher. Ed Tronick, who has been teaching at Harvard for twenty years, has authored some of the key studies in infant and child development. Here, he gathers together major writings that present field-defining work on mother/infant relationships, emotional connection, and the healthy development of infants and children. This is a must-have for anyone interested in this field and a long-awaited book for practitioners.

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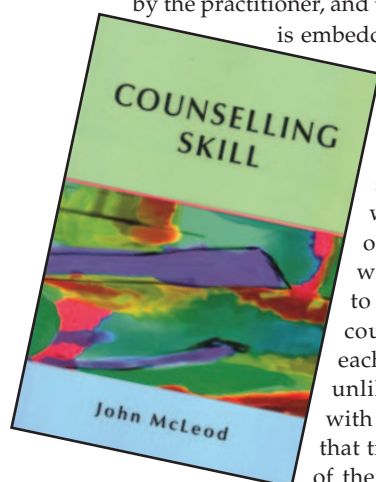


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WHEN COUNSELLING IS EMBEDDED IN A WIDE PROFESSIONAL ROLE

By John McLeod

THERE HAS BEEN a massive expansion over the last few decades in the number of counselling agencies and psychotherapy clinics available to people seeking help with problems in living. Despite the growth in availability of highly-trained, specialist counsellors and psychotherapists, it is still the case, and probably will always be the case, that the majority of episodes of counselling actually take place outside of these settings. On the whole, people troubled by emotional difficulties want to talk to whoever is at hand in their life who seems reliable and competent. There is a great deal of counselling, therefore, that takes place in brief episodes, fitted in to consultations with a doctor or nurse, or in the middle of a tutorial with a college teacher. I refer to this type of counselling as embedded: the counselling role is embedded within other roles being fulfilled by the practitioner, and the counselling conversation is embedded within other professional tasks that are being carried out around it.



Embedded counselling is a harder task than counselling that is carried out within the hourly timetable of a therapy clinic. A person who makes an appointment to see a counsellor will see the counsellor for fifty minutes each week, and will be very unlikely to have any contact with the counsellor outside of that time. From the point of view of the counsellor, this is manageable:

the client arrives, they talk and then the client leaves. Between sessions, the counsellor has plenty of opportunity to think, and consult colleagues, about what to do next. Compare

this to the situation where an emotionally upset student turns up at their teacher's office during the morning coffee break. There are many decisions that need to be made around what can be done at that moment, and whether other moments can be found later in the day to follow up the crisis. And in fifteen minutes the teacher will be standing in front of another class, performing in teaching mode. This is just one of many challenging scenarios associated with a need to build a counselling dimension into other work roles.

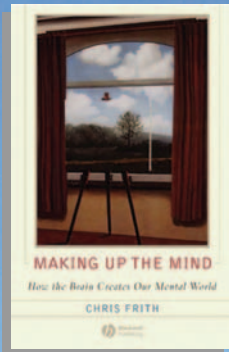
The counselling profession has sought to distance itself from the domain of embedded counselling by its use of the terms such as "counselling skills" and "interpersonal skills". This has happened, I believe, because it has been in the interest of professional counsellors and psychotherapists to emphasise that what they do is special, and can only be done by people who have received lengthy training and can see their clients for hour-long sessions, unencumbered by any complicating factors. However, the battle to gain recognition for counselling as a legitimate profession and occupation has now been won, and it is time to give some serious attention to the possibilities for doing good counselling work within the delivery of other professional tasks.

In this book, I argue that it would be a good thing if teachers, nurses and other human service workers were more willing to allow themselves to respond to the emotional pain of others, and listen to their personal stories. We live in a world characterised by an all-consuming drive toward efficiency and a bureaucratic approach to people. In this kind of world, a bit of counselling is a humanising factor.

JOHN MCLEOD is Professor of Counselling at the Tayside Institute for Health Studies, University of Abertay Dundee.

Counselling Skill by John McLeod (292 pages, Cat. No. 25330) £19.99 Published by Open University Press.

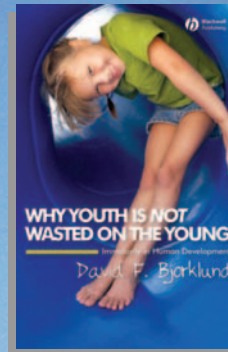
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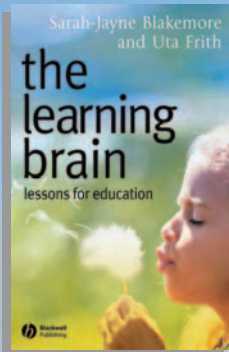
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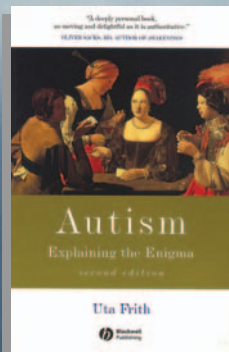
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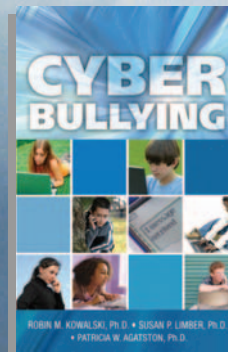
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