

## ABOUT THE AUTHORS

Jack Novick, M.A., Ph.D, and Kerry Kelly Novick are child, adolescent and adult psychoanalysts. Training and Supervising Analysts of the International Psychoanalytic Association, they serve on the faculties of numerous training centers in the United States. They first trained with Anna Freud in London, England and, in addition to their clinical work over the past 50 years, have been active in teaching, research, professional organizations and the community. They joined with other colleagues to found the award-winning non-profit Allen Creek Preschool in Ann Arbor, Michigan and the international Alliance For Psychoanalytic Schools.

Both Jack and Kerry have served as Chairs of the Child and Adolescent Analysis Committee at the Michigan Psychoanalytic Institute, and were instrumental in starting the first integrated child and adult training curriculum.

Kerry has been elected a Councilor-at-Large on the Board of the American Psychoanalytic Association, is a past President of the Association for Child Psychoanalysis, and is Chair of the Child and Adolescent Psychoanalysis Committee of the International Psychoanalytic Association.

Jack served two terms as North American Representative on the Board of the International Psychoanalytic Association, and is President-Elect of the Association for Child Psychoanalysis.

Jack and Kerry Novick have written extensively since the 1960s, with many book chapters and over 100 articles published in major professional journals. Their book « Fearful Symmetry : The Development and Treatment of Sadomasochism » appeared in 1996 and was re-issued in paperback in 2007. « Working With Parents Makes Therapy Work » appeared in 2005, and « Good Goodbyes : Knowing How To End In Psychotherapy and Psychoanalysis » was published in 2006. « Emotional Muscle : Strong Parents, Strong Children » appeared in 2010. All their books have been translated into several other languages and are used in training mental health professionals around the world.

They have both held academic and research positions and are currently in private practice.

### ***Praise for their earlier books ---***

*On Fearful Symmetry :*

*« They give us a landmark work. This book will prove indispensable to mental health professionals. » Leonard Shengold, M.D.*

*« Their clarity of thought and clinical focus makes their book a joy to read. » Robert L. Tyson, M.D., F.R.C. Psych.*

*« The book offers an illuminating, rich, and rewarding study of the enigmatic attachment or addiction to pain, and to pleasure in pain. » Harold P. Blum, M.D.*

*On Working With Parents Makes Therapy Work:*

*« This is an extraordinarily important contribution. Their work underscores the inevitable ongoing interaction between parent functioning and child development. » Leon Hoffman, M.D.*

*« This book offers further elaboration and new applications of the Novicks' earlier research on the two-systems model. It is so well-written ... it represents a bold new vision of the role of parents in the psychoanalytic treatment of child and adolescent patients. »* Jerrold R. Brandell, MSSW, Ph.D.

On *Good Goodbyes* :

*« Through vivid and compelling vignettes ... they demonstrate that ... a patient's system of self-regulation can be transformed from one that is joyless, constricted and closed to one that is healthy, alive and open. »* William B. Meyer, MSW, BCD

On *Emotional Muscle* :

*« The authors' expertise with living, breathing children comes through on every page. »* Diane Manning, Ph.D.

*« A must-read for anyone committed to understanding how values are conveyed and how the development of character can be supported. »* Michelle Graves, M.A.

*« Emotional Muscle is a book that is needed, relevant, and should be required reading for all parents and educators. »* Kathleen Kryza, M.A.

*« In this book ... they do for these early years what Erik Erikson did on the broader canvas of the human life cycle in his classic *Childhood and Society*... Their book will be a valuable resource to generations of parents, daycare workers, preschool teachers and others caring for young children. »* Paul Brinich, Ph.D.