

ROUTLEDGE

Karnac Psychoanalysis Promotion





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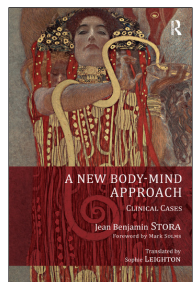
Contents

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A New Body-Mind Approach

Clinical Cases



Jean Benjamin Stora

Amongst the fascinating and compelling questions that this book raises are: how can we understand an illness if we only analyse the psyche? How can we understand patients if we only take account of their biological data? Are hypochondriac problems generated by the mind, as some doctors believe, or are the problems in fact more complex?

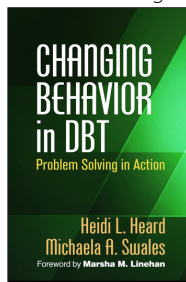
Routledge

July 2015: 198pp

Pb: 978-1-782-20098-7: £28.99 **Special price: £23.10**

Changing Behavior in DBT

Problem Solving in Action



Heidi Heard, Behavioral Tech, St. Louis, USA and Michaela A Swales, University of Wales, Bangor, UK

This book delves into problem solving, one of the core components of dialectical behavior therapy (DBT). The authors are leading DBT trainers who elucidate the therapy's principles of behavior change and use case examples to illustrate their effective application. Particular attention is given to common pitfalls that therapists encounter in analyzing target behaviors—for example, a suicide attempt or an episode of bingeing and purging—and selecting and implementing appropriate solutions.

Guilford Press

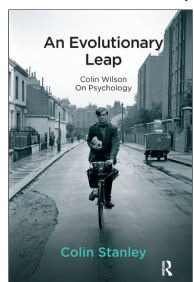
Market: Psychotherapy and Counselling

December 2015: 6 x 9: 266pp

Hb: 978-1-462-52264-4: £26.99 **Special price: £21.60**

An Evolutionary Leap

Colin Wilson on Psychology



Colin Stanley

In this study, Colin Stanley, Wilson's bibliographer and author of Colin Wilson's 'Outsider Cycle': A Guide for Students and Colin Wilson's 'Occult Trilogy': A Guide for Students, provides an illuminating essay on each of Wilson's nine major books on psychology.

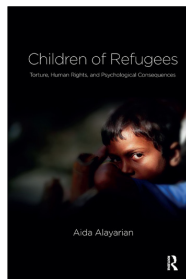
Routledge

August 2016: 229 x 152: 140pp

Pb: 978-1-782-20444-2: £22.99 **Special price: £18.40**

Children of Refugees

Torture, Human Rights, and Psychological Consequences



Aida Alayarian

Apart from having an overview of the relevant processes involved in therapeutic work and possible challenges therein, it is also important for the therapist to have an overview of the child's situation in the past and any current issues, which this book provides. In order to provide effective therapeutic intervention to children and young people, whether they are unaccompanied or with family, knowing the legal framework and human right issues is vital.

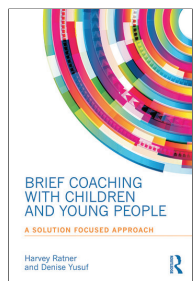
Routledge

December 2016: 6 x 9: 176pp

Pb: 978-1-782-20298-1: £22.99 **Special price: £18.40**

Brief Coaching with Children and Young People

A Solution Focused Approach



Harvey Ratner, founding member of BRIEF, London, UK and Denise Yusuf, Private practice, London, UK

Brief Coaching with Children and Young People provides a clear introduction to the use of a solution focused approach to working with children and young people, helping them to overcome challenges and reach their potential. There are many books written on coaching, and on advising parents how to coach their children, but this new title is one of the first aimed at professionals of all backgrounds. With a clearly defined 'roadmap', it includes ideas, skills, techniques and case studies to enable coaches to establish, develop or extend their practice with children and help them make a difference in the lives of young people within a relatively short amount of time.

Routledge

Market: Coaching / Counselling

January 2015: 6.14 x 9.21: 154pp

Pb: 978-0-415-85589-1: £29.99 **Special price: £24.00**

Clinical Dialogues on Psychoanalysis with Families and Couples



Edited by David E. Scharff and Dr Monica Vorchheimer
Series: The Library of Couple and Family Psychoanalysis

This book widens the scope of clinical and theoretical contributions on Couple and Family Psychoanalysis by collecting case presentations and discussions by analysts from Europe, North America, Latin America, China and Australia. The rich cross-fertilization across countries and analytic orientations stimulates cross-cultural thinking and deepens clinical exploration. In English language psychoanalysis, focus on object relations theory emphasizes internalization of early family figures in construction of the psyche, and their projective influence on others through continuing family interaction.

Routledge

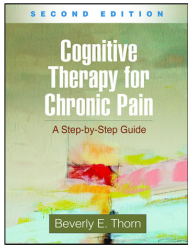
June 2017: 229 x 152: 254pp

Pb: 978-1-782-20441-1: £32.99 **Special price: £26.40**

2nd Edition

Cognitive Therapy for Chronic Pain

A Step-by-Step Guide



Beverly E. Thorn, Beverly E. Thorn, PhD, Department of Psychology (Emerita), University of Alabama, Tuscaloosa

This go-to manual—now revised and significantly expanded with more than 50% new material—has enabled thousands of clinicians to effectively treat clients with chronic pain. In the face of today's growing opioid crisis, pain self-management techniques are needed now more than ever. The volume shows how to implement 10 treatment modules that draw on proven cognitive-behavioral therapy (CBT) strategies. In a convenient large-size format, it includes 58 reproducible client handouts and assessment tools that purchasers can photocopy from the

book or download and print from the companion website.

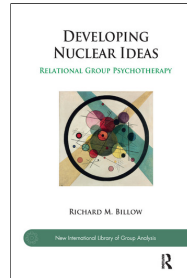
Guilford Press

Market: Psychotherapy and Counselling

September 2017: 355pp

Pb: 978-1-462-53169-1: **£28.99** **Special price: £23.10****Developing Nuclear Ideas**

Relational Group Psychotherapy

**Richard M. Billow***Series: The New International Library of Group Analysis*

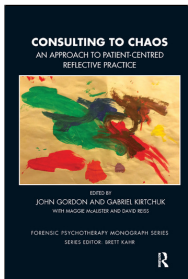
Developing Nuclear Ideas: Relational Group Psychotherapy offers, in experiential terms and with vivid examples, a theoretical and technical approach to understand and organise dynamic group process and drive it towards satisfying the goal of all therapy, the hunger for emotional truth. By developing nuclear ideas, the therapist and the group itself go about the task of containing and making sense of the perceptions, conceptions, affects, and enactments present in all groups.

Routledge

January 2015: 229 x 152: 286pp

Pb: 978-1-782-20205-9: **£32.99** **Special price: £26.40****Consulting to Chaos**

An Approach to Patient-Centred Reflective Practice



Edited by **John Gordon, Gabriel Kirtchuk, Maggie McAlister and David Reiss**

Series: The Forensic Psychotherapy Monograph Series

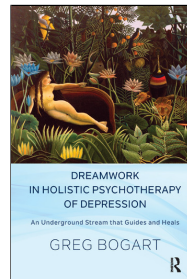
In clinical work, an awareness of patients' subjective experiences, particularly their perceptions of interpersonal relationships, is indispensable. The aim of this book is to improve care and treatment planning by describing a structured approach to eliciting patients' core relationship patterns. These patterns consist of the roles and scenarios into which they repeatedly cast themselves and others with whom they interact.

Routledge

April 2017: 250pp

Pb: 978-1-782-20126-7: **£29.99** **Special price: £24.00****Dreamwork in Holistic Psychotherapy of Depression**

An Underground Stream that Guides and Heals

**Greg Bogart**

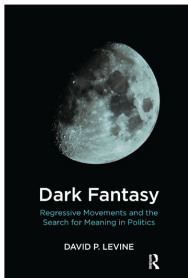
This book describes how dreamwork can help alleviate depression, in both long-term and time-limited psychotherapy, and in self-treatment. The author shows how dreams shed light on issues contributing to depression—including drug and alcohol abuse, divorce, death and bereavement, conflicts about sex, health and body image, parenting, workplace stress and burnout, and ancestral, intergenerational trauma. Greg Bogart presents a synthesis of Jungian and existential psychotherapy, detailing how attention to archetypal symbolism brings into immediate focus new responses to pressing life challenges.

Routledge

November 2016: 220pp

Pb: 978-1-782-20160-1: **£32.99** **Special price: £26.40****Dark Fantasy**

Regressive Movements and the Search for Meaning in Politics

**David P. Levine**

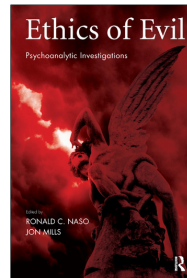
This book explores the emotional meaning of regressive movements in contemporary politics with special reference to Trump and his supporters. Its main hypothesis is that the primary goal of these movements is not to restore a lost world of safety and wellbeing as they claim it is, but to make their members' experience of the destruction and loss of that world universal.

Routledge

November 2017: 6 x 9: 132pp

Pb: 978-1-782-20625-5: **£19.99** **Special price: £16.00****Ethics of Evil**

Psychoanalytic Investigations

Edited by **Jon Mills and Ronald C. Naso**

Ethics of Evil rejects facile rationalizations of violence; it also rejects the idea that evil, as a concept, is inscrutable or animated by demonic forces. Instead, it evaluates the moral framework in which evil is situated, providing a descriptive understanding of it as a plurality and a depth psychological perspective on the threat it poses for our well-being and ways of life. In so doing, it also fashions and articulates an ethical stance that recognizes the intrinsic link between human freedom and the potential for evil.

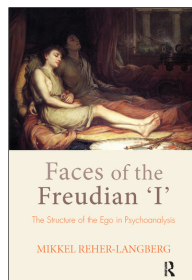
Routledge

April 2016: 229 x 152: 304pp

Pb: 978-1-782-20395-7: **£34.99** **Special price: £28.00**

Faces of the Freudian I

The Structure of the Ego in Psychoanalysis



Mikkel Reher-Langberg

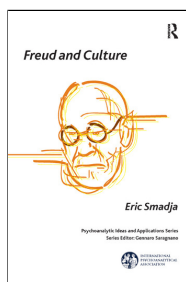
In this book, the author undertakes a systematic analysis of the notion of the Ego, such as it evolves throughout the writings of Sigmund Freud. This is done in close readings of central works, representing the different phases in the development of Freud's thinking, from the 'Studies on Hysteria' to 'The Ego and the Id'. Throughout the examined works, one aspect of Freud's thought turns out to be particularly central: a paradoxical coexistence of apparently incompatible perspectives, without a sense of necessary movement toward their synthesis.

Routledge

December 2017: 6 x 9: 128pp

Pb: 978-1-782-20571-5: £16.99 Special price: £13.60

Freud and Culture



Eric Smadja

Series: *The International Psychoanalytical Association Psychoanalytic Ideas and Applications Series*

In this book Eric Smadja explores the representations of society and culture that Freud developed in the course of his work. Distinct from contemporary sociological and anthropological conceptions, they led to his construction of a personal socio-anthropology that was virulently criticised by the social sciences. But what exactly is meant here by 'culture' and 'society'? Do we mean Freud's own Viennese society or Western, 'civilised' society in general? In addition, Freud was interested in historical and 'primitive' societies from the evolutionist perspective of the British anthropologists of his time.

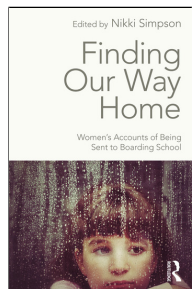
Routledge

March 2015: 6 x 9: 208pp

Pb: 978-1-782-20208-0: £28.99 Special price: £23.10

Finding Our Way Home

Women's Accounts of Being Sent to Boarding School



Edited by Nikki Simpson, Accredited person-centred counsellor working in private practice

Finding Our Way Home is a collection of female boarding school survivors' accounts of being sent away to school, and the impact this had and continues to have on their lives. The book is a resource for those wanting to know more about how boarding in an institution impacts upon young people and what happens to them in life beyond. The stories in this volume contribute women's voices to the more well-known ones of men who suffered in boarding schools. These intimate accounts give a powerful insight into the inner experience of the female boarder and show how, through the ability to look back and recognise how boarding had affected their lives, there is

the possibility of hope and change.

Routledge

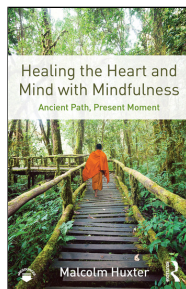
Market: Psychotherapy / Education

June 2018: 216x138: 158pp

Pb: 978-1-138-47953-1: £22.99 Special price: £18.40

Healing the Heart and Mind with Mindfulness

Ancient Path, Present Moment



Malcolm Huxter, clinical psychologist and mindfulness teacher, Northern NSW Australia and the UK

Ancient Mind, Present Moment is a practical book that provides strategies using mindfulness to manage stress, anxiety and depression, as well as ways to cultivate psychological wellbeing. Uniquely, it combines a traditional Buddhist approach to mindfulness with contemporary psychology and current perspectives on mindfulness. Drawing on the author's many years of clinical experience as a psychologist as well as almost 40 years of personal experience in Buddhist meditation practices, it outlines how the Buddha's four applications of mindfulness can provide a pathway to psychological wellbeing. Readers will also have access to free audio mindfulness exercises, produced

by the author.

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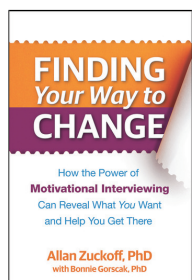
Market: Psychotherapy/Self-Help

February 2016: 5.5 x 8.5: 236pp

Pb: 978-1-138-85135-1: £24.99 Special price: £20.00

Finding Your Way to Change

How the Power of Motivational Interviewing Can Reveal What You Want and Help You Get There



Allan Zuckoff, University of Pittsburgh, USA and Bonnie J. Gorscak, a psychologist and MI practitioner, USA

Are you tired of being told by others--self-help books included--what you should do? Drs. Allan Zuckoff and Bonnie Gorscak understand. That's why this book is different. Whether it's breaking an unhealthy habit, pursuing that dream job, or ending harmful patterns in relationships, the key to moving ahead with your life lies in discovering what direction is truly right for you, and how you can get there.

Guilford Press

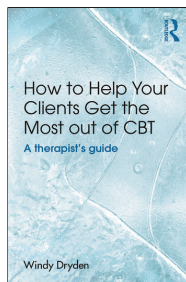
Market: Psychotherapy and Counselling

July 2015: 6 x 9: 264pp

Pb: 978-1-462-52040-4: £12.99 Special price: £10.40

How to Help Your Clients Get the Most Out of CBT

A therapist's guide



Windy Dryden, Goldsmiths, University of London, UK

How to Help Your Clients Get the Most Out of CBT is a practical guide, which will show therapists, both experienced and novice, how to assist clients and help them decide whether CBT is for them and, if so, help them get the most out of therapy. Rather than concentrating on skills, the book covers the realities of practice, with chapters on how to make therapeutic agreements with the client, helping clients prepare for sessions, and how to deal with lack of therapeutic progress. The book can be used in conjunction with a companion book for clients, *How to Get the Most Out of CBT*, which is written for those considering using or already consulting a cognitive behaviour therapist.

Routledge

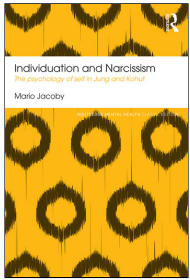
Market: Psychotherapy / Counselling

April 2015: 198x129: 98pp

Pb: 978-1-138-84046-1: £19.99 Special price: £16.00

Individuation and Narcissism

The psychology of self in Jung and Kohut



Mario Jacoby

Series: Routledge Mental Health Classic Editions

Developments in Freudian psychoanalysis, particularly the work of Kohut and Winnicott, have led to a convergence with the Jungian position. In *Individuation and Narcissism* Mario Jacoby attempts to overcome the doctrinal differences between the different schools of depth psychology, while taking into account the characteristic approaches of each. Through a close examination of the actual experience of self, the process of individuation, narcissism and narcissistic personality disorder, Jacoby demonstrates the benefits of a cross-fertilization of ideas and techniques for the professional analyst. This Classic Edition includes a new foreword.

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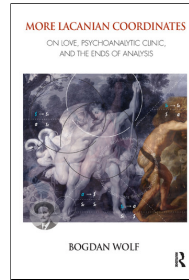
Market: Analytical Psychology

August 2016: 234x156: 222pp

Pb: 978-1-138-18567-8: **£36.99** Special price: **£29.60**

More Lacanian Coordinates

On Love, Psychoanalytic Clinic, and the Ends of Analysis



Bogdan Wolf

Volume Two - *More Lacanian Coordinates* - opens with the question of love that for Lacan forms a discourse of fragments and letters addressed to the one, which circumscribe the nonexistence of the sexual relation. Further, Lacan situates love in relation to knowledge, making ignorance, alongside love and hatred, the third passion.

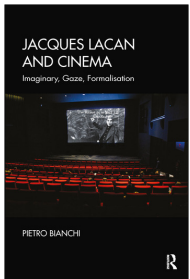
Routledge

January 2016: 6 x 9: 224pp

Pb: 978-1-782-20281-3: **£28.99** Special price: **£23.10**

Jacques Lacan and Cinema

Imaginary, Gaze, Formalisation



Pietro Bianchi

In an exhaustive overview of the whole Lacanian theorization of the visual, counterpointed by a confrontation with several thinkers of cinema (Eisenstein, Straub-Huillet, Deleuze, Ranciere), the book will lead the reader toward the discovery of the most counterintuitive approaches of Lacanian psychoanalysis to the topic of vision.

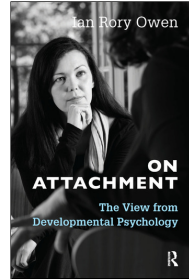
Routledge

January 2017: 229 x 152: 208pp

Pb: 978-1-782-20172-4: **£32.99** Special price: **£26.40**

On Attachment

The View from Developmental Psychology



Ian Rory Owen

Attachment theory occupies an integrative position between psychodynamic therapy and various perspectives within empirical psychology. Since therapy began, its way of thinking has been to interpret mental processes in relation to meaningful psychological objects between children and parents, partners, friends, and within individual therapy. This volume summarises the research literature relating to attachment theory in developmental psychology in order to clarify conclusions that support practice. Part 1 considers the received wisdom about attachment, and summarises the literature and what it means for understanding relationships and defences as part of development.

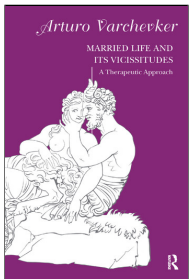
Routledge

February 2017: 6 x 9: 280pp

Pb: 978-1-782-20452-2: **£36.99** Special price: **£29.60**

Married Life and its Vicissitudes

A Therapeutic Approach



Arturo Varchevker

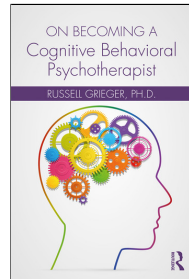
This book is about marital relations and its vicissitudes, and the possible way of dealing with them through marital therapy. It reflects the importance of turning marital miscommunications into constructive communications between partners in order to improve their relationship. The psychoanalytic perspective plays a significant role in exploring the marital relationship through the partners' emotional interaction with each other and the effect that their personal emotional development has on their constructive and destructive attitudes. On some occasions, other therapeutic models can be added to reinforce the therapeutic exploration and the possible therapeutic goal.

Routledge

March 2016: 229 x 152: 126pp

Pb: 978-1-782-20391-9: **£18.99** Special price: **£15.20**

On Becoming a Cognitive Behavioral Psychotherapist



Russell Grieger, University of Virginia, USA

Psychotherapy is more than a series of skills and techniques, but rather a vital human activity. It starts with the inner being of the therapist and then moves to the outer world of strategies and tactics. Drawing on a wealth of personal and professional experience, Dr. Russell Grieger illuminates ten inner perspectives that transform a technician into a psychotherapist, including the fundamental nature of being human, the power of passionate purpose, fearlessness, the pursuit of elegance, ridding self-esteem, and more. For the practicing clinician, the therapist in training, and the interested layperson, this book should be in everyone's library.

Routledge

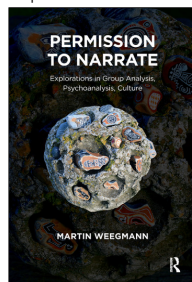
Market: Psychotherapy

January 2018: 6 x 9: 192pp

Pb: 978-1-138-22905-1: **£32.99** Special price: **£26.40**

Permission to Narrate

Explorations in Group Analysis, Psychoanalysis, Culture



Martin Weegmann

Permission to Narrate develops exciting new theory and explorations for group analysis. They are diverse in range and, from differing bases in theory and research, aim to cast light on how clients find voice and speak out in groups and the importance of rhetoric in the understanding of communication. It addresses the ways in which silenced, submerged and less confident voices emerge, finding permission and narration, often against the odds. Positioning and dialogical theory is used to show how such voices are caught up in and defined by discourses, and also how we can transcend the definitions and positions into which we are thrown.

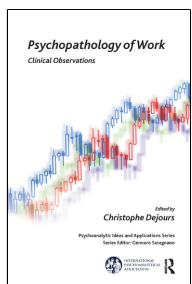
Routledge

November 2016: 229 x 152: 168pp

Pb: 978-1-782-20362-9: **£22.99** Special price: **£18.40**

Psychopathology of Work

Clinical Observations



Christophe Dejours

Series: The International Psychoanalytical Association Psychoanalytic Ideas and Applications Series

This book examines the processes at issue in the onset of psychiatric disorders linked to stress in the workplace. Six clinical observations are presented: an acute psychosomatic decompensation (status asthmaticus); a delirious episode; a dementia-like confusional state; a sexuality disorder; two successive decompensations (one in a victim of workplace harassment and one in her aggressor); and a suicide. Each is explored in detail, from aetiology to treatment, bringing into sharp relief the differences between conventional analysis and the interpretation of material in light of the reference to work.

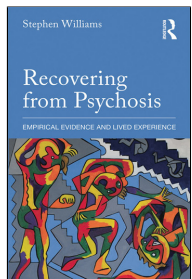
Routledge

June 2015: 6 x 9: 120pp

Pb: 978-1-782-20180-9: **£18.99** Special price: **£15.20**

Recovering from Psychosis

Empirical Evidence and Lived Experience



Stephen Williams, PhD, Department of Psychological Sciences, Purdue University

This book is a useful comprehensive guide for mental health professionals working with people with severe and enduring mental health difficulties diagnosed as psychosis. It summarises the state of the art of our understanding of psychosis, treatment and recovery. It comprehensively reviews current recovery research and unpacks how this is influencing the transformation of UK mental health services. The book also critically analyses difficulties in organisational implementation of recovery approaches whilst summarising the most empirically robust approaches to practice, personal and service delivery measurement.

Routledge

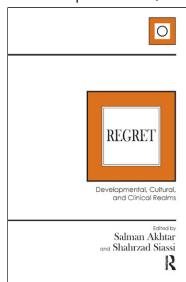
Market: Psychiatry

November 2015: 5.5 x 8.5: 146pp

Pb: 978-0-415-82205-3: **£24.99** Special price: **£20.00**

Regret

Developmental, Cultural, and Clinical Realms



Edited by Salman Akhtar and Shahrzad Siassi

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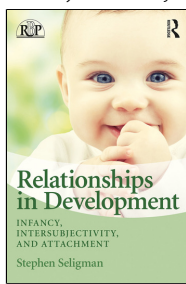
Routledge

July 2017: 229 x 152: 258pp

Pb: 978-1-782-20589-0: **£32.99** Special price: **£26.40**

Relationships in Development

Infancy, Intersubjectivity, and Attachment



Stephen Seligman, University of California, San Francisco, USA

Series: Relational Perspectives Book Series

The recent explosion of new research about infants, parental care, and infant-parent relationships has shown conclusively that human relationships are central motivators and organizers in development. *Relationships in Development* examines the practical implications for dynamic psychotherapy with both adults and children, especially following trauma. Stephen Seligman offers engaging examples of infant-parent interactions as well as of psychotherapeutic process. He traces the place of childhood and child development in psychoanalysis from Freud

onward, showing how different images about babies evolved and influenced analytic theory and practice.

Routledge

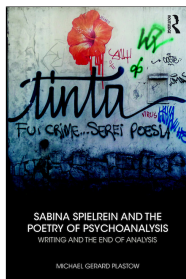
Market: Psychoanalysis

November 2017: 234x156: 358pp

Pb: 978-0-415-88002-2: **£36.99** Special price: **£29.60**

Sabina Spielrein and the Poetry of Psychoanalysis

Writing and the End of Analysis



Michael Gerard Plastow

Sabina Spielrein, who has been mostly known for her relation with her analyst Carl Jung, came to the attention of the wider public following the discovery and publication of some of her diaries and personal letters some forty years ago. The focus on her relationship with Jung and her personal story has consequently led to a neglect of her writings. *Sabina Spielrein and the Poetry of Psychoanalysis* seeks to re-address this distortion of her legacy by examining her original contribution to the field, such as her early analytical work with children.

Routledge

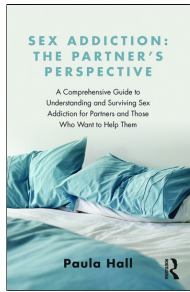
Market: Psychoanalysis

December 2018: 6.14 x 9.21: 168pp

Pb: 978-0-367-00142-1: **£34.99** Special price: **£28.00**

Sex Addiction: The Partner's Perspective

A Comprehensive Guide to Understanding and Surviving Sex Addiction For Partners and Those Who Want to Help Them



Paula Hall, The Clarendon Centre, UK

This book has been written to help partners and those who care about them to survive the shock of discovering sex addiction and make decisions about the future of their relationships and lives. It is practical, full of facts and self help exercises to give partners a much needed sense of stability and control. Like its sister book, *Understanding & Treating Sex Addiction*, it is the first UK title on the topic and includes case examples and survey results revealing the reality of life for partners of sex addicts. Whilst it is structured in a logical linear fashion, it is also written to enable partners and therapists to dip in and out of the sections.

Routledge

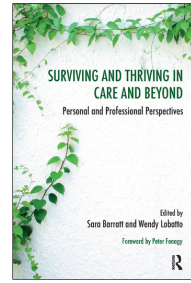
Market: Psychotherapy / Self-help

August 2015: 5.5 x 8.5: 176pp

Pb: 978-1-138-77652-4: £24.99 Special price: £20.00

Surviving and Thriving in Care and Beyond

Personal and Professional Perspectives



Edited by Sara Barratt and Wendy Lobatto

Series: *The Systemic Thinking and Practice Series*

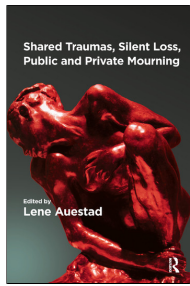
This is a book about children who have to grow up apart from their biological parents, the impact of this on their lives and on those who look after them, and how we can respond to the challenges this poses in order that they can grow and develop in healthy directions. It provides a systemic framework to describe working with children and adults who are or have been in care or adopted, as well as working with their adoptive parents and carers, highlighting their own narratives and those of professionals working with them. The authors have tried to make space for multiple voices to speak and describe aspects of the care system and life beyond.

Routledge

July 2016: 6 x 9: 336pp

Pb: 978-1-782-20301-8: £34.99 Special price: £28.00

Shared Traumas, Silent Loss, Public and Private Mourning



Lene Auestad

This book questions the junctions of the private and the public when it comes to trauma, loss, and the work of mourning - notions which, it is argued, challenge our very ideas of the individual and the shared. It asks, to paraphrase Adorno, 'What do we mean by "working through the past"?', 'How is a shared work of mourning to be understood?', and 'With what legitimacy do we consider a particular social or cultural practice to be "mourning"?'. Rather than aiming to present a diagnosis of the political present, this volume instead takes one step back to pose the question of what mourning might mean and what its social dimension consists in.

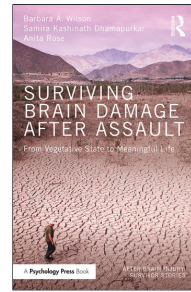
Routledge

February 2017: 6 x 9: 230pp

Pb: 978-1-780-49161-5: £32.99 Special price: £26.40

Surviving Brain Damage After Assault

From Vegetative State to Meaningful Life



Barbara A. Wilson, Formerly Oliver Zangwill Centre for Neuropsychological Rehabilitation, Cambridgeshire, UK, Samira Kashinath Dhamapurkar, Raphael Medical Centre, UK and Anita Rose, Raphael Medical Centre, UK

Series: *After Brain Injury: Survivor Stories*

This inspirational book documents the story of Gary, who at the age of twenty eight was assaulted by a gang with baseball bats and a hammer, resulting in several skull fractures and severe brain damage.

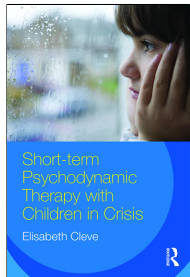
Routledge

Market: Neuropsychology

February 2016: 5.5 x 8.5: 172pp

Pb: 978-1-138-82458-4: £22.99 Special price: £18.40

Short-term Psychodynamic Therapy with Children in Crisis



Elisabeth Cleve, Former child psychotherapist, Sweden

Cleve presents the stories of four children as they undergo short-term psychodynamic therapeutic interventions. Each child has either experienced trauma or is displaying clinical symptoms such as low self-esteem and anxiety. Exploring the situation between the child and the therapist, the therapeutic space and their experiences, each chapter follows the sessions and progress made, concluding with a follow-up after the end of therapy. Cleve also includes the interactions between the therapist and the children's parents, emphasising how this is essential for progress. The final chapters explore the ethics of sharing case material and present Cleve's perspectives on working with children.

Routledge

Market: Psychoanalytic Psychotherapy

March 2016: 6.14 x 9.21: 190pp

Pb: 978-1-138-95141-9: £38.99 Special price: £31.20

Teaching the World to Sleep

Psychological and Behavioural Assessment and Treatment Strategies for People with Sleeping Problems and Insomnia



David R. Lee

The aim of this book is to empower healthcare professionals with new up-to-date knowledge on the assessment, treatment, and management of sleep problems (an area so often neglected in every health-related training course), and to assist them with their clients who do not sleep well. The book is also written for the interested insomniac, to help them with their own sleep, or the sleep of their loved-ones. The purpose of this book is to spread the word about sleep and how it can be improved and optimised: to teach the world to sleep.

Routledge

November 2016: 6 x 9: 220pp

Pb: 978-1-782-20345-2: £32.99 Special price: £26.40

The Art of Making Children

The New World of Assisted Reproductive Technology



François Ansermet

This book explores the issues that surround medically assisted reproduction by addressing them from the perspective of four key areas: the mystery of procreation and the enigma of origin and where we come from; the question of difference and alterity in procreation (be it the breaking down of the notion that one comes from two in heterologous procreation to the aspirations for same-sex procreation, or the blurring of chronology and generations through cryoconservation); the place of destiny, including how to think about individual destinies in an age of increasingly accessible gene sequencing paired with a growing link between procreation and prediction.

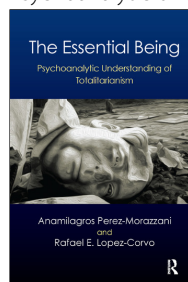
Routledge

August 2017: 6 x 9: 208pp

Pb: 978-1-782-20474-9: £28.99 **Special price: £21.60**

The Essential Being

Psychoanalytic Understanding of Totalitarianism



Anamilagros Perez Morazzani

This book explores the concept of "pre-conceptual trauma", drawing in particular on the pioneering research of Wilfred Bion. A comparison is established between two different groups of individuals: five well-known dictators and five famous creative individuals. The authors have defined "pre-conceptual traumas" as ubiquitous experiences that all human beings go through during the first years of their lives, when a temporary absence changes into a permanent presence, determining the outcome of what any individual might do or perform in the future.

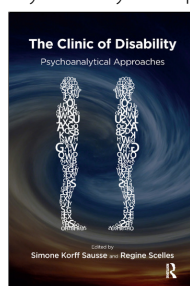
Routledge

April 2017: 6 x 9: 194pp

Pb: 978-1-782-20500-5: £28.99 **Special price: £23.10**

The Clinic of Disability

Psychoanalytical Approaches



Edited by Simone Korff Sausse and Regine Scelles

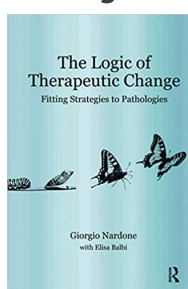
This publication brings together eleven articles on the clinical treatment of disability from French researchers in the fields of psychology, anthropology, psychiatry, and philosophy. The authors all have practical experience in the field and most are clinicians sharing a common psychoanalytical epistemology. The diverse nature of their contributions opens a window onto the mental life of people affected by various deficiencies, be they cognitive, motor, sensory or even multiple, and of those close to them, at all ages.

Routledge

January 2017: 229 x 152: 236pp

Pb: 978-1-782-20445-9: £32.99 **Special price: £26.40**

The Logic of Therapeutic Change



Elisa Balbi

In this new book, the author performs another quantum leap, leading his readers to a more operative knowledge of the precise logic of therapeutic change. Most intimidating mental disorders are based on perceptions of reality that when using an ordinary 'common-sense' logic as our reading lens, look as if they are irrational, bizarre, illogical and therefore hard to understand and manage.

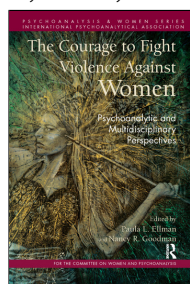
Routledge

May 2015

Pb: 978-1-782-20226-4: £22.99 **Special price: £18.40**

The Courage to Fight Violence Against Women

Psychoanalytic and Multidisciplinary Perspectives



Edited by Paula L. Ellman and Nancy L. Goodman

Series: *Psychoanalysis and Women Series*

The editors bring psychoanalytic ideas and understanding in an effort to comprehend violence against women. Observing the active witnessing of the contributors to this book elucidates the way trauma is transformed into resilience and healing. Scholars and psychoanalysts from Argentina, Mexico, Peru, the United Kingdom and the United States together address this serious problem along with the consideration of depictions of violence against women in film, art, drama and poetry.

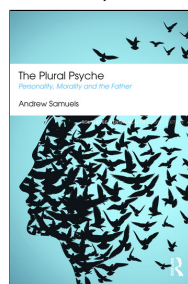
Routledge

June 2017: 229 x 152: 304pp

Pb: 978-1-782-20473-2: £34.99 **Special price: £28.00**

The Plural Psyche

Personality, Morality and the Father



Andrew Samuels, Professor of Analytical Psychology at the University of Essex, Training Analyst of the Society of Analytical Psychology

Series: *Routledge Mental Health Classic Editions*

In *The Plural Psyche* Andrew Samuels eloquently proposes the case for pluralism in approaching key issues in depth psychology. Emphasizing the role of metaphor in elucidating psychological processes, he sets out a pluralistic model of personality development, and through a discussion of the meanings of parental imagery brought to analysis, the focus is lead to on the father's role in the formation of gender identity. In the concluding chapters, the book returns to the larger subject to

discuss the hidden pluralism of moral process and the political resonances of depth psychology. This Classic Edition features a new introduction by the author.

Routledge

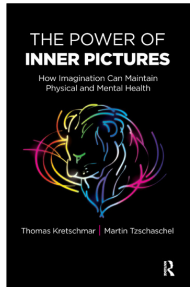
Market: Analytical Psychology/Psychoanalysis/Politics/Sociology/Cultural Studies

October 2015: 6.14 x 9.21: 274pp

Pb: 978-1-138-88842-5: £38.99 **Special price: £31.20**

The Power of Inner Pictures

How Imagination Can Maintain Physical and Mental Health



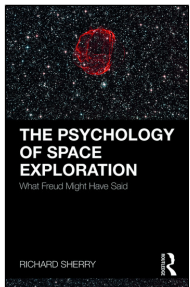
Thomas Kretschmar and Martin Tzschaschel

This book is about inner pictures and how we can access and change these pictures through our imagination. It offers instructions for imagination methods that will activate healing powers that are effective against various disorders and emotional sufferings.

Routledge
November 2016: 229 x 152: 172pp
Pb: 978-1-782-20425-1: **£24.99** Special price: **£20.00**

The Psychology of Space Exploration

What Freud Might Have Said



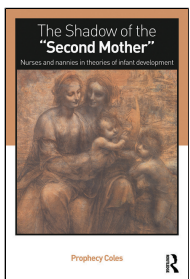
Richard Sherry

This short book grapples with two vast questions: the nature of our minds, and our place in the wider universe. It considers how one mutually influences the development of the other.

Routledge
Market: Psychoanalysis/Space Exploration
October 2018: 5.06 x 7.81: 76pp
Pb: 978-1-138-35140-0: **£34.99** Special price: **£28.00**

The Shadow of the Second Mother

Nurses and nannies in theories of infant development



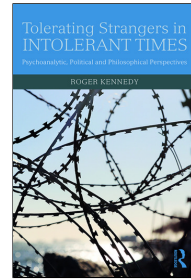
Prophecy Coles, London Centre for Psychotherapy

The Shadow of the "Second Mother" explores why there has been such little interest, in psychology, social history and biography, in the important contribution that 'second mothers', such as wet nurses and nannies, have had upon the emotional life of the children they have nursed. For the last three thousand years and throughout most civilisations they have nurtured the children of the privileged, and kept alive the abandoned and unwanted child, and yet there has been a profound silence surrounding the influence they may have had.

Routledge
Market: Psychoanalysis
February 2015: 6.14 x 9.21: 148pp
Pb: 978-0-415-63723-7: **£34.99** Special price: **£28.00**

Tolerating Strangers in Intolerant Times

Psychoanalytic, Political and Philosophical Perspectives



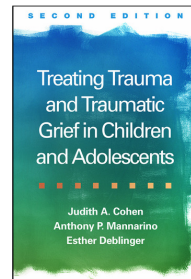
Roger Kennedy, Training Analyst, British Psychoanalytical Society, Consultant Child Psychiatrist, The Child and Family Practice, London, UK

In this interdisciplinary and wide-ranging study, Roger Kennedy looks at the roots of tolerance and intolerance as well as the role of the stranger and strangeness in provoking basic fears about our identity. He argues that a fear of a loss of attachment to one's home might account for many prejudiced and intolerant attitudes to refugees and migrants; that basic fears about being displaced by so-called 'strangers' from our precious and precarious sense of a psychic home can tear communities apart, as well as lead to discrimination against those who appear to be different.

Routledge
Market: Psychoanalysis/Politics/Philosophy
September 2018: 234x156: 162pp
Pb: 978-1-138-36025-9: **£34.99** Special price: **£28.00**

2nd Edition

Treating Trauma and Traumatic Grief in Children and Adolescents



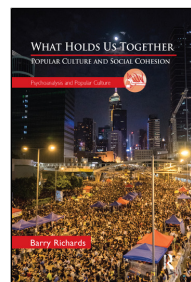
Judith A. Cohen

This authoritative guide has introduced many tens of thousands of clinicians to Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT), a leading evidence-based treatment for traumatized children and their parents or caregivers. Preeminent clinical researchers provide a comprehensive framework for assessing posttraumatic stress disorder (PTSD), other trauma-related symptoms, and traumatic grief in 3- to 18-year-olds; building core coping skills; and directly addressing and making meaning of children's trauma experiences.

Guilford Press
Market: Child and Adolescent Mental Health
March 2017: 6 x 9: 356pp
Hb: 978-1-462-52840-0: **£33.99** Special price: **£27.20**

What Holds Us Together

Popular Culture and Social Cohesion



Barry Richards

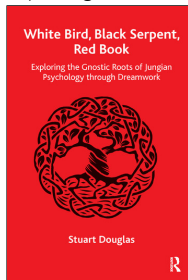
Series: *The Psychoanalysis and Popular Culture Series*

In this unusual book of political psychology, based on the idea that we hold ourselves together through a combination of restraint and release, the author draws on psychoanalysis and its creative interpretations of everyday experience to consider the current malaise of politics in relation to the huge vitality of popular culture. In a wide-ranging analysis, that links topics as diverse as our experience of public utilities, the rise of counselling, and the weakened impact of sexual scandal, he concludes with the proposal that a reconstruction of nationalism could make an important contribution to the renewal of democratic politics.

Routledge
Market: Psychoanalysis
November 2017: 6 x 9: 132pp
Pb: 978-1-782-20123-6: **£19.99** Special price: **£16.00**

White Bird, Black Serpent, Red Book

Exploring the Gnostic Roots of Jungian Psychology through Dreamwork



Stuart Douglas

This book examines the influence of Gnostic philosophy on Jungian psychology as indicated by Jung's essay, 'The Transcendent Function' (1916), and his Gnostic-inspired treatise, 'The Seven Sermons to the Dead' (also written in 1916). Relevant and timely due to the relatively recent publication of Jung's 'The Red Book', the hypothesis of this work is that the Seven Sermons is the mythopoetic, metaphysical twin of 'The Transcendent Function' and that these texts can be considered as two sides of the same coin.

Routledge

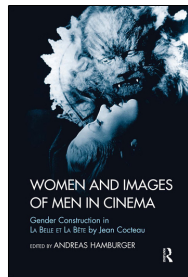
Market: Psychoanalysis

October 2016: 229 x 152: 256pp

Pb: 978-1-782-20428-2: **£32.99** Special price: **£26.40**

Women and Images of Men in Cinema

Gender Construction in La Belle et la Bête by Jean Cocteau



Andreas Hamburger

Women and men in cinema are imaginary constructs created by filmmakers and their audiences. The film-psychoanalytic approach reveals how movies subliminally influence unconscious reception.

Routledge

Market: Psychoanalysis

October 2015: 6 x 9: 192pp

Pb: 978-1-782-20290-5: **£26.99** Special price: **£21.60**

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