

karnac review

spring 2006

PROPHECY COLES ● DAVID CAMPBELL ● DAVID MALAN
JUDY YELLIN ● MARGARET CLARK ● YVONNE M. AGAZARIAN

WELCOME TO **karnac review**

Dear Readers,

Welcome to the spring edition of the Karnac Review. One immediate change you will have no doubt noticed is that, in keeping with so many of the broadsheets, we have reduced our format to a more handy size. I would like to say this is because market research led us to the conclusion that our target audience prefer a 'handbag' sized edition, but the simple truth is that changes soon to be made by Royal Mail will result in mailing items being charged for surface area as well as weight.

However you will be pleased to hear that the content has in fact been increased and this spring review contains more articles than ever and our usual rundown of forthcoming events and seminars. We are very pleased to announce an exciting new partnership with the UKCP that we hope will bring the brightest and best of psychotherapeutic literature onto the market. Prophecy Coles talks about sibling relationships, and David Campbell introduces us to his new work on organizations. Judy Yellin discusses race, culture and ethnicity in the clinic, Margaret Clark talks of the evolution of the SAP monograph series, and Yvonne Agazarian introduces the 'systems-centered approach' in organizations.

Back by popular demand is a brief rundown of the relevant literature that has been published in the last few months. A new first for us is that in a gesture of solidarity to our loyal customers we will be offering on the website and in our stores discounts (of up to 20%) on all the titles featured in the review until the end of April. Members of our Reward Point Scheme (and if you are not a member, why not?) will be pleased to hear that they can still get their points on discounted titles.

I very much hope that there is something for every taste and theoretical orientation in this edition and wish you all a very good Spring break.

Yours faithfully

Oliver Rathbone
Managing Director
Karnac Books

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C O N T E N T S

4 THE KARNAC UKCP SERIES-
AN EXCITING NEW PARTNERSHIP
Pippa Weitz

6-7 SIBLING RELATIONSHIPS
Prophecy Coles

8-9 TAKING POSITIONS IN THE ORGANIZATION
David Campbell

11-20 NEW TITLES

21 A LETTER FROM BOGDAN WOLF

22-23 LETTER FROM FINCHLEY ROAD
Robert Railton

26-27 LIVES TRANSFORMED: A REVOLUTIONARY METHOD OF
DYNAMIC PSYCHOTHERAPY
David Malan

28-29 UNMASKING RACE, CULTURE, AND ATTACHMENT IN THE
PSYCHOANALYTIC SPACE
Judy Yellin

32-33 UNDERSTANDING THE SELF-EGO RELATIONSHIP IN
CLINICAL PRACTICE: TOWARDS INDIVIDUATION
Margaret Clark

34-35 SCT IN ACTION: APPLYING THE SYSTEMS-CENTERED
APPROACH IN ORGANIZATIONS
Yvonne M. Agazarian

36 MALCOLM'S TOP TEN

38-39 EVENTS DIARY

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PIPPA WEITZ.....

Karnac is delighted to announce its recent agreement with UKCP (United Kingdom Council for Psychotherapy) for the development of a UKCP-Karnac joint series of books. The idea of the series is to enable UKCP to reflect, in its full breadth, depth and diversity, on the important and emerging psychotherapy themes of the day – clinical, training and research. The partnership will enable UKCP, as the UK's number one psychotherapy membership organisation, and Karnac, the UK's number one specialist psychotherapeutic publisher, to combine to have a greater presence in the psychotherapy publishing market.

THE KARNAC-UKCP S E R I E S - AN EXCITING NEW P A R T N E R S H I P

Christine Lister-Ford,
Vice-Chair of UKCP and
UKCP-Karnac Editorial
Board Chair says,

This is an excellent new partnership which promises to combine the publishing talents of two key organisations with an interest in psychotherapy. We are very excited about the way forward!

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The official launch of the UKCP-Karnac book series will take place at the 14th Congress of the European Association for Psychotherapy, hosted by the UKCP Professional Conference, to be held at King's College, Cambridge from 13th to 16th July 2006. To celebrate this partnership Karnac will host a pre-gala dinner drinks party on Saturday 15th July.

UKCP has already published some books with Karnac and these have formed the basis of the UKCP-Karnac series. They include 'Revolutionary Connections – Psychotherapy and Neuroscience' (2003) by Jenny Corrigan and Heward Wilkinson; 'Psychotherapy in Britain: Volume 1 Psychoanalytic Psychotherapy' (2006) by Brett Kahr; and 'Research in Psychotherapy' (2006) by Del Loewenthal which is being launched at the UKCP AGM in Warwick between 17th – 19th March 2006.



Philippa Weitz, Commissioning Editor with Karnac Books, is the Karnac representative on the Editorial Board. Other members of the Editorial Board include Christine Lister-Ford (Chair), Jenny Corrigan, Pam Howard and Heward Wilkinson.

Any queries, correspondence or submissions for this series should be addressed to Philippa Weitz at p.weitz@karnacbooks.com. Philippa can also be contacted on 07880 501 116.

THE KARNAC FORUM PRESENTS

CHRISTOPHER BOLLAS

'MAYHEM'

**IN CONVERSATION AND READING EXTRACTS
FROM HIS BRAND NEW NOVEL**

SATURDAY 29TH APRIL

11am - 1pm

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MADE IN-STORE DURING THE EVENT**

PROPHECY COLES.....

This book has come about by a complicated route. In the early nineties I became interested in the question as to why psychoanalytic theory had neglected sibling relationships. (Coles. 1998). In that paper I suggested that sibling relationships helped to structure the inner world and that we could know this to be true through the sibling transference in the consulting room. Karnac then suggested I write a book on Siblings. (Coles. 2003).

the lack of theoretical interest in sibling relationships said more about the theoretician than about siblings per se .

The lack of interest in sibling relationships within psychoanalytic theory meant that I had quite a lot of difficulty in finding papers that could help and direct me. I found collections of essential papers on many ideas, such as narcissism, projective identification, etc. But to find anything on siblings required much searching through occasional papers.

SIBLING RELATIONSHIPS

Here I continued the theme of the enduring quality of sibling relationships and came to the conclusion that siblings had been marginalized in psychoanalytic theory partly because the Oedipus Complex was thought to be the principal conflict that gave rise to psychic structure. I also went on to suggest that any psychoanalytic theory was necessarily limited by our subjectivity and therefore

In the end I found there had been some research projects in the US, most notably, the Yale Study Group (1982), and two books on sibling relationships that had been written by Bank & Kahn (1997) and Volkan & Ast (1997). These works and their references were most useful. So when my book had been published I was keen to compile a collection of the essential papers I had relied on, but as Karnac pointed out,

almost all of the authors I had used were American. Karnac thought we needed a collection of papers on siblings that had been written by clinicians working in the UK. But where were these papers? There was not yet a substantial body of work that I could collect together. Undaunted by this fact Karnac went on to suggest that I should commission people, who I knew were thinking about siblings, to contribute to a book of my own devising. So here is the first collection of papers on siblings to appear in the UK written by some of our pioneers!

The book addresses sibling relationships as they manifest themselves in varying aspects of our cultural lives. It is divided into two sections, an historical section and a theoretical/clinical one. In the historical section there is a wide range of material on sibling relationships; siblings in social history (Davidoff), siblings in the Old Testament (Roith), siblings in Shakespeare (Rustin & Rustin), siblings in Greek tragedy, (Hinshelwood & Winship) and dead siblings in poetry and drama (Thistlethwaite). In the clinical section there are four investigations into the complex effect of sibling relationships upon our psychic development; the trauma of having a sibling (Mitchell), the psychological impact of being a twin (Lewin), sibling relationships as they affect marital conflicts (Morley), and finally the power of sibling relationships in cases of parental difficulties (Silverstone).

In my introduction to the book I wonder why now, at this moment in our history, we are interested in sibling relationships. What has

changed? What has made the idea that siblings help to structure our emotional life more thinkable? I suggest that, within psychoanalytic theory, we may be taking more interest in sibling relationships because there has been a subtle paradigm shift in the way we think about psychic development. The idea that our psychic health may depend upon our need for human relationships has weakened the belief in the centrality of drive theory and the power of our instincts. It is more common to find arguments that the environment and our experiences influence the structure of our internal world. This shifting vision of man, peeking, as it were, around the corner of the crib, reveals to our psyche the sibling environment.

I also suggest we may have ignored sibling relationships in clinical work because the sibling transference can be more subversive and difficult to think about than the familiar family dynamics of mother, father and child. What do I mean by subversive? In early childhood, sibling relationships are little touched by shame. There are intense and passionate emotions but none of these early experiences are clouded by adult repression. Sexual exploration, murderous hatred, loving to death, rebellion, laughter, play, these dramas are the fabric of early relationships between siblings. When we find ourselves, in the consulting room, drawn into this web of sibling secrets we can become afraid. We can feel that our confidence in knowing where we are is ebbing away. We may be assailed by difficult fantasies. We return to Oedipal theory, as a safe haven,

for of course the child needs the parent to come in and sort out the excitement or difficulty or threat to life that childish games can lead to. Nevertheless, we need to be able to go down into this place and not tidy things up too quickly, for there we find the power that siblings can have in the structure of our internal world. It is to be hoped that in this book, which is to be published in March 2006, the reader will have a chance to understand something further about the intensity and complexity of the lateral world of siblings.



SIBLING RELATIONSHIPS

PROPHECY COLES
£19.99
Cat No. 21712
March 2006
Karnac

PROPHECY COLES

Bank, S P & Kahn M D (1997)

The Sibling Bond.

Basic Books. New York.
(Cat No. 23664 £22.99)

Coles P (1998)

The Children in the Apple Tree.

Australian Journal of Psychotherapy
1 & 2. 10 –33.

Coles P (2003)

The Importance of Sibling Relationships in Psychoanalysis.

Karnac London. New York.
(Cat No. 17367 £12.99)

Volkan V D & Ast G. (1997)

Siblings in the Unconscious and Psychopathology.

International Universities Press. New York.
(Cat No. 2827 £19.50)

Yale Study Group (1982 -1983).

Psychoanalytic Study of the Child. 37 & 38.

(Cat Nos. 23662 and 23663 £62.00 each)



TAKING POSITIONS

The book explains a model for working with people who are struggling to see points of view different from their own, and to communicate with others who hold these different points of view. The model is not a form of psychotherapy, but a framework that enables individuals to get interested in talking to others in ways they have not done before. We have used the model in psychotherapy settings with individuals and families but this book describes the way it has been applied to helping people in their workplace.

Put simply, the model is based on the notion that the ideas we have about ourselves and others in the workplace, result from the positions we choose, or those we are assigned by others, within the discourses or polarities which exist in any organization to generate meaning. Thus they are called semantic polarities. For example, organizations will have discourses or semantic polarities to help them generate meaning about

how differences should be managed. The discourse offers the possibility for people to take different positions on the 'differences' polarity which can be represented by the two polarized statements: 'differences amongst employees must be minimised', at one pole and 'differences are important and should be expressed', at the other pole.

So our ideas, and feelings about differences put us on a position and this creates a particular relationship with people who have taken, or been placed, on other positions. Recognising different positions then allows the possibility for dialogue between those holding their positions and through the conversations positions can change. When positions change, ideas and their accompanying feelings also change.

For those interested in the theoretical pedigree, the model owes much to the positioning theory described by Langenhove and Harre, semantic polarities



IN THE O R G A N I Z A T I O N

used in clinical settings by Valeria Ugazio in Milan, and the vast literature in the area of dialogic communication.

The preparation of the book is based on two meetings between the co-authors: David, a clinical psychologist in London, and Marianne, a social worker and consultant based in Denmark. They first met at a seminar in Copenhagen at which David introduced the ideas that formed the Semantic Polarities model. After a five year gap, they met at another seminar and discovered they both had been using these ideas independently in two cultural contexts. They decided then to share their experiences and collaborate on this book that would explain the way they put the model into practice.

The applications of the model have been diverse. The authors have consulted to schools, social services, hospital departments, residential centers, psychotherapy services, as well

as private sector organizations in the UK and throughout Scandinavia. But what has proved most gratifying in their work is the way in which staff groups have been able to build the model into their own staff meetings, and alter the way colleagues communicate with each other long after the consultants have left the scene.



Taking Positions in the Organization

DAVID CAMPBELL AND
MARIANNE GROENBAEK
£18.99

Cat No. 22704
February 2006
Systemic Thinking and Practice Series
Karnac

The legal resources for counselling and psychotherapy series – published by BACP / Sage Publications

Therapists in court – providing evidence and supporting witnesses

Tim Bond, University of Bristol, and Amanpreet Sandhu, BACP

It should be read by any therapist... of any discipline. It will be essential reading for trainees. I wish it had been around when I was learning my job. *Dr Jean Maria-Mendriks M.B.*

C.B.A., D.P.M., F.R.C.Psych, Honorary Senior Lecturer and Consultant in Child and Adolescent Psychiatry, Traumatic Stress Clinic, London

Therapists in court is the first in a series of highly practical books, themed around BACP's most frequently asked questions on legal topics. This unique publication gives essential legal guidance for practitioners from all areas of talking therapies, including counselling, psychotherapy and psychology. *Therapists in court* is written for practitioners who may come into contact with the legal system through their work, providing clear practical guidance.

ISBN: 1412912687.
Price: £14.99 members, £16.99 non-members



Record keeping and confidentiality: recording confidences

Tim Bond, University of Bristol, and Amanpreet Sandhu, BACP

Confidentiality is widely regarded as an essential condition offered to clients to enable them to talk frankly with their therapist. This is a complex and rapidly developing area of law and therefore a recurrent source of concern for

practitioners. The book also looks at issues around record keeping, which is a wide spread source of concern. Various legal aspects of confidentiality are addressed, including:

- Record keeping.
- Confidentiality in different work settings.
- Confidentiality in training, supervision and research.

ISBN: 1412912709. Published in Autumn 2006.
Price: £14.99 members, £16.99 non-members



Good practice guidelines for counselling in schools – 4th edition (England, Wales and Northern Ireland). Available Spring 2006

Susan McGinnis with Peter Jenkins (University of Salford)

This fully updated new edition of the guidelines is designed to meet sustained and growing demand for information on how to set up school-based counselling services. It sets the benchmark for quality and standards for service management, for commissioning a service, and for practitioners. New developments affecting the employment of school counselling services are covered in this fourth edition, with a synopsis of current legislation including the latest Children Act and government initiatives. This edition also gives guidance for implementing additional support separate from

counselling, including peer support and drug prevention work.

The guidelines are a practical rather than an academic guide and will be of value for heads of pastoral care, local education departments, funding bodies, voluntary agencies, and counselling training organisations.

ISBN: 1905114168. Price: £9 members, £11 non-members

Also available:

Good practice guidelines for counselling in schools – 4th edition (Welsh language version)

Good practice guidelines for counselling in Scottish schools (Susan McGinnis with Alison Cleland – University of Strathclyde)

Both available Spring 2006. Price: £9 members, £11 non-members



Counselling in further and higher education – a systematic scoping review. Available Spring 2006

Janice Connell, Professor Michael Barkham, Jane Cahill (Psychological Therapies Research Centre, Institute of Psychological Sciences, University of Leeds), Dr Simon Gilbody (Department of Health Sciences, University of York), and Dr Anna Madill (Institute of Psychological Science, University of Leeds).

A new reference work for specialists in student counselling and for those who employ counsellors in mental health services. It provides an analysis of research in this area and provides useful information on the extent and severity of student mental health problems and the effectiveness of counselling and psychotherapy across the student population. This is the first publication to systematically identify, assess and review research in this area.

ISBN: 1905114176
Price: £12 members; £18 non-members



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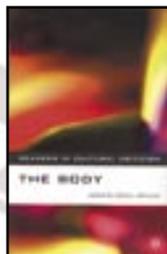
NEW TITLES



**VOICES FROM
THE SPECTRUM:
Parents, Grandparents,
Siblings, People with
Autism, and
Professionals Share
their Wisdom**

Edited by Cindy N. Ariel
and
Robert A. Naseef
£12.99 Cat. No. 23193
Jessica Kingsley

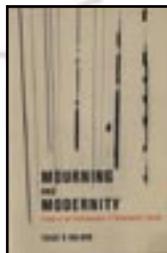
'Voices from the Spectrum' is a compelling collection of personal accounts from people on the autism spectrum and those who care for them, including professionals, friends and family members. The essays in this collection tell of both the positive and negative effects of autism on individuals and families, and pose the question: is a diagnosis on the autism spectrum a puzzle to be solved, or something to be embraced and accepted?



THE BODY

Edited by Tiffany Atkinson
£18.99 Cat. No. 22503
Palgrave

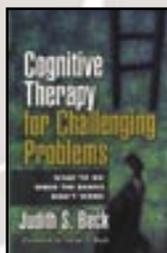
What do we mean when we talk about 'the body'? This Reader challenges the assumption that it can be invoked as a neutral, or indeed natural, point of reference in critical discussion or cultural practice. The essays collected here foreground the historical construction of 'the body' throughout a range of discourses from the modern to the postmodern, and seek to present it not as a biological 'given', but as a contestable signifier in the articulation of identities.



**MOURNING AND
MODERNITY:
Essays in the
Psychoanalysis of
Contemporary Society**

Isaac D. Balbus
£19.99 Cat. No. 21473
The Other Press

In this collection of new and previously published essays, political theorist Isaac Balbus deepens and extends the feminist psychoanalytic account of sexual, political, and technological domination he developed in his earlier works.



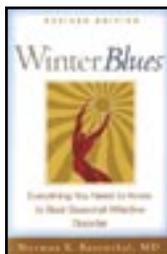
**COGNITIVE THERAPY FOR
CHALLENGING PROBLEMS:
What To Do When
the Basics Don't Work**

Judith S. Beck
£27.50 Cat. No. 22808
Guilford Press

Following on the success of the bestselling 'Cognitive Therapy: Basics and Beyond', this groundbreaking book from Judith S. Beck addresses what to do when a patient is not making progress in cognitive-behavioral therapy. Provided is practical, step-by-step guidance on conceptualizing and solving frequently encountered problems, whether in developing and maintaining the therapeutic alliance or in accomplishing specific therapeutic tasks. While the framework presented is applicable to a range of challenging clinical situations, particular attention is given to modifying the longstanding distorted beliefs and dysfunctional behavioural strategies of people with personality disorders.

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**WINTER BLUES:
Everything You Need to Know
to Beat Seasonal Affective
Disorder**

Norman E. Rosenthal
£11.99 Cat. No. 23097
Guilford Press

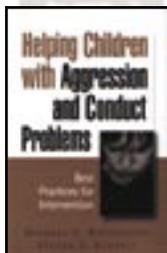
Completely updating and expanding his immensely popular guide, Norman E. Rosenthal has written a veritable survival kit for anyone who suffers from the winter blues. This authoritative and engaging book presents the very latest information on the many dimensions of SAD, including the newly recognized distinctions between various degrees of the disorder, from "winter blues" to full-blown SAD.



**WHAT DO
CHILDREN DREAM?**

Gerard Bleandonu
£19.99 Cat. No. 23428
Free Association Books

When does the foetus start to dream? What are its early dreams? What is the function of infant dreams? What is the impact of nightmares? How do dreams evolve during adolescence? Is the visual aspect dominant in dreams? How do children who are born blind, dream? Gerard Bleandonu brings to these questions his experience as a psychotherapist specializing in children suffering from psychological difficulties. Using the case studies of several children he has followed, he explains the content and structuring function of dreams.



**HELPING CHILDREN WITH
AGGRESSION AND
CONDUCT PROBLEMS:
Best Practices for Intervention**

Michael L. Bloomquist and
Steven V. Schnell
£20.00 Cat. No. 22961
Guilford Press

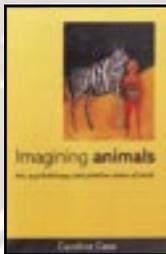
This eminently practical book thoroughly describes the most effective interventions for 3 to 12 year-olds with aggression and conduct problems. Risk and protective factors for the development of these types of behaviors are explained and guidelines provided for planning and implementing such interventions as social competence training, parent and family skills building, psychotherapy, pharmacotherapy, school-based approaches, and community-based child and family support.



**THERAPLAY AND
OTHER PLAYS**

Christopher Bollas
£12.99 Cat. No. 22784
Free Association Books

The main characters of these five plays by Christopher Bollas struggle to survive in a post "Catastrophe" world. As they go about ordinary life it is clear that something insidious has both preceded their existence, coloured it, and is everywhere and nowhere. Like the existential universe of some plays of the 1950s - Ionescu, early Pinter, Beckett - human meaning is in meagre supply, but Bollas's work (clearly following in this tradition) examines through a new lens existence in the 21st century.



**IMAGINING ANIMALS:
Art, Psychotherapy and
Primitive States of Mind**

Caroline Case
£18.99 Cat. No. 22498
Routledge

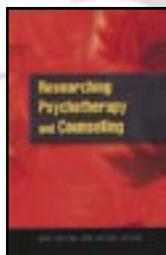
'Imagining Animals' offers a unique insight into the role and representation of animal imagery in art therapy and child psychotherapy, which should be of interest to all arts and play therapists working with children.



**WORKING WITH ANGER:
A Constructivist Approach**

Edited by Peter Cummins
£26.99 Cat. No. 23113
John Wiley

Client anger is a perennial problem for a range of professionals working in clinical settings, because it comprises of both difficult-to-cope-with behaviour and is associated with a number of different clinical problems. Working with Anger provides an alternative strategy to the most popular cognitive behavioural approach, which is of interest to all clinicians who are struggling to find suitable techniques for anger management.



**RESEARCHING
PSYCHOTHERAPY AND
COUNSELLING**

Rudi Dallos and
Arlene Vetere
£18.99 Cat. No. 23099
Open University Press

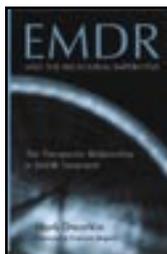
With an emphasis on do-able research, the book examines the dilemmas and challenges for clinicians in recruiting participants and combining research with clinical practice, and includes step by step guides to doing research projects. What are the benefits of conducting research while practising? Which research methods are most suitable for busy practitioners? How can practitioners weave research into their everyday practice without it becoming a burdensome add-on? What practical and ethical considerations should counsellors and therapists take into account when researching? This book focuses on the issues facing practising clinicians wishing to engage in research.



**FATHERS FEEL TOO:
A Book for Men by Men
on Coping with the
Death of a Baby**

Andrew Don
£9.99 Cat. No. 23340
Bosun Publications

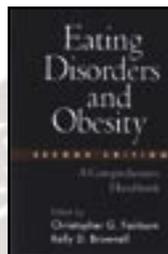
When Andrew Don's baby Lara Jean died at five months in the womb, the hospital consultant sent his wife a condolence letter. Andrew flipped - 'what was I - a non-person? Lara Jean was my baby too'. For five months Andrew had dreamed of what it would be like to be Lara Jean's dad. Now, in a cold, impersonal letter, the hospital did not even acknowledge him or his grief. Andrew turned his experience into a book and now, for the first time in a single book, men from the UK, USA, Canada and Australia confront their grief and describe how they have eventually begun to live again.



**EMDR AND THE
RELATIONAL IMPERATIVE:
The Therapeutic Relationship
in EMDR Treatment**

Mark Dworkin
£28.00 Cat. No. 22952
Routledge

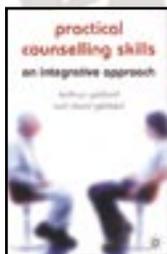
Eye Movement Desensitization and Reprocessing (EMDR) has become increasingly popular among practitioners dealing with trauma. While a number of empirical studies, clinical experience, and published scholarly work have confirmed the efficacy of this therapeutic method in the treatment of trauma and PTSD, there remains a large gap in the literature pertaining to this burgeoning area. Most of the existing literature on EMDR concentrates on the theoretical constructs of the method and/or the physical methodology of the treatment. This book explores an area that has, until now, been left unconsidered.



**EATING DISORDERS
AND OBESITY:
A Comprehensive
Handbook:
Second Edition**

Edited by
Christopher G. Fairburn and
Kelly D. Brownell
£25.00 Cat. No. 22951
Guilford Press

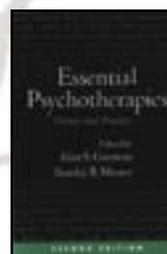
This unique handbook presents and integrates virtually all that is currently known about eating disorders and obesity in one authoritative, accessible, and eminently practical volume. From leading international authorities, 112 concise chapters encapsulate the latest information on all pertinent topics, from biological, psychological, and social processes associated with risk, to clinical methods for assessment and intervention.



**PRACTICAL COUNSELLING
SKILLS:
An Integrative Approach**

Kathryn Geldard and
David Geldard
£18.99 Cat. No. 21738
Palgrave

This book is a comprehensive, easy-to-read introduction to personal counselling, written for student counsellors and new counsellors, and those who train/supervise them. The book contains many practical examples of the use of counselling micro-skills, includes client statements for use by trainers in teaching particular skills, explores the processes of change, and describes an integrative counselling process which enables counsellors to make informed choices about which skills to use at particular stages of the counselling process.



**ESSENTIAL
PSYCHOTHERAPIES:
Theory and Practice**

Edited by Alan S. Gurman
and
Stanley B. Messer
£30.00 Cat. No. 22953
Guilford Press

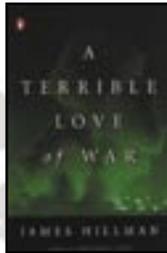
Comprehensive and user-friendly, this widely adopted text presents systematic expositions of the twelve most important forms of psychotherapy being practiced today. Covering traditional treatments as well as influential models that have been developed relatively recently, the volume gives students and practitioners a solid grasp of foundational theories and methods.



**HUMAN BEING HUMAN:
Culture and the Soul**

Christopher Hauke
£12.99 Cat. No. 23074
Routledge

'Human Being Human' explores the classical question 'What is a human being?' In examining our human being, Christopher Hauke challenges the notion of human nature, questions the assumed superiority of human consciousness and rational thinking and pays close attention to the contradiction of living simultaneously as an autonomous individual and a member of the collective community.



A TERRIBLE LOVE OF WAR

James Hillman
£10.99 Cat. No. 19642
Penguin

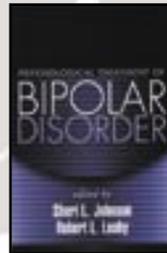
Now available in paperback. A psychologist examines the origin, needs, and rewards of war, filling the void of why no one understands why war is constant in history by asking such questions as why humans need enemies.



**BECOMING AN
EMOTIONALLY
FOCUSED COUPLE
THERAPIST:
The Workbook**

Susan M. Johnson
£17.99 Cat. No. 23022
Routledge

The "Workbook" which will accompany the revised second edition of "The Practice of Emotionally Focused Marital Therapy", is designed to facilitate the learning and implementation of EFT by providing explicit exercises that can be utilized by students as well as clinicians looking to increase their treatment efficacy. The inclusion of therapy session transcripts, multiple choices questions and an EFT Supervision model make this an especially attractive text for couples therapy coursework.



**PSYCHOLOGICAL TREATMENT
OF BIPOLAR DISORDER**

Edited by Sheri L. Johnson
and
Robert L. Leahy
£17.99 Cat. No. 22958
Guilford Press

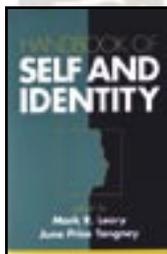
Synthesizing the latest information on the nature and management of bipolar illness, this volume presents a range of effective psychosocial treatment approaches. Coverage includes cognitive, family-focused, group, and interpersonal and social rhythm therapies. Well-known clinical scientists review the conceptual and empirical bases of their respective modalities and offer detailed, practical descriptions of therapeutic procedures. Elucidated are the ways psychosocial interventions can improve medication adherence, reduce risks for manic and depressive episodes, and enhance the client's overall functioning.



**THE CLIENT WHO
CHANGED ME:
Stories of Therapist
Personal Transformation**

Jeffrey A. Kottler and
Jon Carlson
£19.99 Cat. No. 22806
Routledge

Although the impact that clients can have on therapists is well-known, most work on the subject consists of dire warnings: mental health professionals are taught early on to be on their guard for burnout, compassion fatigue, and counter-transference. However, while these professional hazards are very real, the scholarly focus on the negative potential of the client-counselor relationship often implies that no good can come of allowing oneself to get too close to a client's issues. This sentiment obscures what every therapist knows to be true: that the client-counselor relationship can also effect powerful positive transformations in a therapist's own life.



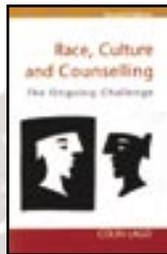
**HANDBOOK OF SELF
AND IDENTITY**

Edited by Mark R. Leary and
June P. Tangney
£30.00 Cat. No. 22956
Guilford Press

The self has emerged as a central construct in many domains of behavioral and social science. This state-of-the-science volume brings together an array of leading authorities to comprehensively review theory and research.

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**RACE, CULTURE AND
COUNSELLING:
The Ongoing Challenge:
(2nd Edition)**

Colin Lago
£22.99 Cat. No. 23271
Open University Press

Communication is key to the therapeutic relationship, and culture and language are at the core of communication. The first edition of "Race, Culture and Counselling" was a groundbreaking text on the subject; this new edition is significantly revised to include new perspectives on the impact of race, culture, and language in therapy. The topics discussed include: important issues concerning race and power; the impact culture has on communication; how dominant theories influence counselling; and the concept of mixed-identity therapeutic relationships.



**CONSTRUCTIVE
PSYCHOTHERAPY:
Theory and Practice**

Edited by Michael J. Mahoney
£17.99 Cat. No. 23101
Guilford Press

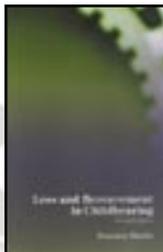
An invaluable teaching text and clinical resource, this is a book about how to do psychotherapy - how to apply the science of change, to the complexities of helping people develop new meanings in their lives. Explaining constructivist principles and illuminating what a skilled clinician actually does in day-to-day practice, Michael J. Mahoney shows how to nurture the therapeutic relationship while implementing such creative interventions as: centering techniques, problem solving, pattern work, meditation and embodiment exercises, drama and dream work, and spiritual exploration.



**THE PAMPERED CHILD SYNDROME:
HOW TO RECOGNIZE IT,
HOW TO MANAGE IT AND
HOW TO AVOID IT:
A Guide for Parents
and Professionals**

Maggie Mamen
£12.99 Cat. No. 23080
Jessica Kingsley

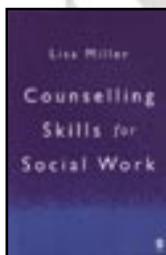
This book is a welcome source of advice for parents or professionals working with children who are given all the love and care they need, yet who remain unhappy, anxious or angry. This book argues that we live in a society where real progress has been made in the development of child-centered parenting, education and care, but that this cultural shift has produced a generation of children who are entitled to the same rights as adults but not ready to accept grown-up responsibilities - children who are "loved too much". Dr. Maggie Mamen describes common characteristics of the pampered child, and offers practical advice on how to strike an effective balance between caring for and nurturing children while at the same time maintaining authority and demanding respect.



**LOSS AND BEREAVEMENT
IN CHILDBEARING
(2nd Edition)**

Rosemary Mander
£22.99 Cat. No. 22948
Routledge

Bereavement is a difficult issue for midwives to manage and families suffer when the care they receive is inadequate or inappropriate. Written by an experienced midwife and researcher, this work examines ways in which midwives can assist families to embark on a healthy grieving process. This new edition of a groundbreaking work reflects the important developments in the general understanding of and research into loss and death. Providing a wealth of information for both experienced and inexperienced midwives, the book covers topics including: perinatal and neonatal loss; miscarriage and termination for foetal abnormality; death of a mother in third world and first world settings; and difficulties encountered during future childbearing. The book combines an authoritative research-based orientation with a critical yet human approach to this sensitive topic.



**COUNSELLING SKILLS
FOR SOCIAL WORK**

Lisa Miller
£18.99 Cat. No. 23244
Sage

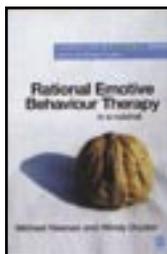
'Counselling Skills for Social Work' focuses on eight principal therapeutic models and each of these is explored to illustrate how the underlying theory can be applied to professional practice. It then identifies the key skills which can be employed for the most effective social work intervention.



**COGNITIVE THERAPY
IN A NUTSHELL**

Michael Neenan and
Windy Dryden
£9.99 Cat. No. 23348
Sage

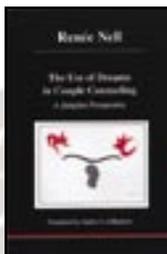
Provides the key elements of cognitive therapy theory and practice in a concise and accessible way. This book offers explanations of the fundamental models used to treat clients including the information-processing model, and the three cognitive levels examined during therapy - automatic thoughts, underlying assumptions/rules, and core beliefs.



RATIONAL EMOTIVE BEHAVIOUR THERAPY IN A NUTSHELL

Michael Neenan and
Windy Dryden
£9.99 Cat. No. 23349
Sage

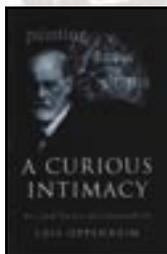
Students embarking on Rational Emotive Behaviour Therapy training are often faced with lengthy and complicated texts from which to learn the theory and practice of the approach. "Rational Emotive Behaviour Therapy in a Nutshell" provides a relief from this by providing a concise and comprehensive guide to all the key elements of REBT.



THE USE OF DREAMS IN COUPLE COUNSELING: A Jungian Perspective

Renee Nell
£10.99 Cat. No. 22355
Inner City

Psychotherapists of many different schools use dreams in individual therapy, but very few use them in counseling couples. Indeed, marriage and family therapists often have no experience in this area because dream interpretation is seldom included in their training. Jung sees the dream as the steady endeavor of the unconscious to create the best possible equilibrium in the psyche. Dreams are a means to establish a homeostatic balance, or at least to show the dreamer what would be necessary to achieve this balance. In this book, with the help of numerous examples, Dr. Nell explains the efficacy of dream interpretation when working with couples, individually and in groups, in the diagnosis and treatment of emotional disturbances.



CURIOUS INTIMACY: Art and Neuro-psychoanalysis

Lois Oppenheim
£29.99 Cat. No. 23020
Routledge

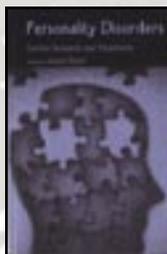
The subject of the application of neuroscience to psychoanalysis is a growing one which aims to give a new perspective on the future for psychoanalysis. 'A Curious Intimacy' will have great appeal for all those interested in the study of imagination and creativity. It will also be of particular interest to students across the humanities and sciences and to psychotherapists and psychoanalysts wanting to explore the contribution that neuro-psychoanalysis can make to our understanding of the creative process.



R.D. LAING: Contemporary Perspectives

Edited by Salman Raschid
£18.99 Cat. No. 91698
Free Association Books

This unique volume aims to re-establish R. D. Laing's position, and reputation, as the major critic of orthodox, medically-based, psychiatry. Laing's complex personality enabled powerful figures in the British psychiatric establishment to malign him when he was at the height of his fame, largely because Laing's ideas, and public posture, posed a formidable threat to their medical authority. As critic Peter Sedgwick had observed, Laing's work was capable of considerable further development.



**PERSONALITY DISORDERS:
Current Research
and Treatments**

Edited by James Reich
£24.99 Cat. No. 23106
Routledge

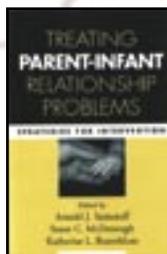
As with a number of specific areas in the medical professions, the field of personality disorders has experienced a period of rapid growth and development over the past decade. This volume offers the student, practitioner and researcher a single source for the most up-to-date research and treatment writing on a variety of specific areas within the field.



**THE TRANSPERSONAL:
Spirituality in
Psychotherapy
and Counselling
(2nd Edition)**

John Rowan
£18.99 Cat. No. 22805
Routledge

In this new edition of 'The Transpersonal', John Rowan takes account of the growing interest in spirituality, assessing the many new developments in the field and providing an essential overview of the multitude of guides now available on the subject. By providing a clear and highly readable introduction to the realm of the transpersonal, this book eliminates many of the misunderstandings that plague this area. It relates the transpersonal to everyday life as well as to professional concerns and the various schools of therapy.



**TREATING PARENT-INFANT
RELATIONSHIP PROBLEMS:
Strategies for Intervention**

Edited by
Arnold J. Sameroff,
Susan C. McDonough and
Katherine L. Rosenblum
£17.99 Cat. No. 22959
Guilford Press

Within a developmental framework, this book guides the clinician to understand the different types of problems that parents have with infants and to determine how a given family might best be served. Other topics covered include working with families of infants with special needs and with those at risk for child maltreatment.



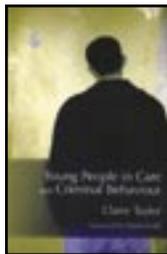
**COGNITIVE THERAPY:
An Introduction
(2nd Edition)**

Diana Sanders and
Frank Wills
£19.99 Cat. No. 23119
Sage

Diana Sanders and Frank Wills explain the central concepts on which cognitive therapy is based and describe how the model can effectively be put into practice. They take the reader through the stages of the therapeutic process, emphasising the practical skills involved and providing examples to illustrate each stage in the process.

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YOUNG PEOPLE IN CARE AND CRIMINAL BEHAVIOUR

Claire Taylor
£19.99 Cat. No. 23199
Jessica Kingsley

Society holds a popular perception that links children in public care with criminal activity, but this connection is largely assumed. This book addresses the lack of evidence supporting this potentially damaging assumption. It begins by analysing past research, critically examining current policy and combining theoretical insights from the disciplines of childcare and criminology in order to form a theoretical framework for research.



COMMUNICATION IN ORGANIZATIONS: Basic Skills and Conversation Models

Henk T. Van der Molen
and Yvonne H.
Gramsbergen-Hoogland
£14.99 Cat. No. 23076
Taylor and Francis

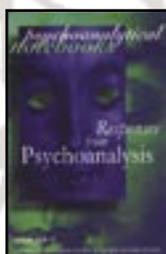
One of the most important requirements of leadership is effective communication. The idea that some people are natural leaders and that others will never learn to show good leadership is now outdated. It has been replaced by the conviction that leadership and communication skills can be learnt.



IF ONLY I HAD KNOWN... AVOIDING COMMON MISTAKES IN COUPLES THERAPY

Gerald R. Weeks,
Mark Odell and
Susan Methven
£14.99 Cat. No. 21896
W. W. Norton

The co-authors draw on over thirty years of experience to show young therapists how and how not to conduct psychotherapy. Each chapter begins with a vignette illustrating a common mistake, then describes the error in detail, explains why therapists make the mistake and offers tactics for avoiding it.



PSYCHOANALYTICAL NOTEBOOKS NO.14: Responses from Psychoanalysis

Edited by Natalie Wulfging
£10.00 Cat. No. 23245
London Circle of the ESP

This special edition of the Psychoanalytical Notebooks is dedicated to the 3rd Congress of the NLS that took place in London in May 2005 featuring a 'Psyforum'.

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Introductory Course

Freud-Lacan : The Fundamentals of Psychoanalysis

Sept 2005 – July 2006

The Centre for Freudian Analysis and Research offers a one year introduction to the Fundamental Concepts of Psychoanalysis. It examines Freud's founding concepts of psychoanalysis in the light of Lacan's re-reading of Freud, and introduces some of Lacan's central theories. Topics include the Subject and the Other; the Symbolic, the Imaginary and the Real; the Drive; and Differential Diagnosis. The course is held in Central London and consists of a series of lectures, complemented by a reading group and tutorials. It can be followed by a full training in psychoanalysis.

The Centre has a public seminar programme where central issues in psychoanalysis and allied fields are discussed. It welcomes people not registered on its Training Programme to attend these meetings.

The Centre publishes a Journal, JCFAR, as well as a web journal and regular information bulletin which is circulated to all those registered with the Centre. The Journal contains articles on psychoanalytic themes from a Freudian and Lacanian perspective and is an important source of psychoanalytic articles translated from French, Spanish and Italian.

For details of our programmes please visit our website (www.cfar.org.uk) or contact:

The Administrator, CFAR, Suite 56, 571 Finchley Road, London NW3 7BN

email: admin@cfar.demon.co.uk

A LETTER FROM BOGDAN WOLF

It was brought to my attention by CFAR that in my open reply to Dany Nobus, published in the last issue of *Karnac Review*, I made some inaccurate remarks about CFAR. In making a point about what constitutes a psychoanalytic training in some Lacanian psychoanalytic organisations, I made a criticism of CFAR suggesting it is not a psychoanalytic training organisation because it claims to provide a complete psychoanalytic training in four, five or six years. I misquoted and misrepresented a CFAR advert in the *London Review of Books* (3 March 2005). I fully accept that I made a mistake and apologise for any wrong impressions this may have caused. Furthermore, in stressing the difference between an academic format of studies in psychoanalysis and other aspects of psychoanalytic formation, it was wrong of me to put this in such a way as if to suggest that CFAR offers diplomas of a complete psychoanalytic training. It was not my intention to mislead anyone or to put CFAR in any unfavourable light in the eyes of the members of the public, CFAR members and trainees. It is therefore to them – including friends and colleagues I have had the pleasure to work with – that I offer my full and complete apology.

Bogdan Wolf
10 November 2005

LETTER FROM FINCHLEY ROAD.....



a report of what's happening in Karnac's flagship store during the current season.....

Anyone who is a regular visitor to Karnac Books cannot have failed to notice the cosmetic alterations to the shop (botox for books!). The intention has been to modernise the layout as well as making it a more customer-friendly environment (the inclusion of reading areas and sofas has proved very popular).

In addition to this, during January we ran a trial period of Saturday morning book signings with self-published authors; these events, under the banner 'Karnac Forum', proved a great success on two levels. They succeeded in creating a lively discussion group on a variety of published work ranging from being an only child to the therapeutic benefits of yoga! This coupled with the 'buzz' effect in the shop encouraged more customers to come in and discover the wonders of Karnac Books.





INTERNATIONAL CONFERENCE

31 MARCH – 1 APRIL 2006

ORGANISED BY THE COLLEGE OF PSYCHOANALYSTS – UK AND HOSTED BY THE INSTITUTE OF SOCIAL PSYCHOLOGY AT THE LONDON SCHOOL OF ECONOMICS

PSYCHOANALYSIS AND STATE REGULATION

The drive to state regulation has powerful implications for psychoanalytic ethics, academic thought and the space for speech outside the domain of psychiatric control. By addressing the historically-contested relationship between psychoanalysis and the state, the implications of regulation will be explored through the psychoanalytic understanding of identity, ethics and adaptation. The conference will focus on theoretical and practical issues that concern the development of psychoanalysis as clinical practice, social theory, and the politics of personal life. Its aim is to bring together colleagues from psychoanalysis and from the proposed regulatory bodies, and to include those speaking from other positions. It is open to psychoanalytic practitioners and others in professional training, academic study and mental health politics.

Conference participants include: René Major (France), Christian Dunker (Brazil), Robert Levy (France), Carol Owens (Ireland), Anna Barracco (Italy), Anthony Molino (Italy), Mauro Santacatterina (Italy), Shingu Kazushige (Japan), Jalil Bennani (Morocco), Lorenzo Chiesa (Netherlands), Jan Haaken (USA), Dick Blackwell (UK), Tony Brown (UK), Leslie Chapman (UK), Jacques China (UK), Gillian Clayton (UK), Richard House (UK), Darian Leader (UK), Roger Litten (UK), Del Loewenthal (UK), John Miller (UK), Dany Nobus (UK), Chris Oakley (UK), Haya Oakley (UK), Denis Postle (UK) and Carole Smith (UK).

Sponsoring organisations include: Accademia Platonica delle Arti (Italy), Associação Universitária de Pesquisa em Psicopatologia Fundamental (Brazil), Association for Group and Individual Psychotherapy, Association of Independent Psychotherapists, Association Lilloise pour l'Etude de la Psychanalyse et de son Histoire (France), Association Savoirs et Clinique (France), Association for Lacanian Psychoanalysis in the UK, Association for Psychoanalysis, Culture and Society, Centre for Freudian Analysis and Research, College of Psychoanalysts in Ireland, Escola de Psicanálise dos Fóruns do Campo Laciano (Brazil), European Journal of Psychotherapy and Counselling, The Guild of Psychotherapists, Institute of Psychotherapy and Social Studies, Journal of European Psychoanalysis, Manchester Psychoanalytic Matrix, Moroccan Psychoanalytic Society, Movimento Psicologi Indipendenti (Italy), North Hellenic Psychoanalytic Society (Greece), Psychoanalysis, Culture & Society, Psychotherapy and Politics International, Research Centre for Therapeutic Education - Roehampton University, and The Site for Contemporary Psychoanalysis.

Registration - Before 31st January 2006: full fee £105; reduced fee for students and group-bookings (minimum five people) £85 per person. After that date: full fee £135; reduced fee for students and group-bookings £110 per person. CPD credit may be claimed. Cheques (made payable to: London School of Economics and Political Science) and registration inquiries to Daniel Linehan, Institute Manager, Institute of Social Psychology, LSE, St.Clements Building, Houghton Street, London, WC2 2AE, email: D.P.Linehan@lse.ac.uk

Further details on the context for the debate over psychoanalysis and state regulation and a registration form for the conference program are available on the website of the College of Psychoanalysts – UK (www.psychoanalysts.org.uk). The College of Psychoanalysts – UK is a professional body for psychoanalytic practitioners in the United Kingdom.

West Midlands Institute of Psychotherapy
Member UK Council for Psychotherapy
36 Harborne Road, Edgbaston, Birmingham B15 3AF
Tel: 0121 455 7888 E-mail: tcpp@wmip.org Website: www.wmip.org

The Training in Contemporary
Psychoanalytic Psychotherapy

This course in psychoanalytic psychotherapy, which commenced in 1990, leads to Associate Professional Membership of the West Midlands Institute of Psychotherapy and to registration with the United Kingdom Council for Psychotherapy.

The requirements of the course include intensive personal therapy, which should start at least one year before and continue throughout the training, two supervised training cases, an experience of infant observation, a psychiatric placement and academic and clinical essays. There is a four-year programme of seminars, frequently conducted by members of the British Psychoanalytical Society. These take place in Birmingham at the Postgraduate Education Centre, City Hospital, on fifteen Saturdays a year. Work groups and case discussion groups are held on the same Saturdays.

The current fees are £630 per term. Students meet their own fees for therapy and for individual supervision.

Applications for admission are now being considered.

The course prospectus and the seminar programme can be obtained from:

Mrs Carmela Billingham, The TCPP Administrator
Tel: 0793 925 5534 E-mail: tcpp@wmip.org

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DAVID MALAN.....

LIVES TRANSFORMED: A REVOLUTIONARY METHOD OF DYNAMIC PSYCHOTHERAPY

In their new book, 'Lives Transformed', Drs. Malan and Coughlin Della Selva describe an extremely powerful method of dynamic psychotherapy. This is then used to establish the scientific credibility of dynamic psychotherapy in general.

The validity of any form of therapy can be substantiated in three main ways: controlled clinical trials, process research, and the study of individual cases. In this book, evidence from all three sources is reviewed.

A study of the literature reveals that this method of psychotherapy is supported by several controlled trials, and in one study it is shown conclusively to be extremely cost-effective. In addition, there are over fifty controlled trials demonstrating the validity of other forms of short-term dynamic psychotherapy - a fact that needs to be more widely known. Furthermore, a review of process research suggests that every active element of the treatment model being studied has gained empirical support.

The main part of the book consists of verbatim transcripts of videotaped sessions



with four patients treated by Dr. Coughlin Della Selva, which are supplemented by extracts from the therapies of three other patients. These illustrate the immensely powerful techniques in practice, and the long-standing improvements that can be obtained with a wide variety of patients. The therapies ranged from fourteen to sixty eight sessions (median thirty two), with follow-up from eighteen months to thirteen years (median seven years).

Great attention was paid to the scientific examination of outcome. Two independent judges viewed the videotaped initial interviews. These were used to predict the important issues that would emerge in treatment, as well as the therapeutic effects that would be required for a full recovery. The latter predictions were compared with follow-up data in order to establish effectiveness. The criteria were stringent. Each disturbance must not merely disappear, but must be replaced by a healthy alternative. Agreement between the two judges (as well as the therapist) was almost total.

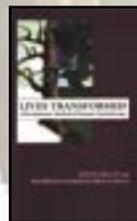
These cases demonstrate that it is possible for disturbances that have lasted for decades to be permanently resolved within weeks of therapeutic intervention - sometimes after only one session - thus providing compelling evidence for the validity of this form of treatment. Moreover,

in each case improvements occurred immediately following the emergence of intense, anxiety-laden, and hitherto unconscious feelings and impulses - thus demonstrating the validity of one of the essential principles of dynamic psychotherapy. In fact, almost all aspects of dynamic psychotherapy, from resistance to transference, were illustrated in a way that leaves little doubt of their validity.

Follow-up interviews show that patients continued to improve long after the termination of therapy, suggesting that barriers to growth had been removed. Six of the seven patients revealed no trace of their original disturbances, which could therefore be considered "totally resolved". A majority of the patients provided vivid details of their feelings and behaviour, demonstrating that their current functioning far exceeded the criteria originally laid down by the judges and constituted living examples of vibrant mental health.

**LIVES TRANSFORMED
A Revolutionary Method
of Dynamic Psychotherapy**

DAVID MALAN AND
PATRICIA COUGHLIN DELLA SELVA
£29.99
Cat No. 21949
February 2006
Karnac



UNMASKING RACE, CULTURE, AND ATTACHMENT IN THE PSYCHOANALYTIC SPACE

WHAT DO WE SEE?

WHAT DO WE THINK?

WHAT DO WE FEEL?



Too often issues of race, culture and ethnicity are seen as relevant only to black and ethnic minority psychotherapists and clients. But all psychotherapists and their clients bring a rich diversity of ethnic and cultural narratives to the clinical encounter. The papers included in this volume, drawn from the 12th John Bowlby Memorial Conference in 2005, address a notable gap in the development of attachment theory: racism. Its absence from the literature contrasts markedly with attachment theory's characteristic engagement with culture and its history of cross-cultural research in countries as diverse as Kenya, Israel, Japan and Germany.

Core to Bowlby's work was the overriding force of the social world on the structuring of relationship, reflected in his passionate concern with the impact of war, social disruption and emotional poverty on children's rights to love and care.

These contemporary contributions address the often hidden and ignored subject of attachment, race and culture, drawing attention to the ways in which racism underpins power inequality in relationships and has been primary in the distortion, denial and destruction of attachment bonds. They illustrate that no proper understanding of relationships can avoid engagement with the issues of racism and questions of power.

In this volume leading practitioners of psychoanalytic psychotherapy bring together a theoretical understanding of the social construction of race with accounts of racial and cultural difference in the clinical encounter. The contributors explore how the conscious and unconscious meanings of therapists' and clients' racial and cultural identities shape the dialogue between them. Clinical accounts illustrate how these meanings emerge for both therapist and client in their work together.

Kimberlyn Leary's chapter 'How Race is Lived in the Consulting Room' courageously illuminates the impact of racism on the clinical process and vividly conveys the constriction and shame generated by the collision of two 'racialized subjectivities' in the therapeutic relationship. Drawing on relational psychoanalysis she shows the possibility for reparation that is opened up when both therapist and client break the silence. It is through the open 'scrutiny' of their different 'race experience' and 'race history' that they can begin to find their sameness, giving the therapeutic encounter its transformative potential.

Farhad Dalal's contribution, entitled 'Racism: Processes of Detachment, Dehumanisation and Hatred', provides an exploration of the origins and destructiveness of the process of racial "othering".

Other contributors include Barbara Ashton, Cascia Davis, Zack Eleftheriadou, Irris Singer and Kate White who relate how their own experiences of difference enable their clinical work, and what contribution relational psychoanalysis might make to the understanding and bridging of difference between people caught up in violent conflict with each other.

Since its inception in 1994 the annual John Bowlby Memorial Conference has provided a platform for innovative and challenging theoretical and clinical work at the leading edge of attachment research and relational psychoanalytic practice. Previous lecturers have included Beatrice Beebe, Jody Messler Davies, Peter Fonagy, Mary Main, Stephen Mitchell, Colin Murray Parkes, Susie Orbach, Sir Michael Rutter, Allan Schore and Daniel Stern.

These groundbreaking essays will be invaluable to any clinical practitioner concerned to engage with issues of race and culture, both in their own individual development and in the clinical setting. In the context of a society that structures our identities on the basis of colour coded racial categories they address the crucial question of how therapists' exploration of their own racial and cultural identities can provide them with therapeutic tools to work within and across multiple categories of cultural identity.

Judy Yellin

Judy Yellin is a psychoanalytic psychotherapist working in private practice from a relational perspective.

She trained at the Centre for Attachment-Based Psychoanalytic Psychotherapy in London, where she is now a member of the teaching staff, conducting seminars on Freud, and on relational psychoanalysis. She is a member of the International Association of Relational Psychoanalysis and Psychotherapy, as well as a founder member of IARPP Britain.

Judy is also a clinical associate of Pink Therapy, a therapy service for sexual minority clients provided by lesbian and gay therapists from a variety of theoretical and clinical perspectives.



UNMASKING RACE, CULTURE, AND ATTACHMENT IN THE PSYCHOANALYTIC SPACE

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Sigmund Freud

Sigmund Freud, the founder of psychoanalysis, was originally a neuroscientist. At the turn of the last century the basic research was not noticeably subsidised. In order to obtain means for his living he devoted efforts to his neurological practice, later also purely to the psychological treatment and to the research dealing with disorders of mental functions. However, even as a renowned psychoanalyst, he had never failed to believe that "one day", with the coming advances in research of psychoanalysis and neuroscience, both streams of the research of psyche would complement each other in a useful manner.

The aim of our conference on the occasion of the 150th anniversary of the birth of Sigmund Freud is to ponder and assess to what extent the dream of the creator of psychoanalysis approached its fulfilment.

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MARGARET CLARK.....

This was a project I believed in from the start – the SAP Monograph series – to make readily accessible to beginning psychodynamic counsellors and analytical psychotherapists (as well as to clinicians trained in the humanistic and integrative traditions) an appraisal of the clinical application of different theories of depth psychology, including Freud, Klein, Winnicott, Bion – and the one who is usually left out of all such training courses, Jung.

I have created and led literally dozens of courses and workshops for trainee and newly qualified clinicians, and over and

immersed, in particular, in object-relations theory (which I picked up then as the language of currency at wpf). I then went on to train as a Jungian analyst at the SAP. So I have had to make the connections for myself between one way of understanding clinical material, and another.

I am myself a seriously slow learner – or perhaps, for personal reasons, I have found this bringing-together particularly difficult. The fact is it has been for me a long road to try to understand the relationship between the meaning of one theory and that of another. I remember arguing with a seminar leader in my last year at wpf that

UNDERSTANDING THE SELF-EGO RELATIONSHIP IN CLINICAL PRACTICE:

over again I have found that they have been deeply attracted to and affected by the possibility of working clinically with Jung's idea of the psyche as purposive, and the unconscious psyche as an important and valued contributor both to the patient's psychic process and to therapeutic understanding. I have enjoyed their delight in meeting the sometimes seemingly abstract ideas of Jung as experienced in clinical practice. This has always been the focus of my teaching, as it is of this book. I trained first as a psychodynamic counsellor and then as a psychoanalytic psychotherapist at wpf (Westminster Pastoral Foundation) counselling/psychotherapy. There, I was

it could only be the ego which produced images. Now, from the experience of my own life and that of my patients, I am convinced that I had it back to front: that it is only from our unconscious psyche that impulses and images can come, and that the ego can work only with these to create ideas, symbols and action.

Within the SAP itself, also, there is a constant process of translating to each other how we understand our patients – not just in supervision, but also in explanatory dialogue with each other, as some of us have a more 'developmental', some a more 'classical', approach – some use more body-based language, some more amplification through myth and fairy-tale.

There is also now more open dialogue between analytical psychologists at the SAP and psychoanalysts at the Institute. So the experience of linking different theorists, seeing the similarities, experiencing the differences, thinking about the same clinical material from different viewpoints, is one I have both struggled with and benefited from in trying to understand my work with my own patients, for many years.

This Monograph series from the SAP is intended to make this kind of integration, or comparison, available to others, within the context of a profound respect for the unconscious psyche. The two books already published ('Understanding Narcissism in Clinical Practice' by Hazel Robinson

angrily, impatiently, I explained to her 'the obvious'. And when I'd finished Hazel smiled and said (too sweetly), 'Fine. Now I understand. Now write down exactly what you've said to me.' So I did. And as a result, I do most earnestly hope that what I have written will be intelligible.

The other main aspect of my work with Hazel was a series of arguments. So another stage in the kind of dialogue I have just outlined might be that, at the end of my explanation of 'the obvious', she said, 'But you can't mean that!' And then we were off, impassioned, as to how each of us understood a particular passage from Winnicott or Kohut, or how we thought about people hearing voices, or about

TOWARDS INDIVIDUATION

SAP MONOGRAPH SERIES

and Graham Fuller, and 'Understanding Perversion in Clinical Practice: Structure and Strategy in the Psyche' by Fiona Ross) I have myself found illuminating in this regard. For me, focussing on the changing relationship between the ego and the self is the foundation of my own clinical practice, and 'individuation' is what I think of as its aim – so my choice of subject was made for me from my own experience.

My aim has always been to make what I think intelligible – the aim, one hopes, of any author. This is where the series editor, Hazel Robinson, came in. I wrote a draft; we met; she said, 'What does this mean?' I said, 'It's obvious'; she said, 'Not to me – tell me what you mean.' So,

using the image of 'angels' to talk about dreams or psychosomatic symptoms.

So, in the end, what I hope the reader will find here is passion, conviction, clarity and clinical relevance. Let me know.



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SCT IN ACTION

Applying the Systems-Centered Approach in Organizations

It is my pleasure to announce that Karnac is introducing another two new books on the Systems-centered approach to psychology and social science. The first, 'Collected papers, 1987-2002', is series of papers that I wrote in the process of working out the Theory of Living Human Systems (TLHS) and translating it, over time, into the practice of Systems-centered therapy (SCT). The second, 'SCT in Action' contains papers written by members of the Systems-centered Training and Research Institute, applying the systems-centered approach, not only to individuals, couples, groups, marriage and family therapy, but also to the world of organizations and coaching.

I developed the methods of SCT, not only by applying my theory to the real world of therapy, but also by drawing on my experience in the years of practice that began in 1959. I trained first in psychoanalysis, and later explored cognitive therapy, behavioral therapy, short-term dynamic therapy, the Tavistock approach, Lewin's Field Theory and General Systems Theory.

My work on theory began in 1964, when I was in graduate school taking a research course. There I discovered that, as there was no common language for group and its members, it was difficult, if not impossible, to do research. The language of psychodynamics and the language of

group dynamics not only used different words, but also reflected different concepts and different theories.

It was actually not until 1981 that I was able to publish my first attempt at a solution in the 'Visible and Invisible Group'. By 1997, and after my work with the General Systems' theory Committee of the American Group Psychotherapy Society, I was finally able to publish 'Systems-centered therapy for Groups' in which I presented my Theory of Living Human Systems and its Systems-centered practice.

A theory of Living Human Systems provides an orientation that allows the structure and function of any system to generalize throughout the hierarchy of systems, as small as a person and as large as an organization. Not only does this add a systems-centered approach to the existing person-centered, leader-centered and group-centered approaches in the field of psychology and sociology, it also makes it possible to apply what is learned from any one system to every other system in the hierarchy.

Several innovations in group and individual psychotherapy resulted from putting the theory into practice. Perhaps one of the most important is the discovery that the functional subgroup is a significant, potent and mostly unrecognized system. Because the subgroup, as the middle system, shares its boundaries with both the

individual and the group systems, interventions to the subgroup in group therapy have significantly more potential impact than interventions to either the person or the group. What is more, as systems are isomorphic (similar in structure and function), this principle of “the middle system” applies not only to functional subgroups, but also to subgroup members and to the system-as-a-whole, up and down the hierarchy of living human systems.

Another, and to me startling, discovery was that system dynamics, rather than the dynamic potential of either the patient or therapist, determine what changes can and cannot be integrated. This revolutionized the way I did therapy. In SCT, each therapeutic step is taken in the context of the phase of development, and each step builds on the work before and prepares for the work that comes next. Identifying and reducing phase appropriate defenses so that the inherent developmental drive can be released led to developing a hierarchy of defense modification that is sequenced according to phase.

In the last five years, the SCT approach has been introduced into individual, couples, marriage and family therapy, and, significantly, into the field of organizational consultation. ‘SCT in Action’, edited by Gantt and Agazarian, offers a series of chapters by different members of the systems-centered Training and Research Institute, demonstrating

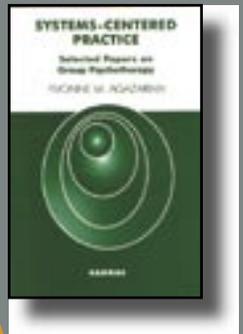
how a systems orientation makes operational many of the existing methods for organizational change, as well as introducing some new perspectives in approach.

SCT consults to the role in organizations rather than to the people, thus enabling people to be aware of the context, and how their role responsibilities change as their context and goals of the system change. Another useful understanding is that the popular idea of “emotional intelligence” depends, not upon the emotionally intelligent individual, but the system environment that enables it. Last, but not least, because Systems-centered therapy (SCT) is a theory driven system, and because a Theory of Living Human Systems is an umbrella theory, although some of the methods may be different from those used in other therapeutic approaches, the underlying understanding of human dynamics, and the goals of therapeutic change, are not.



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MALCOLM'S TOP TEN

THE EVERYDAY PSYCHOPATHOLOGY OF LIFE.....

Coming home on the train the other night I was pleasantly surprised to find myself privy to certain confidences from an attractive and vivacious young lady and, for a moment, was almost persuaded that Dame Fortune had decided to add some zest to my solitary, crepuscular years.

A delusion, alas. The truth of the matter was that the commuting beauty was making her confession to the entire carriage, whilst ostensibly pouring out her revelations to a boyfriend over the mobile phone.

The burden of her song was that she was completely mad. Mad, mad, mad - and stark raving with it. I sat to attention upon hearing this, since I have a vicarious interest in the matter of mental aberration and, ever eager to 'define true madness', hung on her every word. As is usual, however, disappointment was the end of all my endeavour. Her 'insanity' proved merely to consist of spending money she did not possess on gee-gaws and fripperies, and deviating several times daily from a healthy diet. Hereupon, she called dramatically to the absent boyfriend to witness the fact that she was "bursting out of her blouse". Naturally, neither he nor I could possibly comment.

All this put me in mind, though, of an observation made some years ago by R.D. Laing, the drift of which was: Why do so many people, patently not mad, claim themselves to be so? And could it not be construed as a kind of madness in itself for the not-mad to seek this demotion (or elevation) to an irrational state of mind?

When there is occasion to enlarge upon this matter of pseudo-madness, I will perhaps return to it. In the meantime, I like to speculate how much closer my vociferous young lady might have come to real madness when she realized she was on the wrong train.

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APRIL 6-9

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MAY 4-6

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