

TAYLOR & FRANCIS

New Acquisition
Karnac Books
Bestsellers



Welcome

Taylor & Francis is pleased to announce it's recent acquisition of Karnac Books, a leading name in psychoanalysis and psychotherapy publishing for professionals.

This catalogue presents a sample of the bestselling titles from the Karnac list, now under the Routledge Mental Health list.

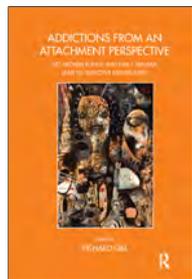
For more information or to place an order, please contact your local sales representative.

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Addictions From an Attachment Perspective

Do Broken Bonds and Early Trauma Lead to Addictive Behaviours?



Richard Gill

Series: *The John Bowlby Memorial Conference Monograph Series*

This outstanding book is an important collection of papers from the 2013 John Bowlby Memorial Conference by accomplished clinicians from different modalities who share their experience of working with people with different kinds of addiction. The papers bring together an in-depth understanding that addictions are a response to, and hold the pain of, broken attachments and are best treated within healthy interpersonal relationships. For a long time the person with an addiction has been seen as the problem with society being able to live in denial of the causes.

Routledge

November 2014: 156pp

Pb: 978-1-782-20107-6: £17.99

* For full contents and more information, visit: www.routledge.com/9781782201076

Affect Regulation, Mentalization and the Development of the Self

Peter Fonagy

In a brilliant examination of the frontiers of human emotion and cognition, four prominent psychoanalysts combine the perspectives of developmental psychology, attachment theory and psychoanalytic technique. The result of this marriage of disciplines is a bold, energetic and ultimately encouraging vision for the psychoanalytic treatment.

Routledge

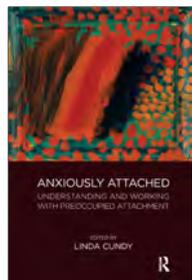
January 2004: 592pp

Pb: 978-1-855-75356-3: £31.99

* For full contents and more information, visit: www.routledge.com/9781855753563

Anxiously Attached

Understanding and Working with Preoccupied Attachment



Linda Cundy

Anxiously Attached contains four papers presented at a conference in February 2016. They address the origins of anxious attachment in specific features of parent-infant relationships, findings from research about developmental aspects, typical features, concerns, and defences in adults, and how these may be presented in psychotherapy. Enmeshed dynamics in adult relationships, including the therapeutic relationship, are also highlighted, where threat of separation and loss activate intense attachment seeking.

Routledge

August 2017: 116pp

Pb: 978-1-782-20519-7: £14.99

eBook: 978-0-429-47188-9

* For full contents and more information, visit: www.routledge.com/9781782205197

Attachment Theory and Psychoanalysis

Peter Fonagy

This book undertakes to demonstrate that the relationship between attachment theory and psychoanalysis is more complex than adherents of either community generally recognize. Beginning with a brief overview of attachment theory and some key findings of attachment research, and continuing through psychoanalytic approaches from Freud to Daniel Stern, this book offers a unique contribution to our understanding of our the subject.

Routledge

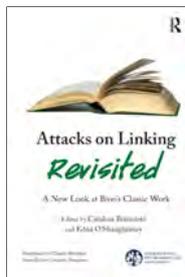
December 2001: 272pp

Pb: 978-1-855-75331-0: £31.99

* For full contents and more information, visit: www.routledge.com/9781855753310

Attacks on Linking Revisited

A New Look at Bion's Classic Work



Catalina Bronstein

Series: *The International Psychoanalytical Association Psychoanalytic Classics Revisited*

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Routledge

July 2017: 224pp

Pb: 978-1-782-20303-2: £25.99

eBook: 978-0-429-47208-4

* For full contents and more information, visit: www.routledge.com/9781782203032

Balint Matters

Psychosomatics and the Art of Assessment

Jonathan Sklar

This book explores the life and theories of Michael Balint, who kept alive Ferenczi's analytic traditions in Budapest and brought them to London, where they became a vital part of the Independent Group's theory and practice. Balint's theoretical understanding of regression, 'new beginnings', 'basic fault', as well as his profound impact on medicine, are all described. The work in the Balint groups by general practitioners, psychiatrists, and physicians are explored. Whole person and psychosomatic medicine, championed by Balint, is contrasted with today's more compartmentalised approach to medicine, including the increasing separation of the GP from the family.

Routledge

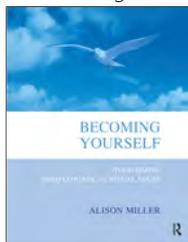
March 2017: 254pp

Pb: 978-1-782-20486-2: £27.99

* For full contents and more information, visit: www.routledge.com/9781782204862

Becoming Yourself

Overcoming Mind Control and Ritual Abuse



Alison Miller

In contrast to the author's previous book, *Healing the Unimaginable: Treating Ritual Abuse and Mind Control*, which was for therapists, this book is designed for survivors of these abuses. It takes the survivor systematically through understanding the abuses and how his or her symptoms may be consequences of these abuses, and gives practical advice regarding how a survivor can achieve stability and manage the life issues with which he or she may have difficulty. The book also teaches the survivor how to work with his or her complex personality system and with the traumatic memories, to heal

the wounds created by the abuse.

Routledge

May 2014: 408pp

Pb: 978-1-782-20076-5: £47.00

* For full contents and more information, visit: www.routledge.com/9781782200765

Being Supervised

A Guide for Supervisees



Erik De Haan

This book helps supervisors to get the most out of supervision and reap the unique and substantial benefits that can indeed be found on this profound journey. We know from experience and research that supervisory relationships can be immensely rewarding and developmental.

Routledge

October 2016: 160pp

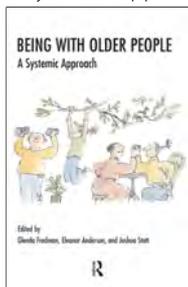
Pb: 978-1-782-20423-7: £18.99

eBook: 978-0-429-47229-9

* For full contents and more information, visit: www.routledge.com/9781782204237

Being with Older People

A Systemic Approach



Eleanor Anderson

Series: The Systemic Thinking and Practice Series

Offers fresh perspectives on working with older people in a range of physical health, mental health and social care contexts. This book contains examples that can be familiar both to practitioners working with older people and to older people themselves and their families.

Routledge

December 2010: 300pp

Pb: 978-1-855-75582-6: £26.99

eBook: 978-0-429-47232-9

* For full contents and more information, visit: www.routledge.com/9781855755826

Bereavement

Personal Experiences and Clinical Reflections



Salman Akhtar

This is a book about death, loss, grief and mourning, but with an unusual twist. It is different in that it explores specific kinds of deaths encountered within families and households, rather than general concepts of mourning. It is even more unusual because here six psychoanalysts reveal how they have suffered, processed, and survived losses in their own lives; at the same time bringing clinical and theoretical perspectives of various psychoanalytic schools to bear on their own, as well as others', experiences.

Routledge

December 2016: 229 x 152: 232pp

Pb: 978-1-782-20491-6: £26.99

eBook: 978-0-429-47233-6

* For full contents and more information, visit: www.routledge.com/9781782204916

Breakthrough Moments in Arts-Based Psychotherapy

A Personal Quest to Understand Moments of Transformation in Psychotherapy

Aileen Webber

In *Breakthrough Moments in Arts-Based Psychotherapy* the author shares her very personal journey to discover what might be happening at these pivotal moments and demonstrates their importance for clients' change processes. Filled with examples from her own practice, the book dips into the worlds of chaos and complexity theory, neuroscience, quantum physics, and theories of change, in order to show how the use of arts-media in psychotherapy - visual images and drawing, drama and music, sand-tray and enactment - can encourage the arrival of these dramatic breakthrough moments.

Routledge

December 2016: 272pp

Pb: 978-1-782-20306-3: £27.99

* For full contents and more information, visit: www.routledge.com/9781782203063

Carved by Experience

Vipassana, Psychoanalysis, and the Mind Investigating Itself

Michal Barnea-Astrog

It looks at the personal and the interpersonal, at theory, meta-theory, and everyday life. It observes how the mind's habits mould the human condition, and investigates its ability to free itself from their domination. It examines the potential of this liberation: to be in touch with reality as it is and live a less reactive, more ethical life.

Routledge

February 2017: 232pp

Pb: 978-1-782-20450-3: £27.99

* For full contents and more information, visit: www.routledge.com/9781782204503

2nd Edition

Child and Adolescent Psychotherapy

Peter Blake

Articulates the author's clinical practice of child and adolescent psychotherapy. This title follows the therapeutic process, from assessment (referral and initial interview, assessment for therapy, working with parents) to therapy (physical and mental settings, interpretation, transference and countertransference, termination).

Routledge

April 2011: 342pp

Pb: 978-1-855-75898-8: £33.99

* For full contents and more information, visit: www.routledge.com/9781855758988**Child-Focused Practice**

A Collaborative Systemic Approach



Jim Wilson

Series: *The Systemic Thinking and Practice Series*

The author, with over twenty years of experience of working with children, writes refreshingly about the practical aspects of his work. He takes traditional and contemporary theories and explains them in the context of how he works with children.

Routledge

December 1998: 176pp

Pb: 978-1-855-75204-7: £25.99

eBook: 978-0-429-47283-1

* For full contents and more information, visit: www.routledge.com/9781855752047**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

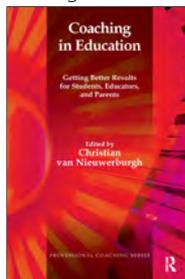
December 2016: 176pp

Pb: 978-1-782-20298-1: £19.99

eBook: 978-0-429-47288-6

* For full contents and more information, visit: www.routledge.com/9781782202981**Coaching in Education**

Getting Better Results for Students, Educators, and Parents



Christian van Nieuwerburgh

Series: *The Professional Coaching Series*

With chapters on coaching in primary schools and secondary schools, with students, staff and parents, this book provides a sound basis for introducing coaching into any educational setting. It brings together national and international academic research with real case studies and a focus on practice that makes a difference for learners.

Routledge

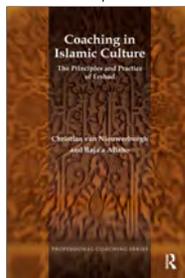
May 2012: 229 x 152: 244pp

Pb: 978-1-780-49079-3: £26.99

eBook: 978-0-429-47303-6

* For full contents and more information, visit: www.routledge.com/9781780490793**Coaching in Islamic Culture**

The Principles and Practice of Ershad



Raja'a Allaho

Series: *The Professional Coaching Series*

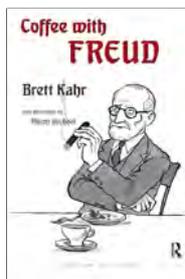
This book is the result of a collaboration between two authors who share a passion and commitment for coaching. Its aim is to enthuse readers and provide guidance about the appropriate use of coaching within Islamic culture. The intention is to provide a culturally relevant coaching framework for use in Islamic context, which allows Muslims to develop in ways that are aligned with their faith and traditions. The complete coaching framework presented here is called Ershad.

Routledge

August 2017: 229 x 152: 184pp

Pb: 978-1-782-20199-1: £24.99

eBook: 978-0-429-47304-3

* For full contents and more information, visit: www.routledge.com/9781782201991**Coffee with Freud**

Brett Kahr

Series: *The Interviews with Icons Series*

The book serves as the perfect introduction to the work of Freud while examining the context in which he lived and worked. Kahr examines his legacy and considers what Freud has to teach us. In a world where manifestations of sexuality and issues of the mind are ever more widely discussed, the work of Sigmund Freud is more relevant than ever.

Routledge

March 2017: 336pp

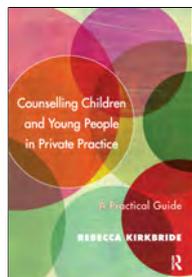
Pb: 978-1-782-20343-8: £14.99

eBook: 978-0-429-47310-4

* For full contents and more information, visit: www.routledge.com/9781782203438

Counselling Children and Young People in Private Practice

A Practical Guide



Rebecca Kirkbride

This book offers comprehensive guidance to both experienced and novice counsellors to assist them in the process of setting up or adapting their private practice to include children and young people. It coherently and systematically addresses the obstacles which stand in the way of practitioners offering this important service effectively and ethically. The book is divided into four parts and uses case material to bring to life the areas covered by each chapter. Each chapter concludes with a summary of key points covered.

Routledge
November 2015: 234pp
Pb: 978-1-782-20261-5: £25.99
eBook: 978-0-429-47332-6

* For full contents and more information, visit: www.routledge.com/9781782202615

Embodied Relating

The Ground of Psychotherapy

Nick Totton

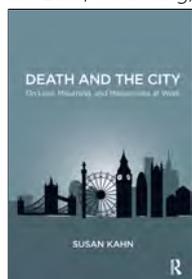
This book is intended to be part of the change. Embodiment and relationship are inseparable, both in human existence and in psychotherapy. If we explore embodiment, we encounter relationship; if we explore relationship, we encounter embodiment. Therapy is more powerful when the practitioner is able to recognise the constant interplay between these two aspects of being human, and to follow and support the shifts of change from one to the other. The book explores the nature of embodiment, and of embodied relating, drawing on many sources, including Merleau-Ponty, Foucault, Bourdieu, enaction theory, extended cognition, and neuroscience.

Routledge
October 2015: 272pp
Pb: 978-1-782-20293-6: £26.99

* For full contents and more information, visit: www.routledge.com/9781782202936

Death and the City

On Loss, Mourning, and Melancholia at Work



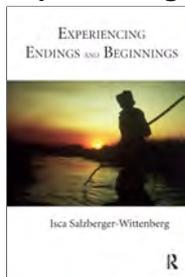
Susan Kahn

The reader will gain an understanding of the experience and catastrophe of loss in the context of the global financial crisis. The pain of a slow corporate death and the acceptance of failure will be illuminated using psychoanalytic theory helpful to consultants and academics dealing with endings. This book offers an original and in-depth understanding of organisational closure, the inner world of the organisation seen through the inner world of the researcher. Death deserves contemplation at a time when organisations are experiencing more exposure to endings than at any time in the last century.

Routledge
May 2017: 200pp
Pb: 978-1-782-20354-4: £26.99
eBook: 978-0-429-47356-2

* For full contents and more information, visit: www.routledge.com/9781782203544

Experiencing Endings and Beginnings



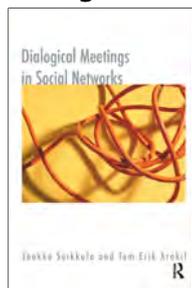
Isca Salzberger-Wittenberg

Throughout life we undergo many changes in our circumstances, beginnings and endings of relationships, gains and losses. This book highlights the emotional turmoil which, to a greater or lesser extent, accompanies these changes.

Routledge
January 2013: 196pp
Pb: 978-1-780-49171-4: £25.99

* For full contents and more information, visit: www.routledge.com/9781780491714

Dialogical Meetings in Social Networks



Tom Erik Arnkil

Series: *The Systemic Thinking and Practice Series*

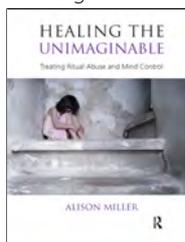
This book describes and analyses two dialogic network practices: 'Open Dialogues' - developed for use in psychiatric crisis situations - and 'Anticipation Dialogues' - used in less acute situations such as multi-agency muddles where the helper systems are stuck. The book is both theoretical and detailed enough for practitioners who wish to apply the approaches to their work. It is meant for professionals in the fields of psycho-social work - including therapists to day care personnel, social workers to school teachers, - researchers, and academics.

Routledge
December 2006: 236pp
Pb: 978-1-855-75410-2: £28.99
eBook: 978-0-429-47368-5

* For full contents and more information, visit: www.routledge.com/9781855754102

Healing the Unimaginable

Treating Ritual Abuse and Mind Control



Alison Miller

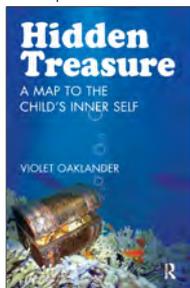
"*Healing the Unimaginable: Treating Ritual Abuse and Mind Control*" is a practical, task-oriented, instructional manual designed to help therapists provide effective treatment for survivors of these most extreme forms of child abuse and mental manipulation.

Routledge
December 2012: 336pp
Pb: 978-1-855-75882-7: £32.99
eBook: 978-0-429-47546-7

* For full contents and more information, visit: www.routledge.com/9781855758827

Hidden Treasure

A Map to the Child's Inner Self



Violet Oaklander

A follow up to "Windows To Our Children", this work offers the Gestalt Therapy-based approach which provides an effective method for psychotherapeutic work with children of all ages. It focuses on the relationship between the therapist and client, rather than observation and interpretation.

Routledge

November 2006: 248pp

Pb: 978-1-855-75490-4: **£25.99**

eBook: 978-0-429-47552-8

* For full contents and more information, visit: www.routledge.com/9781855754904

Hunger Strike

The Anorectic's Struggle as a Metaphor for our Age

Susie Orbach

In this classic text, originally published in 1986, Susie Orbach brilliantly examines the anorectic's struggle. Anorexia is a battle; a battle to be thin; a battle of wills, denial versus desire. Yet anorexia, whilst an extreme method of conforming to such demands, is conversely a rebellion against such ideas. It is the ultimate control over self, a cry of protest, a hunger strike against the contradictory and overwhelming demands placed on women in contemporary society. Also discussed are attitudes towards eating problems, and how they have changed over recent years, and an innovative approach to residential treatment.

Routledge

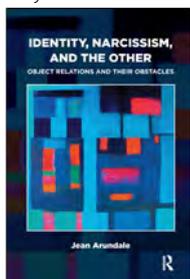
March 2005: 224pp

Pb: 978-1-855-75377-8: **£14.99**

* For full contents and more information, visit: www.routledge.com/9781855753778

Identity, Narcissism, and the Other

Object Relations and their Obstacles



Jean Arundale

As Freud pointed out, even in our most intimate relationships there is an element of hostility. Threats to both the self and other, and various anxieties around libidinal contact, will be examined in this book using case material, and the relationship between these three important themes, identity, narcissism and the other, separate but interconnected, will be explored.

Routledge

August 2017: 229 x 152: 214pp

Pb: 978-1-782-20397-1: **£26.99**

eBook: 978-0-429-47571-9

* For full contents and more information, visit: www.routledge.com/9781782203971

Immigrants and Refugees

Trauma, Perennial Mourning, Prejudice, and Border Psychology



Vamik D. Volkan

Psychoanalyst Vamik Volkan, who left Cyprus for the US as a young man, brings his own experiences as an immigrant to bear on this study of the psychology of immigrants and refugees, and of those who cross paths with them. In Part I, case examples illustrate the impact of traumatic experiences, group identity issues, and how traumas embedded in the experience of immigrants and refugees can be passed down from one generation to the next. Part II focuses on the host countries, considering the evolution of prejudice and how fear of newcomers can affect everything from international politics to the way we behave as individuals.

Routledge

January 2017: 142pp

Pb: 978-1-782-20472-5: **£17.99**

eBook: 978-0-429-47577-1

* For full contents and more information, visit: www.routledge.com/9781782204725

Inside Lives

Psychoanalysis and the Growth of the Personality

Margot Waddell

Series: Tavistock Clinic Series

This book provides a perspective on the relationship between psychoanalytic theory and the nature of human development, which is not currently available in written form. Following the major developmental phases from infancy to old age, the author lucidly explores those vital aspects of experience, which promote mental and emotional growth and those which impede it.

Routledge

December 2002: 288pp

Pb: 978-1-855-75937-4: **£25.99**

* For full contents and more information, visit: www.routledge.com/9781855759374

Intensive Short-Term Dynamic Psychotherapy

Theory and Technique



Patricia C. Della Selva

The book is organised in a systematic fashion, analogous to the process of therapy itself, from initial contact through to termination and follow-up. Detailed clinical examples are presented throughout the text to illustrate how theory is translated into techniques of unparalleled power and effectiveness.

Routledge

April 2004: 272pp

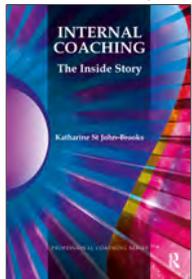
Pb: 978-1-855-75302-0: **£25.99**

eBook: 978-0-429-47604-4

* For full contents and more information, visit: www.routledge.com/9781855753020

Internal Coaching

The Inside Story



Katharine St John-Brooks

Series: *The Professional Coaching Series*

Internal Coaching: The Inside Story provides a window into the world of internal coaching: the challenges and rewards for the coaches themselves and the ways in which organisations can ensure that they can get best value for money from their investment in them. Internal coaching is booming. A recent survey showed that nearly four fifths of large organisations in the UK believe that internal coaching (that is coaching delivered by one employee to another in a different chain of command) will grow over the next three years. Yet there has been surprisingly little written about the unique nature of the internal coaching role.

Routledge

November 2013: 320pp

Pb: 978-1-780-49172-1: **£26.99**

* For full contents and more information, visit: www.routledge.com/9781780491721

Internal Landscapes and Foreign Bodies

Eating Disorders and Other Pathologies

Gianna Williams

Series: *Tavistock Clinic Series*

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

Routledge

December 1997: 160pp

Pb: 978-1-855-75972-5: **£25.99**

* For full contents and more information, visit: www.routledge.com/9781855759725

Into TA

A Comprehensive Textbook on Transactional Analysis

William F. Cornell

TA combines a highly accessible theory on the development of people and systems with a highly practical approach, centred on the possibilities of change, growth and development. *Into TA* is a comprehensive textbook of contemporary TA in theory and practice. The first section of the book focuses on theory, presented so that both beginning and experienced professionals will find much of value. TA theory is then further integrated with other current models of psychology, education, and organisational consultation. The second section provides rich and stimulating examples of TA in practice that brings the theory to life.

Routledge

January 2016: 444pp

Pb: 978-1-782-20206-6: **£50.00**

* For full contents and more information, visit: www.routledge.com/9781782202066

Into the Darkest Places

Early Relational Trauma and Borderline States of Mind



Marcus West

This book explores the roots of borderline states of mind in early relational trauma and shows how it is possible, and necessary, to visit 'the darkest places' in order to work through these traumas. This is despite the fact that re-experiencing such traumas is unbearable for the patient and they naturally want to enlist the analyst in ensuring that they will never be experienced again. This is the backdrop for the extreme pressures and roles that are constellated in the analysis that can lead to impasse or breakdown of the analytic relationship.

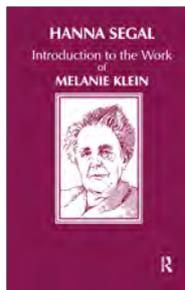
Routledge

April 2016: 360pp

Pb: 978-1-782-20122-9: **£29.99**

* For full contents and more information, visit: www.routledge.com/9781782201229

Introduction to the Work of Melanie Klein



Hanna Segal

A most lucid and comprehensive introduction to Kleinian theories from one of the leading contemporary Kleinian analysts, including new chapters on her early work and on technique. This is a reprint of a revised and enlarged edition, where Dr Segal has added important new chapters on Melanie Klein's early work and on technique, as well as a complete chronological list of her publications.

Routledge

December 1988: 154pp

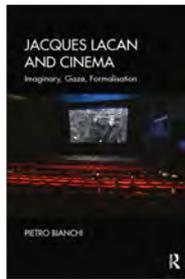
Pb: 978-0-946-43950-8: **£29.99**

eBook: 978-0-429-47619-8

* For full contents and more information, visit: www.routledge.com/9780946439508

Jacques Lacan and Cinema

Imaginary, Gaze, Formalisation



Pietro Bianchi

The work of Jacques Lacan though, is strangely full of references to the visual field, from the intervention on the mirror stage in the Forties to the elaboration of the object-gaze in the Sixties. As a consequence, a long tradition of film studies used Lacanian psychoanalysis in order to explain the influence of the subject of the unconscious on the cinematographic experience.

Routledge

January 2017: 229 x 152: 208pp

Pb: 978-1-782-20172-4: **£26.99**

* For full contents and more information, visit: www.routledge.com/9781782201724

Lalangue, Sinthome, Jouissance, and Nomination

A Reading Companion and Commentary on Lacan's Seminar XXIII on the Sinthome

Raul Moncayo

This reading companion and commentary on Lacan Seminar XXIII provides detailed analyses of Lacan's seminar while maintaining an overall continuity and consistency. This book does not purport to provide an exhaustive and systematic line-by-line reading of a very complex and varied seminar. Rather it selects key themes of Lacanian theory that are found present throughout his work. In addition, the book does not try to simplify Lacan's ambiguous style, leaving the text open to different interpretations, while providing theory, commentary, and lines of analysis into some of Lacan's important insights.

Routledge

October 2016: 164pp

Pb: 978-1-782-20424-4: £14.99

* For full contents and more information, visit: www.routledge.com/9781782204244

Life Scripts

A Transactional Analysis of Unconscious Relational Patterns



Richard G. Erskine

A collection of contemporary writings on Life Script theory and psychotherapeutic methods. It describes evolutions of Eric Berne's original theory and brings together a range of international perspectives, theoretical positions, clinical experiences and psychotherapy practices, as well as a psychotherapy story that illustrates the theory.

Routledge

June 2010: 336pp

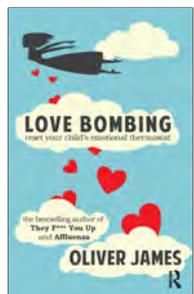
Pb: 978-1-855-75662-5: £28.99

eBook: 978-0-429-47668-6

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Love Bombing

Reset Your Child's Emotional Thermostat



Oliver James

Love Bombing is a radical new method for resetting the emotional thermostats of troubled children and their parents, setting them on a much happier trajectory. It is simple to do, easily explained and works for both severe and mild problems from aged three to early teenage.

Routledge

September 2012: 240pp

Pb: 978-1-780-49137-0: £9.99

* For full contents and more information, visit: www.routledge.com/9781780491370

Love in a Time of Loneliness

Paul Verhaeghe

Shows us what it is about sex that both keeps us moving and inhibits us at the same time. This title presents an analysis of the contemporary relationship between man and woman. It demonstrates that the Freudian Oedipus complex has disappeared, with a resulting shattering of classic gender roles.

Routledge

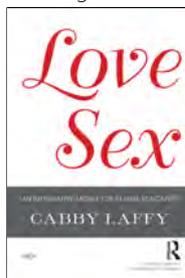
December 2011: 224pp

Pb: 978-1-855-75698-4: £14.99

* For full contents and more information, visit: www.routledge.com/9781855756984

LoveSex

An Integrative Model for Sexual Education



Cabby Laffy

Series: *The United Kingdom Council for Psychotherapy Series*

Suitable for lay readers and therapists alike, this book looks at how our brains, minds, bodies and emotions interact to create our experience of sexuality, and how we can create a sense of sexual self-esteem and a nutritious sexual diet for ourselves.

Routledge

March 2013: 229 x 152: 220pp

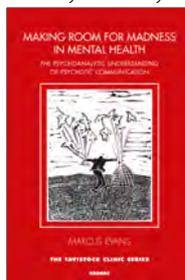
Pb: 978-1-780-49155-4: £24.99

eBook: 978-0-429-47696-9

* For full contents and more information, visit: www.routledge.com/9781780491554

Making Room for Madness in Mental Health

The Psychoanalytic Understanding of Psychotic Communication



Marcus Evans

Series: *Tavistock Clinic Series*

In this book, Marcus Evans argues that in addition to providing a helpful treatment for patients who suffer from serious psychological difficulties, psychoanalytic thinking can also help mental health staff develop a better understanding of their patients and complement other ways of thinking about mental disturbance. Mental health professionals need to be receptive to their patients' projections and communications, but these powerful projections can become overwhelming, especially for clinicians who are in direct contact with their patients for long periods of time.

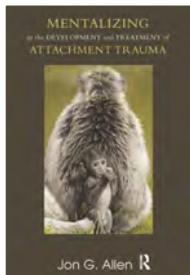
Routledge

April 2016: 240pp

Pb: 978-1-782-20329-2: £27.99

* For full contents and more information, visit: www.routledge.com/9781782203292

Mentalizing in the Development and Treatment of Attachment Trauma



Jon G. Allen

Series: The Developments in Psychoanalysis Series

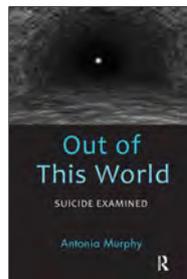
This book brings together the latest knowledge from attachment research and neuroscience to provide a new approach to treating trauma for therapists from different professional disciplines and diverse theoretical backgrounds.

Routledge
January 2013: 229 x 152: 362pp
Pb: 978-1-780-49091-5: **£31.99**
eBook: 978-0-429-47726-3

* For full contents and more information, visit: www.routledge.com/9781780490915

Out of This World

Suicide Examined



Antonia Murphy

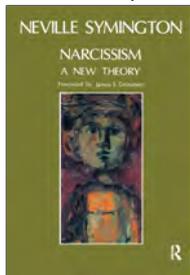
This book is intended for anyone with either an interest in suicide or suicidal behaviour. It is not aimed solely at the professional psychotherapist but at a broad range of professionals who encounter suicidal people in their work. It is also intended for those of us who have been touched by suicide personally. The book approaches suicide from the point of view of the suicidal state of mind and is intended to help us understand more about this condition. In its essence suicide is examined as a largely unconscious aggressive act having its roots in a perceived or real experience of thwarted childhood needs. The wounds of the suicidal person are often long held and deep.

Routledge
February 2017: 156pp
Pb: 978-1-782-20487-9: **£19.99**
eBook: 978-0-429-47811-6

* For full contents and more information, visit: www.routledge.com/9781782204879

Narcissism

A New Theory



Neville Symington

The author presents fresh insights into the subject of narcissism, drawing on his vast clinical experience of treating people suffering from this disorder.

Routledge
December 1993: 160pp
Pb: 978-1-855-75047-0: **£28.99**
eBook: 978-0-429-47747-8

* For full contents and more information, visit: www.routledge.com/9781855750470

Portraits of the Insane

Theodore Gericault and the Subject of Psychotherapy



Robert Snell

The book sketches the history of this last process, from the Enlightenment through to the Revolution and its public health policies, to the birth of the asylum in its interface with the penal system. But there was also a new medico-philosophical conviction that the mad were never wholly mad, and their suffering and disturbance might best be addressed through relationship and speech. For contemporaries like Stendhal and Hegel, we are all split subjects.

Routledge
September 2016: 256pp
Pb: 978-1-782-20247-9: **£26.99**
eBook: 978-0-429-47840-6

* For full contents and more information, visit: www.routledge.com/9781782202479

Organization in the Mind

Psychoanalysis, Group Relations and Organizational Consultancy

David Armstrong

Series: Tavistock Clinic Series

David Armstrong has been a leading figure internationally in the fields of organizational consultancy and group relations for many years. Robert French and Russ Vince have gathered together, for the first time, his key writings in this area. This is essential reading for managers and leaders, as well as organizational consultants, academics and students of organizations. Part of the Tavistock Clinic Series.

Routledge
December 2005: 188pp
Pb: 978-1-855-75397-6: **£25.99**
eBook: 978-0-429-47807-9

* For full contents and more information, visit: www.routledge.com/9781855753976

Psychoanalysis, the NHS, and Mental Health Work Today

Alison Vaspe

Series: The Psychoanalytic Ideas Series

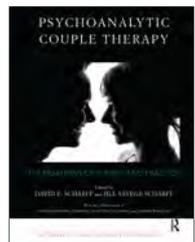
This book illustrates the distinctive psychoanalytic contribution to mental health services for children, young people, and adults, with detailed case vignettes illustrating therapeutic treatment and the ways in which staff are supported to do work that is frequently difficult and disturbing. Psychoanalytic thinking contributes to effective mental health work on many levels, from Balint's "Flash" technique in the brief GP/patient encounter to the psychiatric medical and nursing care in secure units, where the most challenging patients need to be held. Starting with the historical contribution of psychoanalysis to the NHS in the 1940s.

Routledge
March 2017: 328pp
Pb: 978-1-782-20368-1: **£29.99**

* For full contents and more information, visit: www.routledge.com/9781782203681

Psychoanalytic Couple Therapy

Foundations of Theory and Practice



David E. Scharff

Series: *The Library of Couple and Family Psychoanalysis*

This book is both an advanced text for therapists and a primer for new students of couple psychoanalytic psychotherapy. Its twenty-eight chapters cover the major ideas underlying the application of psychoanalysis to couple therapy, many clinical illustrations of cases and problems in various dimensions of the work. The international group of authors comes from the International Psychotherapy Institute based in Washington, DC, and the Tavistock Centre for Couple Relationships (TCCR) in London. The result is a richly international perspective that

nonetheless has theoretical and clinical coherence because of the shared vision of the authors.

Routledge

January 2014: 368pp

Pb: 978-1-782-20012-3: £40.99

* For full contents and more information, visit: www.routledge.com/9781782200123

Psychotherapy With Couples

Theory and Practice at the Tavistock Institute of Marital Studies

Stanley Rusczyński

A thought provoking, persuasive, challenging, and above all practical guide for beginners and more experienced therapists alike. It shows the demands and complexity of marital work and is an important reminder of the interdependence of theory and practice.

Routledge

December 1993: 264pp

Pb: 978-1-855-75045-6: £27.99

* For full contents and more information, visit: www.routledge.com/9781855750456

Psychotherapy with Male Survivors of Sexual Abuse

The Invisible Men

Alan Corbett

Series: *The Forensic Psychotherapy Monograph Series*

While the psychotherapeutic world has made significant strides in documenting the treatment of women victims of sexual abuse, little has been written on therapeutic responses to men. This may be understood as being partly due to the reluctance of male survivors to expose their history of abuse to clinical eyes. This may be exacerbated by a particular brand of masculine shame that causes male victims to be even more silenced than female survivors. Based on the author's extensive clinical experience of working with children and adult victims of sexual crime, *Psychotherapy with Male Survivors of Sexual Abuse* looks at the long history of male sexual abuse, positioning it not simply as a new phenomenon, but one that has a long but undocumented history.

Routledge

September 2016: 208pp

Pb: 978-1-782-20196-0: £24.99

* For full contents and more information, visit: www.routledge.com/9781782201960

Relational Patterns, Therapeutic Presence

Concepts and Practice of Integrative Psychotherapy

Richard G. Erskine

This book begins with eight philosophical assumptions essential in the practice of a relational psychotherapy. Integrated throughout the chapters is a sensitivity to both normal developmental processes and the psychological compensations that occur when there has been prolonged neglect and psychological trauma. Several case presentations illustrate the use of phenomenological and historical inquiry, developmental and rhythmic attunement, and the importance of therapeutic presence.

Routledge

March 2015: 400pp

Pb: 978-1-782-20190-8: £32.99

* For full contents and more information, visit: www.routledge.com/9781782201908

Relational Transactional Analysis

Principles in Practice

Heather Fowle

The book advances relational transactional analyses and, in doing so, reflects the creativity and vibrancy of contemporary TA. The editors have skilfully brought together different generations of TA practitioners in an accessible and stimulating volume. I commend the editors and highly recommend the book.- Dr Keith Tudor, author of a number of books and co-author of the article "Co-creative transactional analysis" in the *Transactional Analysis Journal*. He is Associate Professor, Auckland University of Technology, Auckland, Aotearoa, New Zealand.

Routledge

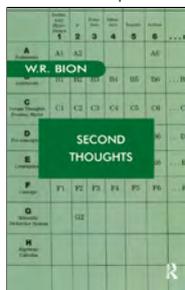
June 2011: 414pp

Pb: 978-1-855-75762-2: £35.99

* For full contents and more information, visit: www.routledge.com/9781855757622

Second Thoughts

Selected Papers on Psychoanalysis



Wilfred R. Bion

Second Thoughts is a collection of papers on Schizophrenia, Linking and Thinking, and is a commentary upon them in the light of later work. Originally composed between 1950 and 1962, it derives its title from the lengthy critical commentary which Bion attached to these case histories in the year of publication, 1967, and represents the evolutionary change of position marked in his three previous books and brought to further refinement in the present work.

Routledge

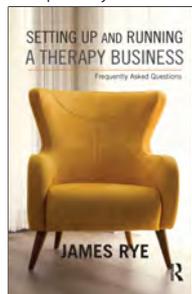
December 1984: 180pp

Pb: 978-0-946-43904-1: £28.99

* For full contents and more information, visit: www.routledge.com/9780946439041

Setting Up and Running a Therapy Business

Frequently Asked Questions



James Rye

This book answers the questions that therapists frequently ask about setting up and running a business. It allows readers to successfully make the journey from being trained in how to conduct professional therapy sessions to running a growing private practice. The material covers a range of issues including: registration with HMRC, money issues, marketing, insurance, and whether to work from home or other premises. The book addresses a number of practical questions, such as: Do I have to register with the information commission? What can I count as legitimate business expenses?

Routledge
February 2017: 220pp
Pb: 978-1-782-20464-0: £16.99
eBook: 978-0-429-47990-8

* For full contents and more information, visit: www.routledge.com/9781782204640

Sex Now, Talk Later

Estela V. Welldon

Dr Welldon is an internationally recognized expert on sexual diversity. As a psychiatrist, she has also worked inside prisons with sex offenders, so she is familiar with the extremes of 'oddy'. Here, she uses a psychoanalytic framework with humour, insight and clarity to explore why we disapprove, and what we lose when we do. She presents us with a series of interwoven vignettes, drawn from clinical work and life experiences, which have led her to these conclusions.

Routledge
November 2016: 142pp
Pb: 978-1-782-20521-0: £9.99

* For full contents and more information, visit: www.routledge.com/9781782205210

Shared Traumas, Silent Loss, Public and Private Mourning

Lene Auestad

This book aims to question 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"?'

Routledge
Feb 2017
Pb: 978-1-780-49161-5: £26.99

* For full contents and more information, visit: www.routledge.com/9781780491615

Short-term Psychoanalytic Psychotherapy for Adolescents with Depression

A Treatment Manual

Simon Cregeen

Series: *Tavistock Clinic Series*

The manual explicitly focuses on the treatment of moderate to severe depression, both by detailing the psychoanalytic understanding of depression in young people and through careful consideration of clinical work with this group. It is the first treatment manual to describe psychoanalytic psychotherapy for adolescents with depression. The treatment approach described in this manual has been used in a multi-site randomised controlled trial in the UK, 'Improving Mood with Psychoanalytic and Cognitive Therapies' (IMPACT) and internationally.

Routledge
November 2016: 229 x 152: 288pp
Pb: 978-1-782-20352-0: £29.99
eBook: 978-0-429-48016-4

* For full contents and more information, visit: www.routledge.com/9781782203520

Social Defences Against Anxiety

Explorations in a Paradigm

David Armstrong

Series: *Tavistock Clinic Series*

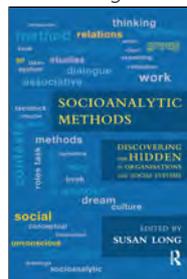
This book revisits the theory of social systems as a defence against anxiety first set out by Elliott Jaques and Isabel Menzies Lyth in papers which they published in 1955 and 1960, and which have been influential points of reference ever since. Menzies Lyth's study of the nursing system of a general hospital, with its roots in both psychoanalysis and socio technical systems thinking, has remained one of the most convincing demonstrations of the influence of unconscious anxieties on social behaviour, and of their effects in inducing dysfunctional defensive systems in organisations. The theory of *social defences against anxiety* remains one of the most significant contributions of the 'Tavistock school' to the study of human relations.

Routledge
November 2014: 400pp
Pb: 978-1-782-20168-7: £30.99

* For full contents and more information, visit: www.routledge.com/9781782201687

Socioanalytic Methods

Discovering the Hidden in Organisations and Social Systems



Susan Long

This book examines several of the methodologies used in socioanalytic work. Even though the beginnings of socioanalytic investigation lay in the mid-twentieth century, a broad look across several methodologies has not been done before, despite separate publications dealing with particular methods. In addition, several new methods have been developed in recent years, which the present work incorporates. Connecting all these methods is their aim of 'tapping into' the dynamic operation of what the author calls 'the associative unconscious' within and between social systems.

Routledge
April 2013: 352pp
Pb: 978-1-780-49132-5: £31.99

* For full contents and more information, visit: www.routledge.com/9781780491325

Soulfulness

The Marriage of Shamanic And Contemporary Psychology

David England

This book brings the wisdom of the ancient healing practice of shamanism together with the insights of contemporary psychology to provide an integrated approach to the treatment of traumatic symptoms. 'Soulfulness' has two historic shamanic roots: Mayan and Native American psychology - a psychology of Self - as expressed in the many aspects of the Medicine Wheel, the wheel of health and wholeness; and the Shamanic Journey and Soul Retrieval, as practiced in traditional societies throughout the world, notably the Tungus tribes of Siberia.

Routledge

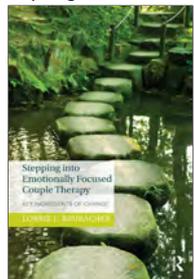
October 2017: 282pp

Pb: 978-1-782-20475-6: **£28.99**

* For full contents and more information, visit: www.routledge.com/9781782204756

Stepping into Emotionally Focused Couple Therapy

Key Ingredients of Change



Lorrie L. Brubacher

This volume makes *Emotionally Focused Couple Therapy* (EFT) widely accessible to therapists of different orientations and to therapists in training. It provides clinicians with practical tools, an experiential tour through case examples, and simple guidance to step into EFT. An overview of the change events includes both client processes and therapist interventions moment-to-moment.

Routledge

October 2017: 229 x 152: 340pp

Pb: 978-1-782-20325-4: **£30.99**

eBook: 978-0-429-48047-8

* For full contents and more information, visit: www.routledge.com/9781782203254

Tea with Winnicott

Brett Kahr

Series: *The Interviews with Icons Series*

Professor Brett Kahr, an award-winning biographer and scholar of long-standing, has resurrected Donald Woods Winnicott from the dead and has invited him for a memorable cup of tea at 87 Chester Square - Winnicott's London residence - in which the two men discuss Winnicott's life and work in compelling detail. This book - the first in a new series entitled *Interviews with Icons* - will delight novices and experienced professionals alike.

Routledge

February 2016: 300pp

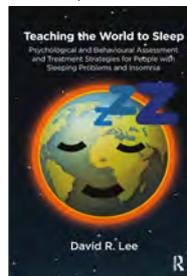
Pb: 978-1-782-20342-1: **£19.99**

* For full contents and more information, visit: www.routledge.com/9781782203421

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: 229 x 152: 220pp

Pb: 978-1-782-20345-2: **£25.99**

eBook: 978-0-429-48087-4

* For full contents and more information, visit: www.routledge.com/9781782203452

The Dialogical Therapist

Dialogue in Systemic Practice

Paolo Bertrando

Series: *The Systemic Thinking and Practice Series*

Attempts to bridge the gap between systemic understanding and dialogic understanding in therapy, which have some similarities, but also a whole array of differences. The most striking one is the very vantage point for observation each of them holds.

Routledge

December 2007: 288pp

Pb: 978-1-855-75560-4: **£25.99**

* For full contents and more information, visit: www.routledge.com/9781855755604

The Disintegrating Self

Psychotherapy of Adult ADHD, Autistic Spectrum, and Somato-psychic Disorders

Phil Mollon

Phil Mollon, a psychoanalyst and psychotherapist with forty years clinical experience, presents a wide-ranging discussion of these disorders, exploring psychoanalytic, neurobiological and psycho-energetic perspectives. He describes how the classical Freudian model, combined with Kohut's self-psychology, provides a sound basis for effective therapy with clients whose self is under continual threat of disintegration.

Routledge

April 2015: 336pp

Pb: 978-1-782-20210-3: **£29.99**

* For full contents and more information, visit: www.routledge.com/9781782202103

The Ego and the Mechanisms of Defence

Anna Freud

Written by a pioneer of child analysis, and illustrated by fascinating clinical pictures drawn from childhood and adolescence, it discusses those adaptive measures by which painful and unwanted feeling-states are kept at bay or made more bearable. Anna Freud's arguments have a clarity and cogency reminiscent of her father's and the work is remarkable undated. Nothing stands still, but *The Ego and the Mechanisms of Defense* has unmistakably passed the test of time.

Routledge

December 1992: 204pp

Pb: 978-1-855-75038-8: £31.99

* For full contents and more information, visit: www.routledge.com/9781855750388

The Feeling Brain

Selected Papers on Neuropsychanalysis

Mark Solms

Series: The Psychoanalytic Ideas Series

Neuropsychanalysis is the fastest growing area within psychoanalysis, providing a bridge between "classic" psychoanalysis and the neurological sciences. This book provides an accessible introduction to the field through a selection of papers by one of its leading figures. It includes papers on the theoretical and philosophical foundations of neuropsychanalysis, scientific papers on the brain mechanisms of dreaming and consciousness, the application of neuropsychanalysis in psychiatry and neurology, and clinical case studies.

Routledge

June 2015: 240pp

Pb: 978-1-782-20272-1: £25.99

* For full contents and more information, visit: www.routledge.com/9781782202721

The Four Fundamental Concepts of Psycho-Analysis

Jacques Lacan

This volume is based on a year's seminar, which is of particular importance because he was addressing a larger, less specialist audience than ever before, amongst whom he could not assume familiarity with his work. For his listeners then, and for his readers now, he wanted "to introduce a certain coherence into the major concepts on which psycho-analysis is based", namely the unconscious, repetition, the transference and the drive. In re-defining these four concepts he explores the question that, as he puts it, moves from "Is psycho-analysis a science?"

Routledge

September 2004: 302pp

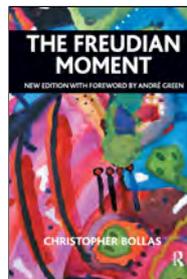
Pb: 978-1-855-75357-0: £21.99

* For full contents and more information, visit: www.routledge.com/9781855753570

The Freudian Moment

Christopher Bollas

Argues for a return to our understanding of how Freudian psychoanalysis works unconscious to unconscious. In this book, the author also argues, realizes a phylogenetic preconception that has existed for tens of thousands of years.



Routledge

January 2013: 128pp

Pb: 978-1-780-49130-1: £14.99

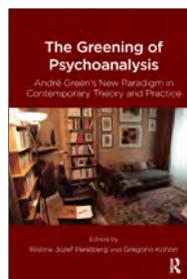
* For full contents and more information, visit: www.routledge.com/9781780491301

The Greening of Psychoanalysis

Andre Green's New Paradigm in Contemporary Theory and Practice

Gregorio Kohon

The influence of Andre Green on psychoanalysis has been immeasurable - his theoretical, clinical and cultural contributions have identified him as one of the most important psychoanalytic thinkers of our times. The present book brings together a group of eminent psychoanalysts from different parts of the world, all of whom presented the papers included in this volume at the 2015 Conference on *The Greening of Psychoanalysis*. Every one of these texts conveys a rich sense of continuing a conversation, always creative, albeit challenging, forever engaging and fruitful, with Andre Green. This book is an invitation to the reader to join in.



Routledge

June 2017: 192pp

Pb: 978-1-782-20562-3: £23.99

eBook: 978-0-429-48194-9

* For full contents and more information, visit: www.routledge.com/9781782205623

The Impossibility of Sex

Stories of the Intimate Relationship between Therapist and Client

Susie Orbach

In these intriguing accounts, Susie Orbach, the celebrated author of *Fat is a Feminist Issue*, presents us with six imaginary clinical cases, including Adam, the serial seducer; Belle, the compulsive liar; and Joanne, the self-mutilator. Through them, Orbach presents an intriguing look into the hidden world of the consulting room. She demonstrates the way the therapist analyses her own feelings as well as those of the other person, making the therapy relationship a uniquely special place in which discoveries can be made, which enable the patient to change. Bravely, she details failure as well as success.

Routledge

March 2005: 224pp

Pb: 978-1-855-75333-4: £14.99

* For full contents and more information, visit: www.routledge.com/9781855753334

The Interpersonal World of the Infant

A View from Psychoanalysis and Developmental Psychology

Daniel N. Stern

The ground-breaking book which attempts to bridge the gap between the psychoanalytic and cognitive psychological theories of child development.

Routledge

December 1985: 344pp

Pb: 978-1-855-75200-9: **£28.99**

* For full contents and more information, visit: www.routledge.com/9781855752009

The Language of Psychoanalysis

Jean Laplanche

The definitive guide to psychoanalytic vocabulary. An indispensable reference book for anyone interested in psychoanalysis.

Routledge

December 1988: 526pp

Pb: 978-0-946-43949-2: **£46.00**

* For full contents and more information, visit: www.routledge.com/9780946439492

The Language of Winnicott

A Dictionary of Winnicott's Use of Words

Jan Abram

First published in 1996, this work is a comprehensive guide to Winnicott's thought. Here, the twenty two entries represent the major conceptualisations in Winnicott's theories and take the reader on a journey through his writings that span from 1931 to 1971. It is an anthology of Winnicott's writings.

Routledge

December 2007: 480pp

Hb: 978-1-855-75502-4: **£110.00**

Pb: 978-1-855-75432-4: **£37.99**

* For full contents and more information, visit: www.routledge.com/9781855754324

The Maturation Processes and the Facilitating Environment

Studies in the Theory of Emotional Development

Donald W. Winnicott

Dr Winnicott explores the idea that mental health disorders relate to failures of development in infancy. Without denying the importance of inheritance, he has developed the theory that schizophrenic illness shows up as the negative of processes that can be traced in detail as the positive processes of maturation in infancy and early childhood.

Routledge

December 1990: 296pp

Pb: 978-0-946-43984-3: **£37.99**

* For full contents and more information, visit: www.routledge.com/9780946439843

The Mentalization Guidebook

Janne Oestergaard Hagelquist

The intention of the book is to show the best concepts, psychoeducation and tools of mentalization and trauma psychology. The purpose is to share those models and tools, along with the best tips and tricks that can be used in the daily practice working with mentalizing. The Guidebook communicates the mentalization subject in a way that is easy to follow and accessible to non-professionals and professionals alike.

Routledge

October 2016: 268pp

Pb: 978-1-782-20417-6: **£35.00**

* For full contents and more information, visit: www.routledge.com/9781782204176

The Motherhood Constellation

A Unified View of Parent-Infant Psychotherapy

Daniel N. Stern

The author addresses the field of infant mental health. He draws on his experience - in both the lab and the clinic - to present an integrated model of treatment for both infants and their parents.

Routledge

December 1995: 238pp

Pb: 978-1-855-75201-6: **£29.99**

* For full contents and more information, visit: www.routledge.com/9781855752016

The New Analyst's Guide to the Galaxy

Questions about Contemporary Psychoanalysis

Antonino Ferro

This book consists of a dialogue between a young psychoanalyst, Luca Nicoli, and a renowned teaching analyst, Antonino Ferro. It touches upon many of the key areas of contemporary psychoanalysis: setting, technique, theory, as well as post-Bionian models and the 'BFT' - the famous Bionian Field Theory devised by Ferro. Using a friendly informal style, Ferro and his colleague Nicoli challenge the certainties of orthodoxy, leading the discourse toward the unknown and the as yet undiscovered.

Routledge

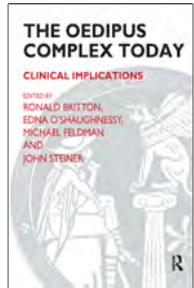
April 2017: 176pp

Pb: 978-1-782-20542-5: £19.99

* For full contents and more information, visit: www.routledge.com/9781782205425

The Oedipus Complex Today

Clinical Implications



Ronald Britton

A collection of papers focusing on the Kleinian conception of the Oedipus complex, how this is now understood, and what effect it has had on clinical practice.

Routledge

December 1989: 158pp

Pb: 978-0-946-43955-3: £28.99

eBook: 978-0-429-48260-1

* For full contents and more information, visit: www.routledge.com/9780946439553

The Origins of Unhappiness

A New Understanding of Personal Distress

David Smail

It is the main argument of this book that emotional and psychological distress is often brought about through the operation of social-environmental powers which have their origin at a considerable distance from those ultimately subjected to them. On the whole, psychology has concerned itself very little with the field of power which stretches beyond our immediate relations with each other, and this has led to serious limitations on the explanatory power of the theories it has produced. To illustrate this, typical cases of patient distress in the 1980s are examined.

Routledge

August 2015: 250pp

Pb: 978-1-782-20287-5: £9.99

* For full contents and more information, visit: www.routledge.com/9781782202875

The Personal Development Group

The Student's Guide

Chris Rose

Chris Rose charts the course of a PD group through various stages, dealing with fundamental themes such as conflict, authority, resistance and difference. The task is always to keep in focus both the individual experience and the group process. This dual perspective provides group members with important resources to understand and make better use of their own PD group. The elusive task of personal development is vital to the formation of competent counsellors and psychotherapists. Any course that has a PD group will benefit from the understandings that the book can offer, irrespective of theoretical model.

Routledge

February 2008: 166pp

Pb: 978-1-855-75535-2: £18.99

* For full contents and more information, visit: www.routledge.com/9781855755352

The Philosophy of Cognitive-Behavioural Therapy (CBT)

Stoic Philosophy as Rational and Cognitive Psychotherapy

Donald Robertson

Why should modern psychotherapists be interested in philosophy, especially ancient philosophy? Why should philosophers be interested in psychotherapy? This book traces the origins of modern cognitive-behavioural therapy, noting an analogy with ancient philosophy.

Routledge

August 2010: 318pp

Pb: 978-1-855-75756-1: £27.99

* For full contents and more information, visit: www.routledge.com/9781855757561

The Political Self

Understanding the Social Context for Mental Illness

Rod Tweedy

This book explores how our social and economic contexts profoundly affect our mental health and wellbeing, and how modern neuroscientific and psychodynamic research can both contribute to and enrich our understanding of these wider discussions. It therefore looks both inside and outside - indeed one of the main themes of The Political Self is that the conceptually discrete categories of 'inner' and 'outer' in reality constantly interact, shape, and inform each other.

Routledge

December 2016: 294pp

Pb: 978-1-782-20409-1: £28.99

* For full contents and more information, visit: www.routledge.com/9781782204091

The Practice of Cognitive-Behavioural Hypnotherapy

A Manual for Evidence-Based Clinical Hypnosis

Donald Robertson

This is a comprehensive evidence-based clinical manual for practitioners of cognitive-behavioural hypnotherapy. Cognitive-behavioural hypnotherapy is increasingly becoming the dominant approach to clinical hypnosis. At a theoretical level, it adopts a research-based cognitive-behavioural model of hypnosis. At a practical level, it closely integrates traditional hypnotherapy and cognitive-behavioural therapy techniques.

Routledge

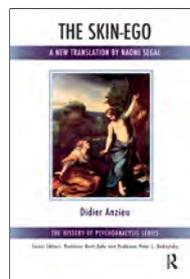
January 2013: 464pp

Pb: 978-1-855-75530-7: £48.00

* For full contents and more information, visit: www.routledge.com/9781855755307

The Skin-Ego

A New Translation by Naomi Segal



Didier Anzieu

Series: *The History of Psychoanalysis Series*

In this classic work, Didier Anzieu presents and develops his theory of the importance of 'the Skin-ego'. Just as the skin is wrapped around the body, so Anzieu sees the 'Skin-ego' as a psychical wrapping containing, defining and consolidating the subject. From this perspective, the structure and functions of the skin can provide psychoanalysts and general readers with a fertile and practical metaphor. Anzieu's concept of the Skin-ego is the answer to questions he regards as crucial to contemporary psychoanalysis: questions of topography which were left incomplete by Freud.

Routledge

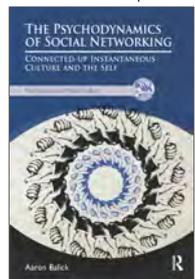
April 2016: 356pp

Pb: 978-1-782-20100-7: £29.99

* For full contents and more information, visit: www.routledge.com/9781782201007

The Psychodynamics of Social Networking

Connected-up Instantaneous Culture and the Self



Aaron Balick

Series: *The Psychoanalysis and Popular Culture Series*

In *The Psychodynamics of Social Networking*, Aaron Balick draws on his experience as a psychotherapist and cultural theorist to interrogate the unconscious motivations behind our online social networking use, powerfully arguing that social media is not just a technology but is essentially human and deeply meaningful.

Routledge

September 2013: 224pp

Pb: 978-1-780-49092-2: £25.99

* For full contents and more information, visit: www.routledge.com/9781780490922

The Space Between

Experience, Context, and Process in the Therapeutic Relationship

Carmel Flasks

Series: *The Systemic Thinking and Practice Series*

The papers in this book focus on many different aspects of the therapeutic relationship, including the self of the therapist, working cross-culturally and with language difference, impasse, risk taking, the place of research, and the influence of theory. Clinical examples illustrate successful as well as less successful outcomes in therapy, and these clinical explorations make the book accessible to both systemic and non-systemic practitioners alike. Part of the Systemic Thinking and Practice Series.

Routledge

December 2005: 258pp

Pb: 978-1-855-75365-5: £28.99

* For full contents and more information, visit: www.routledge.com/9781855753655

The Red Book of C.G. Jung

A Journey into Unknown Depths

Walter Boechat

Jung's *The Red Book* has an enormous complexity of meaning deriving from Jung's intimate experiences, which are still being discussed and elaborated on by the Jungian community all over the world. The present volume focuses on some of its main aspects and its importance for the understanding of the work of Jung. *The Red Book* is often mistakenly seen as a product of a midlife crisis of Jung's, caused by his break with Freud.

Routledge

August 2016: 160pp

Pb: 978-1-782-20451-0: £19.99

* For full contents and more information, visit: www.routledge.com/9781782204510

The Uninvited Guest from the Unremembered Past

An Exploration of the Unconscious Transmission of Trauma Across the Generations

Prophecy Coles

What legacy does grief, loss, trauma have upon the second and third generations? This title focuses on the ideas that have evolved in response to this question over the author's thirty years as a psychoanalytic psychotherapist.

Routledge

December 2011: 136pp

Pb: 978-1-855-75700-4: £17.99

* For full contents and more information, visit: www.routledge.com/9781855757004

Thinking Space

Promoting Thinking About Race, Culture and Diversity in Psychotherapy and Beyond

Frank Lowe

Series: Tavistock Clinic Series

This book is a celebration of ten years of Thinking Space at the Tavistock Clinic and a way of sharing the thinking, experience and learning gained over these years. Thinking Space functions, among other things, as a test-bed for ideas and many of the papers included here began as presentations, and were encouraged and developed by the experience.

These papers do not seek to provide a coherent theory or set of views. On the contrary they are very diverse and decidedly so, as finding, expressing and developing one's own personal idiom involves emotional truthfulness and is an important part of getting to know oneself.

Routledge

October 2013: 288pp

Pb: 978-1-782-20059-8: £28.99

* For full contents and more information, visit: www.routledge.com/9781782200598

Through Paediatrics to Psychoanalysis

Collected Papers

Donald W. Winnicott

This book is not concerned with innovation in basic psychoanalytic concepts or techniques, but with the formulation and testing-out of ideas whose origin was in the challenge of day-to-day clinical work that was the staple of Winnicott's medical experience throughout his professional life. This book is arranged in three sections. The first represents Winnicott's attitudes as a pediatrician prior to training in psycho-analysis, and demonstrates the degree to which a purely formal pediatric approach requires as an effective complement a deeper understanding of the emotional problems of child development.

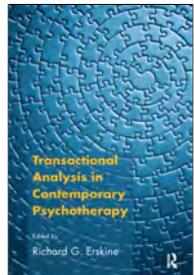
Routledge

December 1975: 400pp

Pb: 978-1-855-75033-3: £37.99

* For full contents and more information, visit: www.routledge.com/9781855750333

Transactional Analysis in Contemporary Psychotherapy



Richard G. Erskine

This book will address the therapeutic effectiveness of various methods in TA and will cover a variety of topics such as unconscious experience, transference-countertransference, the therapist's transparency, transgenerational scripts, trauma and regression, psychological games, the self-destructive client, an integrative approach to the psychotherapy of obsession, gender psychopolitics, and psychotherapy from a social-cognitive perspective. It is written for both psychotherapists and counsellors who want to learn and refine their knowledge of contemporary TA methods that are most effective with today's clients.

Routledge

November 2015: 229 x 152: 346pp

Pb: 978-1-782-20263-9: £29.99

eBook: 978-0-429-48417-9

* For full contents and more information, visit: www.routledge.com/9781782202639

Understanding Trauma

A Psychoanalytical Approach

Caroline Garland

Series: Tavistock Clinic Series

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

Routledge

December 2002: 256pp

Pb: 978-1-855-75977-0: £25.99

* For full contents and more information, visit: www.routledge.com/9781855759770

Upping Your Ziggy

How David Bowie Faced His Childhood Demons - and How You Can Face Yours

Oliver James

In this new book psychologist Oliver James, bestselling author of *They F*** You Up*, *Affluenza* and *Not in Your Genes*, explores the mental illnesses that afflicted members of Bowie's family, and Bowie's fear that he too was destined for insanity. Three of his aunts became psychotic and his grandmother declared the family cursed. His half brother Terry also became psychotic, hallucinating a visitation from God, the famous 'crack in the sky and a hand pointing down to me' about which Bowie sang. These family crises left Bowie afflicted with a fear of madness. His music and stage personae during the 1970s were his way of eluding it. Born David Jones, he dubbed himself Bowie.

Routledge

June 2016: 174pp

Pb: 978-1-782-20490-9: £9.99

* For full contents and more information, visit: www.routledge.com/9781782204909

What Can the Matter Be?

Therapeutic Interventions with Parents, Infants and Young Children

Elizabeth Bradley and Louise Emanuel

Series: Tavistock Clinic Series

This volume is the result of over twenty years of therapeutic interventions with families within the Tavistock Clinic's Under Fives Service. It describes in detail the process of understanding young children's communications and behaviour and the dynamics of family relationships within the consulting room in a lively, accessible style. It covers common themes in work with young children such as disruptive, angry behaviour, separation and sleep difficulties, and problems in the parent/couple relationship.

Routledge

Market: Psychoanalysis

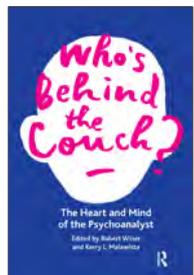
December 2008: 320pp

Pb: 978-1-855-75340-2: £25.99

* For full contents and more information, visit: www.routledge.com/9781855753402

Who's Behind the Couch?

The Heart and Mind of the Psychoanalyst



Kerry L. Malawista and Robert Winer

What is it like to be a working psychoanalyst? And what is it like to be held in the mind of one? These were the questions that led Winer and Malawista to interview seventeen notable analysts from around the world. *Who's Behind the Couch?: The Heart and the Mind of the Psychoanalyst* explores the analyst's mind at work, not so much from a theoretical perspective, but rather from the complexities and richness inherent in every moment-to-moment clinical encounter. As analysts we are all continually challenged to find what might work best with a particular patient. Yet we don't often hear senior analysts share their personal struggles, feelings, and sensibilities.

Routledge

Market: Psychoanalysis

June 2017: 384pp

Pb: 978-1-782-20072-7: £33.99

* For full contents and more information, visit: www.routledge.com/9781782200727

Working Below the Surface

The Emotional Life of Contemporary Organizations

David Armstrong and Clare Huffington

Series: Tavistock Clinic Series

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

Routledge

Market: Psychoanalysis

December 2004: 272pp

Pb: 978-1-855-75294-8: £25.99

* For full contents and more information, visit: www.routledge.com/9781855752948

Working Systemically with Families

Formulation, Intervention and Evaluation

Rudi Dallos and Arlene Vetere

Systemic theory offers a valuable framework for integrating the diverse ideas found throughout the mental health arena in both theory and clinical practice. With this accessible book, the authors take you on an enjoyable and coherent journey through systemic theory. They then review the body of research into family therapy and conclude with a critical review of major recent developments in theory and application. At the end of several chapters are reflexive notes containing exercises that relate to the ideas and processes found within the chapter to further develop the reader's understanding.

Routledge

Market: Psychoanalysis

October 2003: 240pp

Pb: 978-1-855-75988-6: £31.99

* For full contents and more information, visit: www.routledge.com/9781855759886

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