

cannot be taught as they involve existential openness to the other and relevant self disclosure within the interaction. This idea may be regarded with horror by many therapists and training schools, but Gordon models his belief for us by disclosing personal clinical examples where he followed his own intuition to the benefit of his clients.

Quentin Stimpson's short final chapter puts 'the facts' of the previous nine into a post-modern perspective. He first suggests that psychotherapy and counselling are essentially modernist concepts i.e. driven by the desire to produce better, more competent citizens with control and mastery over themselves and the world, and the belief that science and technology underpin progress; they are set firmly within medicine and a quasi-medical 'treatment' culture. However, he argues, we live in a post-modern age of rapid transition, fragmentation of self and death of 'grand narratives' where we are encouraged to deconstruct such scientific 'truth' and 'knowledge' claims and examine what has been left out, particularly the meaning of change for clients which is frequently ignored in evidence based medicine. Evidence based medicine, he points out, has for instance nothing to say about love which is at the core of human existence. Stimpson hopes that voluntary and community based counselling services can resist being appropriated into this mainstream by reporting practice from grassroots, experience/needs driven settings (of which there have been some examples in this book) which question taken for granted assumptions. As entry requirements for voluntary counselling trainees become ever more unrealistic and 'professional', he requests us to keep a Zen 'Beginner's Mind' or we may soon lose the ability to really listen to the other.

Ann McDonnell

The Making of a Therapist

A practical guide for the inner journey

L. Cozolino. (2004). London: W.W. Norton and Company.

to give beginning therapists permission to feel what they inevitably will feel- uncertainty, confusion and fear – while also offering some strategies and advice...' and that 'my true focus is on the personal and emotional aspects...

(Cozolino)

The Making of a Therapist is an essential handbook for all new trainee therapists and those hoping to become a therapist. Although short, it is a book that takes into consideration different areas that may arise for a new therapist and the emotional journey this can take them on. Cozolino addresses these by dividing the book in to three sections, 'Getting through

your first session', 'Getting to know your client' and 'Getting to know yourself'.

In the first section Cozolino discusses the situations and feelings a therapist may experience during their first few sessions. He takes the reader through a number of personal experiences he had in his first few sessions as a new therapist, enabling the reader to relate to what he is describing. He examines the psychological tools a therapist can use in treatment during a therapy session and how these will continue to help in further sessions. One main tool he describes is case conceptualisation; Cozolino explains what format this should take and the type of information to record. He stresses the importance of keeping this logged after each session. This section also includes material on 'Getting centered and learning to listen' and 'survival strategies'. In the last chapter of this section he addresses cultural diversity and examines the assumptions that are sometimes made and the importance of being culturally aware when in a therapy session.

The second section nicely leads in to and focuses on the stages of therapy and helping the client through their recovery. The book considers various ways a client may present themselves and what issues could arise for a newly trained therapist. Again throughout this section Cozolino expertly uses his own and his trainee's personal experiences to guide the reader through differing scenarios. He addresses a number of areas including the therapist's feelings, working with resistance and *shuttling*. He cleverly uses this term to describe the importance of the therapist being aware of the emotions and transference between themselves and the client. It is also used for the therapist to check on their inner feelings and what their 'gut' instincts and mind are telling them. Also in this section there is a chapter focusing on strengths and weaknesses, which is both very productive and positive and highlights some useful tools one can use. Cozolino does focus on turning the negative to positive through out the book, which is very useful and helps the therapist see the importance of utilising these situations.

The third and final part examines the importance of the therapist getting to know themselves through self-discovery. Cozolino beautifully describes this and the importance of it, so the reader can get a clear understanding of what is being portrayed. In one chapter he focuses on working with counter transference and how important this is for the client and therapist. In the final chapter in this section he discusses the importance of mindfulness and reflects on why he chose this career path. He cites a very nice example of how one of his clients rebuilt his relationship with his daughter through the help of therapy, thus showing just what can be gained.

I believe Cozolino does achieve what he proposes to in the introduction. The book successfully gives a clear insight in to three main areas of

therapy from an emotional perspective. He successfully enables the reader to identify with the book by using real case situations and his own personal feelings. This also enables the reader to visualise and relate to what he is describing. In particular, the first section identifies a number of emotions a newly trained therapist may feel and may help reduce self doubt in these situations.

As Cozolino states in his initial aims, he does offer a number of strategies and advice. However, he writes these in the form of numbered lists, which as a reader I found quite overwhelming and unable to digest and store. But I do believe these would be useful tools to reflect back on or use as a guide to build in some treatment approaches.

As an assistant psychologist I found the book a stimulating read and very reassuring to learn these situations arose for a well-trained and now successful therapist. The book made me think carefully about the issues that may arise during therapy sessions and the importance of learning to work with these. The book has the ability to open up important questions regarding the individual, what they may experience during therapy and as a person, how self-aware they are. Cozolino quite rightly states that you do not necessarily receive this type of insight through training or studying and for an individual it can help overcome a lot of obstacles. It is clearly essential to reflect on one's emotions when considering therapy as a career.

I also believe that trained therapists could benefit from reading this book as it highlights areas to consider when providing support for a new therapist or member of staff on the team. Thus, in various chapters throughout the book, but especially in his final section, Cozolino highlights the importance of supervision and making sure this is set in place.

Cozolino writes from a psychoanalytical perspective rather than existential. However as a reader I did not feel an overwhelming push in this direction, thus allowing an existential practitioner to draw lots of useful information from this. He briefly addresses different therapies but clearly states there is not the capacity in this book to address all of these. Cozolino has compiled a list of factors that produce a positive outcome for all forms of therapy, I personally found these useful but different schools of thought may have their own opinions on the value of these.

The final section on self-discovery and self-awareness is probably the most useful for the existential practitioner. I believe it is vital for a practitioner to be true to themselves and ensure they can work with the client to the best of their own inner ability. Self discovery will enable the therapist to go on their own journey, placing meaning and understanding to their own feelings and behaviours. The journey will help put the therapist in a safer and more secure place for their own well being and ability to succeed in this chosen career.

I thoroughly enjoyed the book and even though it covered basic areas,

they are vital in therapy and not enough literature addresses these from an emotional perspective. I particularly liked the emphasis on self-awareness and discovery and found it an interesting read and very well written. Cozolino does acknowledge that not all therapists will feel comfortable with this journey and prefer a more directive and structured approach, which for me is an important point to make for those reading the book.

Finally in support of the book I think there will always be a need for this type of literature to help a new therapist, trainee or assistant. It enables them to learn about therapy settings and the inner journey it is necessary encounter to make.

Kirsty Ashby

The WHICH Guide to Counselling and Therapy

Mike Brookes and Shamil Wanigaratne (2003). London: Which Books/Penguin.

Asking for and giving directions is an experience that many of us are familiar with. Sometimes we encounter the equivalent of a human A-Z, more often though it is the well meaning, but geographically illiterate, whose directions we woefully follow. When it comes to giving directions within the field of therapy the majority of practitioners I know play it safe. Generally they will provide excellent directions within their own therapeutic field, but express little confidence outside this. In other words, as therapists we are quite good at giving directions as long as people want to go in our direction.

The *Which Guide to Counselling and Therapy* is a useful attempt to provide a map of rather wider scope, which it does rather well. Indeed, most of the questions that come up again and again are covered, as well as specific resources for individuals to follow through. Those familiar with the WHICH guides will not find star ratings and best buys, but rather a measured overview of what psychological counselling is and how to go about accessing it. Written by two experienced practitioners in the field, the book has two expressed main aims. Firstly, to 'help make people aware of the potential pitfalls of seeking out a practitioner of talking treatments' and secondly, to help people 'get the most from engaging in an episode of counselling or therapy.' I think that this sells the book short to some degree, since the coverage is much greater than these two aims would suggest.

Chapter 1 raises the entirely appropriate question of why to see a counsellor or therapist at all. Beginning with a review of David Smail's work on power networks from the 'Pursuit of Unhappiness,' the work highlights the role of non-professional resources which we can all draw