

Cambridge University Press

978-1-107-07914-4 - The Self in Understanding and Treating Psychological Disorders

Edited by Michael Kyrios, Richard Moulding, Guy Doron, Sunil S. Bhar, Maja Nedeljkovic and Mario Mikulincer

Frontmatter

[More information](#)

The Self in Understanding and Treating Psychological Disorders

Cambridge University Press

978-1-107-07914-4 - The Self in Understanding and Treating Psychological Disorders

Edited by Michael Kyrios, Richard Moulding, Guy Doron, Sunil S. Bhar, Maja Nedeljkovic and Mario Mikulincer

Frontmatter

[More information](#)

Cambridge University Press

978-1-107-07914-4 - The Self in Understanding and Treating Psychological Disorders

Edited by Michael Kyrios, Richard Moulding, Guy Doron, Sunil S. Bhar, Maja Nedeljkovic and Mario Mikulincer

Frontmatter

[More information](#)

The Self in Understanding and Treating Psychological Disorders

Edited by

Michael Kyrios

Research School of Psychology, The Australian National University, Canberra, ACT, Australia

Richard Moulding

School of Psychology, Deakin University, Melbourne, VIC, Australia

Guy Doron

The Baruch Ivcher School of Psychology, Interdisciplinary Center (IDC) Herzliya, Herzliya, Israel

Sunil S. Bhar

Swinburne University of Technology, Melbourne, VIC, Australia

Maja Nedeljkovic

Swinburne University of Technology, Melbourne, VIC, Australia

Mario Mikulincer

Interdisciplinary Center (IDC) Herzliya and Baruch Ivcher School of Psychology, Herzliya, Israel



CAMBRIDGE
UNIVERSITY PRESS

Cambridge University Press

978-1-107-07914-4 - The Self in Understanding and Treating Psychological Disorders

Edited by Michael Kyrios, Richard Moulding, Guy Doron, Sunil S. Bhar, Maja Nedeljkovic and Mario Mikulincer

Frontmatter

[More information](#)

CAMBRIDGE
UNIVERSITY PRESS

University Printing House, Cambridge CB2 8BS, United Kingdom

Cambridge University Press is part of the University of Cambridge.

It furthers the University's mission by disseminating knowledge in the pursuit of education, learning and research at the highest international levels of excellence.

www.cambridge.org

Information on this title: www.cambridge.org/9781107079144

© Cambridge University Press 2016

This publication is in copyright. Subject to statutory exception and to the provisions of relevant collective licensing agreements, no reproduction of any part may take place without the written permission of Cambridge University Press.

First published 2016

Printed in the United Kingdom by TJ International Ltd. Padstow Cornwall

A catalogue record for this publication is available from the British Library

Library of Congress Cataloguing in Publication data

The self in understanding and treating psychological disorders / edited by Michael Kyrios [and five others].

p. ; cm.

Includes bibliographical references and index.

ISBN 978-1-107-07914-4 (hardback)

I. Kyrios, Michael, editor.

[DNLN: 1. Mental Disorders—therapy. 2. Self Concept.

3. Evidence-Based Medicine. WM 400]

RC480.5

616.89'1—dc23

2015028162

ISBN 978-1-107-07914-4 Hardback

Cambridge University Press has no responsibility for the persistence or accuracy of URLs for external or third-party internet websites referred to in this publication, and does not guarantee that any content on such websites is, or will remain, accurate or appropriate.

.....

Every effort has been made in preparing this book to provide accurate and up-to-date information which is in accord with accepted standards and practice at the time of publication. Although case histories are drawn from actual cases, every effort has been made to disguise the identities of the individuals involved. Nevertheless, the authors, editors and publishers can make no warranties that the information contained herein is totally free from error, not least because clinical standards are constantly changing through research and regulation. The authors, editors and publishers therefore disclaim all liability for direct or consequential damages resulting from the use of material contained in this book. Readers are strongly advised to pay careful attention to information provided by the manufacturer of any drugs or equipment that they plan to use.

Cambridge University Press

978-1-107-07914-4 - The Self in Understanding and Treating Psychological Disorders

Edited by Michael Kyrios, Richard Moulding, Guy Doron, Sunil S. Bhar, Maja Nedeljkovic and Mario Mikulincer

Frontmatter

[More information](#)

Contents

List of contributors vii

Foreword

by Aaron T. Beck x

Acknowledgments xi

Section 1 Introduction and concepts

- 1 **The self in psychological disorders: an introduction** 1
Michael Kyrios
- 2 **The self-concept: theory and research** 8
Sunil S. Bhar and Michael Kyrios
- 3 **Adult attachment and self-related processes** 19
Mario Mikulincer and Guy Doron

Section 2 The self in treatment frameworks

- 4 **Working with the future: a psychodynamic-integrative approach to treatment** 29
Golan Shahar and Moran Schiller
- 5 **Finding the self in a cognitive behavioral perspective** 40
David A. Clark
- 6 **The self in acceptance and commitment therapy** 50
Robert D. Zettle
- 7 **The self in schema therapy** 59
Eshkol Rafaeli, Offer Maurer, Gal Lazarus, and Nathan C. Thoma

Section 3 The self in specific psychological disorders

- 8 **The self in depression** 71
Patrick Luyten and Peter Fonagy

-
- 9 **The self in bipolar disorder** 82
Nuwan D. Leitan
 - 10 **The self in social anxiety** 91
Bree Gregory, Lorna Peters, and Ronald M. Rapee
 - 11 **The self in posttraumatic stress disorder** 102
Mardi J. Horowitz and Monica A. Sicilia
 - 12 **Self processes in obsessive-compulsive disorder** 112
Claire Ahern and Michael Kyrios
 - 13 **The self in the obsessive-compulsive-related disorders: hoarding disorder, body dysmorphic disorder, and trichotillomania** 123
Richard Moulding, Serafino G. Mancuso, Imogen Rehm, and Maja Nedeljkovic
 - 14 **Self-regulation in disordered gambling: a comparison with alcohol and substance use disorders** 134
Simone N. Rodda, Kate Hall, Petra K. Staiger, and Nicki A. Dowling
 - 15 **The self in autism** 144
Istvan Molnar-Szakacs and Lucina Q. Uddin
 - 16 **Basic self disturbance in the schizophrenia spectrum: a review and future directions** 158
Barnaby Nelson, Louis A. Sass, and Josef Parnas
 - 17 **Painful incoherence: the self in borderline personality disorder** 169
Giovanni Liotti and Benedetto Farina
 - 18 **The self in obsessive-compulsive personality disorder** 179
Maja Nedeljkovic, Richard Moulding, Michael Kyrios, and Stephanie Mathews

Cambridge University Press

978-1-107-07914-4 - The Self in Understanding and Treating Psychological Disorders

Edited by Michael Kyrios, Richard Moulding, Guy Doron, Sunil S. Bhar, Maja Nedeljkovic and Mario Mikulincer

Frontmatter

[More information](#)

Contents

19 **The self in chronic fatigue syndrome** 190
Stefan Kempke, Eline Coppens, Patrick Luyten,
and Boudewijn Van Houdenhove

20 **The self in eating disorders** 201
Christopher Basten and Stephen Touyz

21 **The self in dementia** 213
Lisa S. Caddell

22 **The self in gender dysphoria: a developmental
perspective** 222
Kenneth J. Zucker and Doug P. VanderLaan

Section 4 Conclusions and future directions

23 **Future directions in examining the self in
psychological disorders** 233
Michael Kyrios, Richard Moulding, Sunil S. Bhar,
Guy Doron, Maja Nedeljkovic, and Mario
Mikulincer

Index 237

Cambridge University Press

978-1-107-07914-4 - The Self in Understanding and Treating Psychological Disorders

Edited by Michael Kyrios, Richard Moulding, Guy Doron, Sunil S. Bhar, Maja Nedeljkovic and Mario Mikulincer

Frontmatter

[More information](#)

Contributors

Claire Ahern

Clinical Psychologist & Postdoctoral Researcher,
Swinburne University of Technology, Melbourne,
VIC, Australia

Christopher Basten

Senior Clinical Psychologist, Basten and
Associates, Clinical Psychologists, Westmead,
NSW, Australia

Sunil S. Bhar

Associate Professor and Deputy Chair at the
Department of Psychological Sciences,
Swinburne University of Technology, Melbourne,
VIC, Australia

Lisa S. Caddell

Postdoctoral Research Associate, University of
Sheffield, Sheffield, UK

Eline Coppens

PhD student, Special Fund FWO, Faculty of
Psychology and Educational Sciences, University
of Leuven, and Clinical Psychologist at University
Hospitals of Leuven, Leuven, Belgium

David A. Clark

Professor Emeritus, University of New Brunswick,
NB, Canada

Nicki A. Dowling

Associate Professor of Psychology at the School of
Psychology, Deakin University, VIC, Australia

Guy Doron

Associate Professor at the Baruch Ivcher School of
Psychology, Interdisciplinary Center (IDC) Herzliya,
Herzliya, Israel

Benedetto Farina

Associate Professor of Clinical Psychology,
Università Europea (European University)
Roma, Rome, Italy

Peter Fonagy

Professor, Research Department of Clinical,
Educational and Health Psychology, University
College London, London, UK

Bree Gregory

PhD candidate, Centre for Emotional Health,
Macquarie University, Sydney, NSW, Australia

Kate Hall

Senior Lecturer of Psychology at the School of
Psychology, Deakin University, VIC, Australia, and
Senior Clinical Psychologist, Youth Support and
Advocacy Service, Fitzroy, VIC, Australia

Mardi J. Horowitz

Distinguished Professor of Psychiatry at the
University of California, San Francisco, CA, USA

Stefan Kempke

Postdoctoral Researcher of the Research Foundation
Flanders (FWO) at the Faculty of Psychology and
Educational Sciences, University of Leuven, Leuven,
Belgium

Michael Kyrios

Professor and Director, Research School of
Psychology, The Australian National University,
Canberra, ACT, Australia

Gal Lazarus

Doctoral Student, Department of Psychology,
Bar-Ilan University, Ramat Gan, Israel

Giovanni Liotti

Director of Training, Cognitive Psychology
Association (APC) Postgraduate School of
Psychotherapy, Rome, Italy

Nuwan D. Leitan

Postdoctoral Research Fellow, Faculty of Health, Arts
and Design, Swinburne University of Technology,
Melbourne, VIC, Australia

Cambridge University Press

978-1-107-07914-4 - The Self in Understanding and Treating Psychological Disorders

Edited by Michael Kyrios, Richard Moulding, Guy Doron, Sunil S. Bhar, Maja Nedeljkovic and Mario Mikulincer

Frontmatter

[More information](#)

List of contributors

Patrick Luyten

Professor, Faculty of Psychology, University of Leuven, Belgium and Research Department of Clinical, Educational and Health Psychology, University College London, London, UK

Serafino G. Mancuso

Honorary Research Fellow, Department of Psychiatry, Faculty of Medicine, Dentistry and Health Sciences, The University of Melbourne, VIC, Australia

Stephanie Mathews

PhD student at the Faculty of Health, Arts and Design, Swinburne University of Technology, Melbourne, VIC, Australia

Offer Maurer

Psychology Lecturer at the Center for Academic Studies – Or Yehuda, and Head of the New Wave in Psychology Program at the Baruch Ivcher School of Psychology at the Interdisciplinary Center (IDC) Herzliya, Israel

Mario Mikulincer

Professor of Psychology and Provost of the Interdisciplinary Center (IDC) Herzliya and founding Dean of the Baruch Ivcher School of Psychology, Herzliya, Israel

Istvan Molnar-Szakacs

Research Neuroscientist, Tennenbaum Center for the Biology of Creativity, Semel Institute for Neuroscience and Human Behavior, University of California Los Angeles, CA, USA

Richard Moulding

Senior Lecturer, School of Psychology, Deakin University, Melbourne, VIC, Australia

Maja Nedeljkovic

Senior Lecturer in Psychology, Department of Psychological Sciences, Faculty of Health, Arts and Design, Swinburne University of Technology, Melbourne, VIC, Australia

Barnaby Nelson

Associate Professor, Orygen, The National Centre of Excellence in Youth Mental Health, University of Melbourne, VIC, Australia

Josef Parnas

Clinical Professor of Psychiatry and Psychopathology at the University of Copenhagen, Copenhagen, Denmark

Lorna Peters

Senior Lecturer, Centre for Emotional Health, Department of Psychology, Macquarie University, Sydney, NSW, Australia

Eshkol Rafaeli

Associate Professor and Director of (Adult) Clinical Training Program at the Department of Psychology and Gonda Multidisciplinary Brain Research Center of Bar-Ilan University, Ramat-Gan, Israel

Ronald M. Rapee

Distinguished Professor and Director at the Centre for Emotional Health, Macquarie University, Sydney, NSW, Australia

Imogen Rehm

PhD (Clinical Psychology) candidate at the Faculty of Health, Arts and Design, Swinburne University of Technology, Melbourne, VIC, Australia

Simone N. Rodda

Lecturer at the School of Public Health and Psychological Studies, AUT University, Auckland, New Zealand, and Honorary Fellow at the School of Psychology, Deakin University, VIC, Australia

Louis A. Sass

Professor, Department of Clinical Psychology, Graduate School of Applied and Professional Psychology, Rutgers University, Newark, NJ, USA

Moran Schiller

Doctoral student, The Stress, Self and Health Lab (STREALTH), Department of Psychology, Ben-Gurion University of the Negev, Israel

Golan Shahar

Professor of Clinical Health and Developmental Health Psychology, The Stress, Self and Health Lab (STREALTH), Department of Psychology, Ben-Gurion University of the Negev, Israel

Monica A. Sicilia

Doctoral candidate in Clinical Psychology, Long Island University, Brooklyn, NY, USA

Cambridge University Press

978-1-107-07914-4 - The Self in Understanding and Treating Psychological Disorders

Edited by Michael Kyrios, Richard Moulding, Guy Doron, Sunil S. Bhar, Maja Nedeljkovic and Mario Mikulincer

Frontmatter

[More information](#)

List of contributors

Petra K. Staiger

Associate Professor, School of Psychology, Deakin University, Burwood, VIC, Australia

Nathan C. Thoma

Instructor of Psychology, Department of Psychiatry, Weill Cornell Medical College, New York, NY, USA

Stephen Touyz

Professor of Clinical Psychology and Clinical Professor in Psychiatry, University of Sydney, NSW, Australia

Lucina Q. Uddin

Assistant Professor, Department of Psychology, University of Miami, Miami, FL, USA

Boudewijn Van Houdenhove

Emeritus Professor at the Department of Psychiatry, University of Leuven, Leuven, Belgium

Doug P. VanderLaan

Canadian Institutes of Health Research Postdoctoral Fellow, Gender Identity Clinic, Child, Youth, and Family Services, Centre for Addiction and Mental Health, Toronto, ON, Canada

Robert D. Zettle

Professor of Psychology, Department of Psychology, Wichita State University, Wichita, KS, USA

Kenneth J. Zucker

Clinical Lead, Gender Identity Clinic, Child, Youth, and Family Services, Centre for Addiction and Mental Health, Toronto, ON, Canada

Cambridge University Press

978-1-107-07914-4 - The Self in Understanding and Treating Psychological Disorders

Edited by Michael Kyrios, Richard Moulding, Guy Doron, Sunil S. Bhar, Maja Nedeljkovic and Mario Mikulincer

Frontmatter

[More information](#)

Foreword

I have made the self-concept a central feature of my writing and treatment approach for more than five decades – it is a unifying feature in depression, positive and negative symptoms of schizophrenia, and personality disorders, to name a few. The notion that we have something in us that expresses itself in so many ways is puzzling, yet elegant and exciting. Up to now, we have had to dip in and out of the literature to piece together the various perspectives on the self in such disorders.

But now, we have this book. The editors have done an excellent job in providing us with a collection of up-to-date overviews of the existing literature on the concept of self from social, cognitive, philosophical, neuroscientific, and experimental perspectives. They have brought together experts in the field to consider the role of the self in our understanding of psychological disorders and their treatment. The self remains the centerpiece in this book, and is showcased in a diverse array of psychological problems ranging from depression to dementia.

I was very pleased to see that the authors in this book went beyond simply describing the role of self in our understanding of psychological disorders. Across the various chapters, the authors encourage us to consider how the concept of self is addressed in various models of psychological treatment such as cognitive therapy, acceptance and commitment therapy, and psychodynamic therapy. In these chapters, the clinician will find a range of practical techniques for repairing or enhancing the self-concept of individuals in treatment. The message is clear. When psychological disorders are understood as disorders of self, clinicians can apply a fresh perspective towards treatment.

It is my pleasure to provide resounding praise for the team and contributors of this book.

Aaron T. Beck, MD
Emeritus Professor
Department of Psychiatry
University of Pennsylvania

Cambridge University Press

978-1-107-07914-4 - The Self in Understanding and Treating Psychological Disorders

Edited by Michael Kyrios, Richard Moulding, Guy Doron, Sunil S. Bhar, Maja Nedeljkovic and Mario Mikulincer

Frontmatter

[More information](#)

Acknowledgments

The preparation of a book of this scope requires an amazing group effort from contributing authors, the editorial team and our supportive families, additional editorial supports, and our publishers and the production team at Cambridge University Press.

The editors started off as close colleagues and friends and ended up closer than ever before. On a personal note, I have been extremely lucky in my professional life to have been able to work with a group of individuals who started off as students but ended up as friends and colleagues, and who were then able to establish their own successful professional lives, opening up new collaborations and opportunities. While we no longer work in the same workplace or indeed city or country, that hasn't changed the quality of our interactions. It was indeed a privilege to work together on this as we have done from the outset. It was a particular pleasure to have Mario join us on this project, especially as he has been a fantastic support to Guy. At times, we needed some support in editing specialist chapters and it was great to be able to rely on colleagues such as Drs. Ross King and Rachel Shlomit Brezis. Throughout the long road that we took to completing the book, we were sustained by the belief that Richard Marley from Cambridge University Press had in the initial book idea and in our capacity to finish the project.

Most importantly, we were fortunate to have the remarkable focus and organizational support of Dr. Claire Ahern, without whom this book just would not have been possible. Claire was incredible in her positivity, motivational powers, and incomparable competence. When Claire had to take some time off to give birth to gorgeous baby Abigail Rose, we were indeed privileged to have Dr. Daniel Fassnacht fill Claire's role in order to facilitate completion of the book. We'd also like to thank Professor Tim Beck for his very kind words and endorsement and the Cambridge University Press production team for their professionalism and patience.

We are indebted to our contributing authors who did a fantastic job in sharing their ideas and in responding to our invitations and unreasonable timelines. Finally, we are grateful for the support of our families who put up with the late nights, our disengaged selves when concentrating on our chapters, and with the endless talk over the years about "the book." While this has been a long time in the making, we look forward to bringing back the "self" to the language of evidence-based practitioners.

Mike Kyrios on behalf of
Richard Moulding, Guy Doron, Sunil S. Bhar,
Maja Nedeljkovic and Mario Mikulincer