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Queering Psychotherapy

Edited by Jane C. Czyzelska

Jane C. Czyzelska speaks with practitioners and clients from diverse modalities and lived experiences, exploring and rethinking some of the unique challenges encountered in a world that continues to marginalize queer lives.

LGBTIQ+ people are more likely than cisgender and heterosexual individuals to suffer with mental health issues, yet often have poorer therapeutic outcomes. Mainstream Eurocentric psychotherapeutic theories tend to see LGBTIQ+ as a singular group through an “othered” lens. Despite the undeniable value offered by many of these theories, they and those who use them – queer therapists included – can often pathologize, marginalize, misunderstand and diminish the flourishing and diversity of queer experience.

CONTRIBUTORS

Meg-John Barker, writer and GSRD trainer

Anthea Benjamin, integrative arts psychotherapist

Kris Black, integrative clinical supervisor, psychotherapist and counsellor

Sabah Choudrey, psychotherapy trainee, trans youth worker and writer

Dominic Davies, psychotherapist and founder of Pink Therapy

Bay De Veen, therapeutic practitioner and supervisor

Robert Downes, psychotherapist, supervisor and teacher

Paul Harris, integrative child psychotherapist and consultant supervisor

Ellis J. Johnson, psychodynamic psychotherapeutic counsellor and consultant

Gail Lewis, psychoanalytic psychotherapist and Reader Emerita at Birkbeck College

Amanda Middleton, psychotherapist, lecturer and supervisor at Gendered Intelligence

Igi Moon, Chartered Psychologist and Fellow of the British Psychological Society (BPS)

Charles Neal, therapist and co-founder of ALGBP

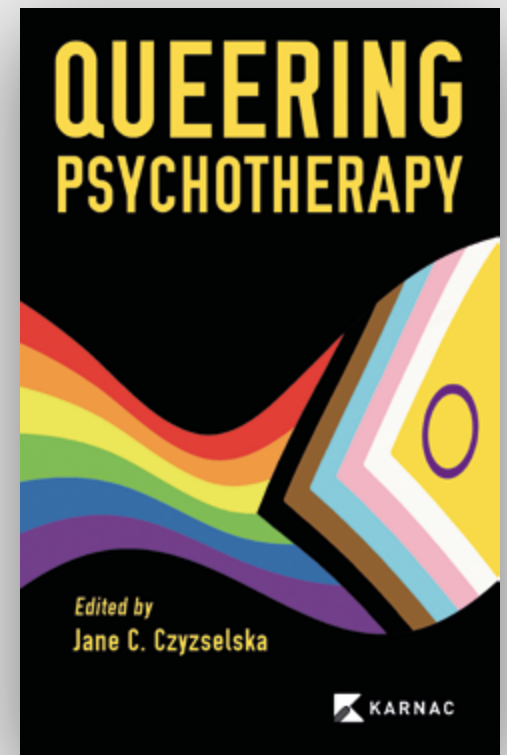
Karen Pollock, online therapist, trainer and supervisor

Beck Thom, founder of Quintimacy (Queer Intimacy)

Valentino Vecchietti, equality campaigner and founder of Intersex Equality Rights UK

Jake Yearsley, integrative counsellor and teacher of GSRD therapy at the Minster Centre

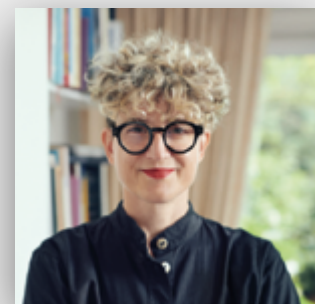
Neil Young, integrative arts psychotherapist and youth work manager



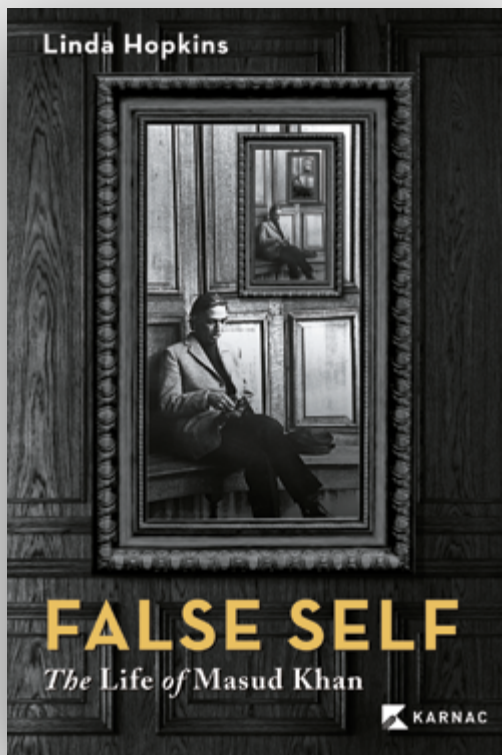
October 2022

Paperback, £29.99

ISBN: 978-1-913494-73-5



Jane C. Czyzelska (they/she) is a relational integrative psychotherapist and counsellor in private practice, a journalist and a writer. They are a trustee of The Relational School and an editorial advisor for *Therapy Today*.



September 2022

Paperback, £35.00

ISBN: 978-1-913494-82-7



Linda Hopkins, Ph.D., is a clinical psychologist and psychoanalyst. She works in private practice in Washington DC and is member teaching faculty at IIPT and IPI (International Psychotherapy Institute). She is co-editor of *Diary of a Fallen Psychoanalyst: The Work Books of Masud Khan 1967-1972* with Steven Kuchuck (Karnac Books, 2022).

False Self

The Life of Masud Khan

Linda Hopkins

Winner of the 2007 Gradiva Award and the 2006 Goethe Award for Psychoanalytic Scholarship.

False Self: The Life of Masud Khan is the definitive biography of one of the most engaging and controversial figures of British psychoanalysis. To tell his story, Linda Hopkins makes use of Khan's unpublished Work Books. She conducted countless rich interviews with Khan's peers, relatives, and analysts to provide a balanced account of a talented and deeply conflicted individual.

"In this portrait, clinical psychologist Hopkins draws on thousands of letters and scores of interviews to bring to life a charismatic, cultured, brilliant, immature, and ultimately demented individual ... [This] thoroughly researched and well-written life is essential for psychotherapists and historians of the rise and decline of post-World War II psychoanalysis. Hopkins deftly handles a large treasure of material, including interviews with Khan's colleagues, friends, patients, and wives."

Library Journal

"If I were a snob, a liar, a drunk, a philanderer, an anti-Semite, a violent bully, a poseur and a menace to the vulnerable, I would want Linda Hopkins to write my biography. Masud Khan was all of these things ... [Hopkins] sees his life as a tragedy lived "on a scale grand enough to match his favorite characters: Shakespeare's King Lear and Dostoevsky's Prince Myshkin."

Amy Bloom, The New York Times Review of Books

"False Self is a biographical gem, compelling, brilliant and evocative. Dr. Hopkins provides us with a compassionate exploration of the depths of human suffering and frailties in the context of Masud Khan's life, resonating deeply with our own souls and psyche."

Purnima Mehta, M.D., psychiatrist

Diary of a Fallen Psychoanalyst

The Work Books of Masud Khan 1967-1972

Edited by Linda Hopkins and Steven Kuchuck

Masud Khan (1924–1989), was an eminent and, ultimately, scandalous British psychoanalyst who trained and practised in London during an important period in the development of psychoanalysis.

From August 1967 to March 1980, Khan wrote his 39 volume Work Books, a diary containing observations and reflections on his own life, the world of psychoanalysis, his evolving theoretical formulations, Western culture, and the turbulent social and political developments of the time.

“Linda Hopkins and Steven Kuchuck’s indefatigable commitment and careful scholarship introduce us to Khan’s long-awaited workbooks ... This volume gives us a fascinating window into – among many things – Winnicott’s own thinking and personhood; Khan’s complex and often contradictory psychology; British psychoanalytic politics; Khan’s personal relationships with many prominent psychoanalysts such as Winnicott, Klein, Balint, and Anna Freud among many others ... A delicious, provocative, sometimes disturbing, and utterly satisfying volume.”

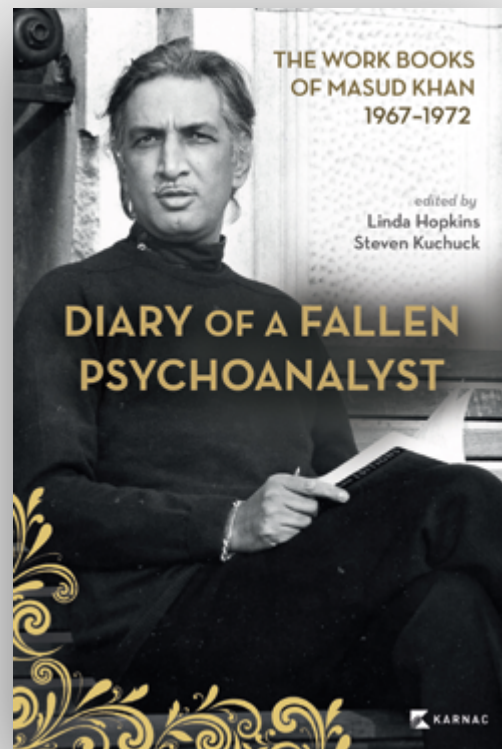
Joyce Slochower, Ph.D., ABPP

“Psychoanalysts have long been aware of the fact that extraordinary intelligence and alarming corruption can co-exist in the same individual. However, the case of Masud Khan is truly extraordinary. He combined erudition and charm with thoroughgoing contempt. The psychoanalytic profession owes a deep debt of gratitude to Steven Kuchuck and Linda Hopkins, who systematically collected Khan’s papers so that we can study them for ourselves.”

**Glen O. Gabbard, M.D., Clinical Professor of Psychiatry,
Baylor College of Medicine**

“Although a brilliant and charming man, and an excellent horse rider, [Masud Khan] also caused great distress to many colleagues. These beautifully edited Work Books offer a rare glimpse into the mind of a complicated psychoanalyst. We have much to learn from Khan about how to be a human being and, moreover, how not to be.”

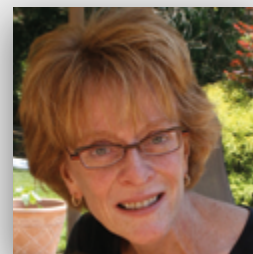
**Professor Estela V. Weldon, Emeritus Consultant Psychiatrist in Psychotherapy,
Tavistock and Portman NHS Trust**



September 2022

Paperback, £45.00

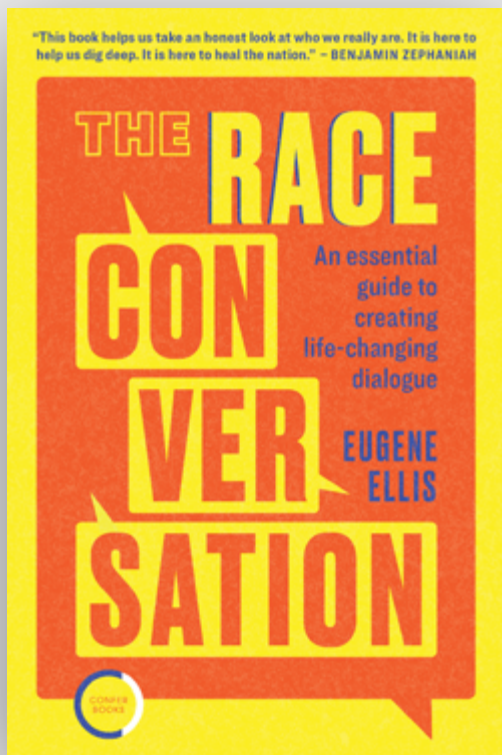
ISBN: 978-1-913494-65-0



Linda Hopkins, Ph.D., is a clinical psychologist and psychoanalyst in private practice. She is a member of teaching faculty at the International Psychotherapy Institute and author of *False Self: The Life of Masud Khan* (Karnac Books, 2022).



Dr. Steven Kuchuck, DSW, is a faculty member of NYU Postdoctoral Program in Psychotherapy and Psychoanalysis, NIP. His most recent book is *The Relational Revolution in Psychoanalysis and Psychotherapy* (Confer Books, 2020).



September 2022

Paperback, £9.99

ISBN: 978-1-913494-48-3



Eugene Ellis is the Director and founder of BAATN, the UK's largest independent organization to specialize in working therapeutically with Black, African, Caribbean and South Asian people. He is also a psychotherapist with a special interest in body-orientated therapies and in facilitating dialogue around race and mental wellbeing through articles, podcasts and blog posts as well as within organizations and psychotherapy training.

The Race Conversation

An essential guide to creating life-changing dialogue

Eugene Ellis

**Shortlisted for the Gradiva Award 2021 –
New Pocket-sized Format – Updated Introduction**

“Whether you consider yourself informed in this area, or new to cross-racial conversations, this book will have much to offer. It speaks to all forms of oppression ... I cannot recommend it highly enough.”

The Transactional Analyst

“Ellis invites us to tune into our cognitive and physiological triggers in conversations about race, so that we can listen and understand our own and others’ experience and move away from cycles of defensive and fearful discourses towards a more informed, open and ethical dialogue ... an enriching resource for trainers, therapists, educators and anyone who wants to develop the compassionate awareness that offers hope for meaningful change.”

Therapy Today

“This book has been written to help us take an honest look at who we really are. It is here to help us dig deep. It is here to heal the nation. I’m no psychotherapist, but I get it. After years of experience on the front-line helping people like me, Eugene has written a book that I believe can change the way we relate to each other, and the way we relate to ourselves. He writes in a logical, accessible way, and makes The Race Conversation, our conversation.”

Benjamin Zephaniah

“When the history of therapy’s engagement with ‘race’ and diversity comes to be written, Eugene Ellis will be one of the most important figures in the narrative. In this book he confirms his standing as a leading theorist as well as an activist. The innovative strength of the book lies in its focus on the body – on how the race construct and its traumas are held in the bodies of people of colour and also of the white majority.”

Professor Andrew Samuels, former Chair, UK Council for Psychotherapy

The Burden of Heritage

Hauntings of Generational Trauma on Black Lives

Aileen Alleyne

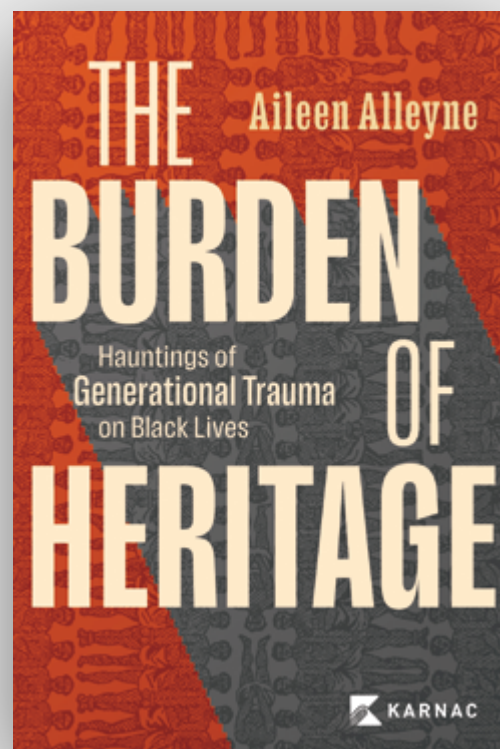
The Burden of Heritage: Hauntings of Generational Trauma on Black Lives is a timely addition to the literature on inter- and transgenerational trauma. The book addresses black ancestral trauma passed down the generations, highlighting the ongoing impact on black lives.

Aileen Alleyne explores the unheeded dimensions of individual and collective identity trauma, paying particular attention to the themes and concepts of identity shame, black identity wounding and cultural enmeshment.

The author expands on her striking concept, the 'internal oppressor', that inhibits self-belief, full agency and potential. She reworks the psychoanalytic concept of 'hauntings', separating it from Freud's interpretation as unconscious repression, and presents it as a living and conscious element of the black trauma burden. To break the cycle of generational trauma, Alleyne suggests an active process of separation from archaic attachments, and engagement in intentional modes of transformation.

Alleyne makes use of her own experiences throughout, alongside therapeutic suggestions, approaches and theoretical handles for steadying the practitioner in the consulting room. The book weaves the personal, historical, socio-political and theoretical, and includes countless observational examples, clinical vignettes and case material.

The Burden of Heritage offers effective tools to practitioners who work therapeutically with black and minority ethnic clients, and highlights ways to strengthen critical enquiry for deeper conceptual and theoretical understanding of generational trauma.



September 2022

Paperback, £25.00

ISBN 978-1-913494-24-7



Dr. Aileen Alleyne is a psychodynamic psychotherapist, clinical supervisor and organisational consultant in private practice. She is a visiting lecturer at training institutions and a consultant on race and cultural diversity. Her published work explores themes of black/white dynamics, shame and identity wounding, and Difference and Diversity in the workplace.



May 2022

Paperback, £19.99

ISBN: 978-1-913494-46-9



Anne Power is a couples therapist. She trained with Relate, The Bowlby Centre and in Emotionally Focused Therapy (EFT) for couples after a previous career as a nurse. She also has an MA in History and has contributed to oral history projects. She sees her interviewing and story-collecting as borrowing from that tradition.

Contented Couples

Magic, Logic or Luck?

Anne Power

"Listening in to couples that thrive is rare. Therapists tend to write about what needs changing: not what works. It is warming to hear these accounts of closeness in which obstacles are managed and which bring growth to both people."

Susie Orbach, psychoanalyst and author of *The Impossibility of Sex*

"A diverse cross-cultural perspective ... covering a range of marriage styles – from random romance to self-arranged marriages – this book shows how an initial spark of attraction can be transformed into an ever-glowing cosy fire that sustains a long-term relationship. A 'must read' for anyone who has ever wondered what makes a marriage work!"

Raksha Pande, author of *Learning to Love: Arranged Marriages and the British Indian Diaspora*

"The strength of Power's work is the diversity of the population she's interviewed. With the multiple racial, ethnic, economic and lifestyles represented, she delivers on her commitment to illustrating how couples can arrive at contentment. This book is a guide for couples that desire to deepen and expand the fulfilment of their partnerships."

Linda Bloom, LCSW, co-author of *101 Things I Wish I Knew When I Got Married: Simple Lessons to Make Love Last*

"Anne's writing is captivating and so easy to fall into. The experiences of real-life couples and Anne's compassion take you on a lovely journey of imaginative possibilities, while grounding you in the science of how and why love works. The confluence of magic, logic and luck come alive!"

Dr. Kathryn Rheem, EFT Trainer and Co-Founder of the EFT Café

"Anne Power is a sensitive and respectful guide in enabling eighteen couples to describe how they navigated the ordinary challenges of coming together and making a success of their relationships. Through the wisdom accrued as a therapist, she distils their stories into a treatise on the nature of love. This is a valuable resource for anyone considering commitment, anyone in a committed relationship wishing to understand more about their experience, and anyone whose role is to try and help them to do so."

Christopher Clulow, Ph.D., Consultant Couple Psychotherapist and Senior Fellow of the Tavistock Institute of Medical Psychology

Media and Psychoanalysis

A Critical Introduction

Jacob Johanssen and Steffen Krüger

Our lives are saturated by media that we use in conscious as well as unconscious ways. Spanning a wide range of examples, this critical introduction guides readers through the growing field of psychoanalytic media studies in a clear and accessible manner. It is indispensable read for anyone who wants to understand the complex relationship between humans and technology today.

Jacob Johanssen and Steffen Krüger show how media function beyond the rational. What does it mean to speak of narcissism in relation to social media? How have the internet and online platforms shaped work? How do apps like Tinder and online pornography shape our experience of love and sexuality? What are the potentials and pitfalls in our relationships with AI and robots? These questions, and many others, are discussed and answered in this book.

Aimed at students, academics and clinicians, this book introduces readers to key media and the ways they have been approached psychoanalytically, and presents major concepts and debates led by scholars since the 1970s.

CONTENTS

INTRODUCTION

CHAPTER 1: Reality and Fantasy from Film to TV

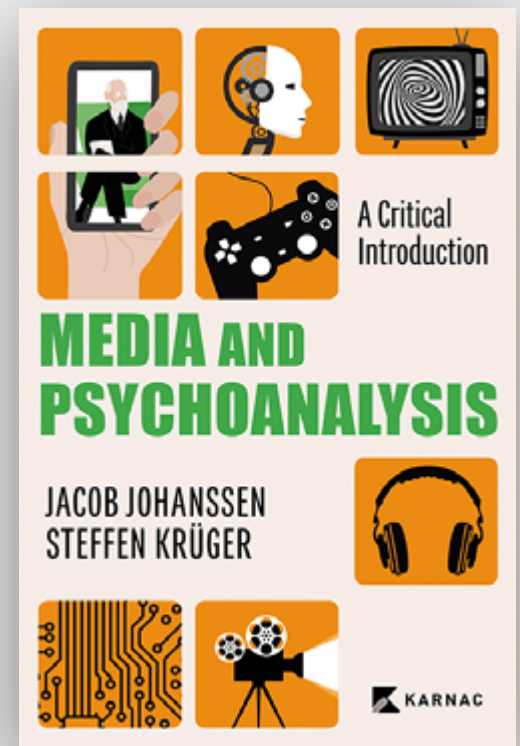
CHAPTER 2: Social Media and Psycho-Social Relations

CHAPTER 3: Perverse Pleasures: Work and (Self)-Exploitation

CHAPTER 4: Digital Politics and the Other

CHAPTER 5: Sexuality and the (Virtual) Body

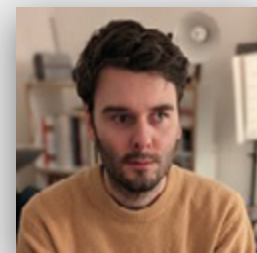
CHAPTER 6: Games, AI and the Vicissitudes of Symbiosis



September 2022

Paperback, £29.99

ISBN: 978-1913494-57-5



Jacob Johanssen is Senior Lecturer in Communications at St. Mary's University and a co-editor of *Psychoanalysis, Culture & Society*. His previous books include *Psychoanalysis and Digital Culture: Audiences, Social Media, and Big Data*.



Steffen Krüger is Senior Lecturer at the Department of Media and Communication at the University of Oslo. He has authored numerous articles and book chapters in the interdisciplinary field of psychoanalysis and psychosocial studies, media and cultural studies, as well as critical theory.

EDITED BY ADAH SACHS AND VALERIE SINASON

THE
PSYCHOTHERAPIST
AND THE
PROFESSIONAL
COMPLAINT

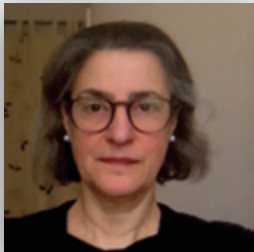
THE SHADOW SIDE OF THERAPY



October 2022

Paperback, £29.99

ISBN: 978-1-913494-61-2



Adah Sachs is a psychoanalytic psychotherapist and former psychotherapy lead for the London borough of Redbridge. She has authored over 100 conference papers, book chapters and journal articles and is a fellow of the ISSTD.



Valerie Sinason is a writer, child psychotherapist and adult psychoanalyst. She is President of the Institute of Psychotherapy and Disability and Founder of the Clinic for Dissociative Studies. Her previous books include *The Truth about Trauma and Dissociation* (Confer Books 2020).

The Psychotherapist and the Professional Complaint

The Shadow Side of Therapy

Edited by Adah Sachs and Valerie Sinason

Patients should be safe and have the power to complain when things go wrong. Equally, so should the therapist. Curiously, there are no procedures in place to protect the psychotherapist from being abused by their patients. This omission is particularly glaring regarding complaints: the current complaint procedure, unintentionally, punishes even the innocent therapist.

In *The Psychotherapist and the Professional Complaint*, the authors explore this dilemma with sensitivity and rigour. Amongst these chapters, the contributors examine how to constructively deal with conflict, the role of professional unions in protecting their members and the current complaint procedures in NHS services. This hopeful book provides essential support for professionals and policymakers in the field of psychotherapy.

CONTRIBUTORS

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Anne Kearns

Brett Kahr

Sasha Kaplin

Julie Norris

Adah Sachs

Valerie Sinason

Philip Stokoe

Primitive Bodily Communications

Embodied Expressions of a Disembodied Psyche

Edited by Raffaella Hilty

"This is a 'must read' book for any therapist interested in understanding communications from the body. The papers cover a wide range of therapeutic approaches and focus on the interface between body and mind in working with trauma, abuse, dissociation, eating disorders, autism and disability ... The authors bring the body back into the foreground of the work, not just as an equal to mind, but as one end of a spectrum where psyche and soma are both aspects of an underlying deeper reality."

Martin Stone, training analyst and former chair of the Association of Jungian Analysts

"These essays show us the tensions, challenges and opportunities that occur when our clients use their bodies as a primary means of communicating their distress. These highly skilled psychotherapists give us a remarkable insight into how these complex communications can be received and understood in the consulting room."

Graeme Galton, Consultant Psychotherapist, Clinic for Dissociative Studies

CONTRIBUTORS

Gabrielle Brown, forensic psychotherapist at the Portman Clinic, Tavistock and Portman NHS Trust

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Mark Linington, psychoanalytic psychotherapist with The Bowlby Centre and the Clinic for Dissociative Studies in London

Salvatore Martini, psychologist and a Jungian analyst

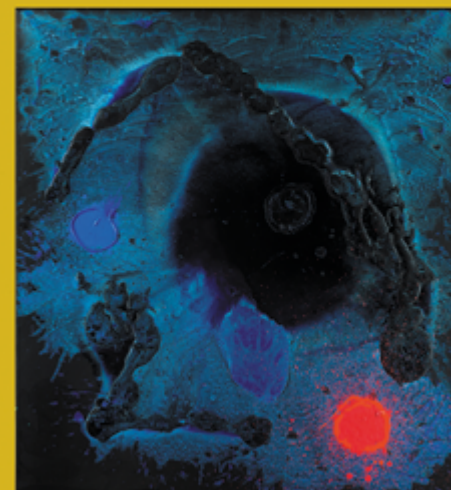
David O'Driscoll, psychoanalytic psychotherapist for Hertfordshire Partnership University NHS Foundation Trust

Valerie Sinason, psychoanalyst and President of the Institute of Psychotherapy and Disability

Tom Wooldridge, psychoanalyst and Chair in the Department of Psychology at Golden Gate University

PRIMITIVE BODILY COMMUNICATIONS IN PSYCHOTHERAPY

Embodied Expressions of a Disembodied Psyche



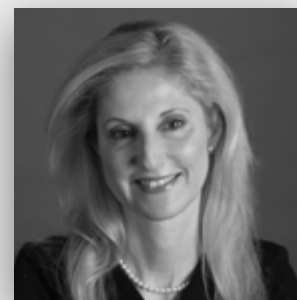
Edited by Raffaella Hilty

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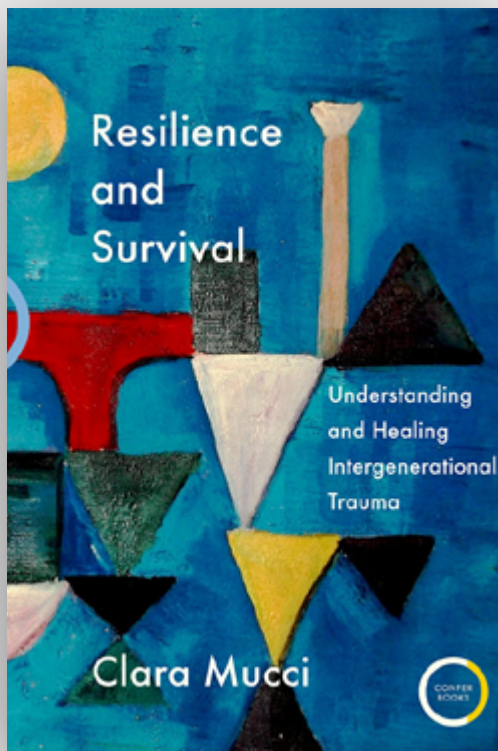
May 2022

Paperback, £29.99

ISBN: 978-1-913494-30-8



Raffaella Hilty, M.A. (Phil), is an attachment-based psychoanalytic psychotherapist with The Bowlby Centre. She has worked as an Honorary Psychotherapist within the NHS for a number of years, and she now works in private practice in London.



May 2022

Paperback, £13.99

ISBN: 978-1-913494-10-0



Clara Mucci teaches Dynamic Psychology at the University of Bergamo in Italy and is a psychoanalyst in private practice. She is the author of several books including *Beyond Individual and Collective Trauma* and *Borderline Bodies*.

Resilience and Survival

Understanding and Healing Intergenerational Trauma

Clara Mucci

Resilience stands at the limits of what it means to be human. The opposite of vulnerability, it encompasses qualities that are both relational and innate.

In this unique book, Clara Mucci explores contemporary therapeutic approaches to intergenerational trauma, focusing on the key factors that can foster resilience and healing. She looks through the prism of attachment theory and developmental neuroscience but also explores the power of art, memoir and other frameworks, to discover what constitutes a predisposition to resilience – in individuals, and in society.

“The depth and the breadth of these rich creative chapters is remarkable – from evocative clinical descriptions of a master clinician working in the therapeutic alliance with traumatized patients, to neurobiologically-informed models of the cultural transmission of trauma over three generations.”

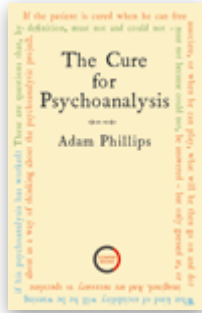
Allan Schore, author of *Right Brain Psychotherapy* and *The Development of the Unconscious Mind*

*“Clara Mucci’s new book *Resilience and Survival* could not be more timely and deeply useful in so many parts of our beleaguered world. Tracing the vulnerability to trauma in individual and social situations, Mucci shows us how powerfully a psychoanalytic lens can offer productive help and understanding ... We need this book to understand the costs of collective cruelty and social conflict and to design the reparative projects which are necessary to recovery.”*

Adrienne Harris, Ph.D., Supervisor, NYU Postdoctoral Program in Psychotherapy, and Training Analyst at the Psychoanalytic Institute of Northern California

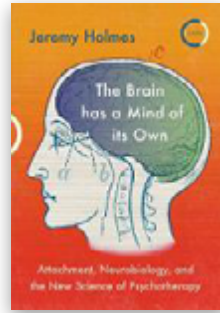
“Interwoven in this masterful work are core insights from John Bowlby, Sándor Ferenczi and many other gifted voices, helping Mucci articulate a hope for the future where connectedness and deep human listening have the power to offset the ongoing disruptive influences of war, adversity, insecurity and extreme trauma. This is a timely book that our world badly needs.”

Howard Steele, Professor of Psychology, The New School, New York and Co-director of the Center for Attachment Research



The Cure for
Psychoanalysis
Adam Phillips

ISBN: 978-1-913494-38-4



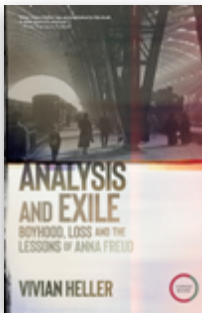
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Jeremy Holmes

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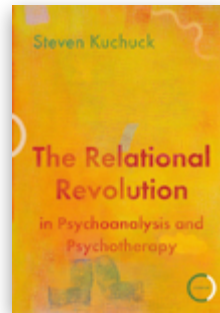
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My Candle
Lora DeVore

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Vivian Heller

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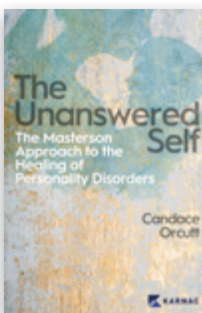
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Steven Kuchuck

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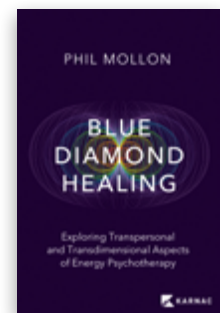
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Anastasia Piatakhina Gire

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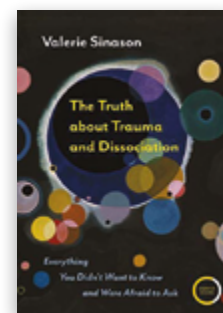
The Unanswered Self
Candace Orcutt

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Phil Mollon

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The Truth about Trauma
and Dissociation
Valerie Sinason

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