

The ending allows the reader to contemplate different ways when working with diagnoses by fusing therapeutic approaches and clinical tools. The most important element for me regarding this book, is that despite being written from a counselling psychologist perspective, it is accessible to other psychological practices that wish to consider the diagnosis debate that will forever be part of our ongoing work with clients. I would recommend this book to both trainees and qualified practitioners alike but also to specialist assessors who wish to further their understanding of assessments and their impact on the client.

Therapy and Beyond: Counselling Psychology Contributions to Therapeutic and Social Issues.

Martin Milton (ed) (2010). Chichester: Wiley-Blackwell

Counselling Psychology seeks to encourage the practitioner to explore the impact of social issues on the client as the world is ever evolving and the client cannot distance themselves from narratives that impact on their well-being and development. It is refreshing to read a book that acknowledges the wider world and how clients attempt to establish themselves in the world. Life is constant and the painful side of human experiences is often shielded in the therapy room with the outside world shut out in order to protect the client. Counselling Psychology however explores socio-economic, political, historical and cultural issues that impact on the client and how they view their own human suffering in such instances. Change is at the heart of any therapeutic relationship but change has to be fostered in order to support the person to develop outside the therapeutic relationship.

Martin Milton's book summarises counselling psychology as an applied practice and how counselling psychology contributes to therapeutic change both in and out of the therapy room. The book explores the role of counselling psychologists not just as practitioners but researchers and policy developers. The book is divided into 3 sections: section 1 explores the principles of counselling psychology, section 2 covers models of practice and section 3 explores counselling psychology beyond the barriers of mainstream psychology. In this section, I particularly enjoyed chapter 13 'Working with Sport and Exercise Psychologists' by Jill Owen. This is a refreshing chapter that looks at the psychology of sport and exercise and how counselling psychology can work within this sector of psychology which has seen a sharp rise in interest from the public and government agencies. With a media interest in obesity, this chapter explores the relationship people have with physical exercise and what motivates or de-motivates them. More importantly, the chapter explores how counselling psychology can contribute to this via national input through policy development and therapeutic practice. This indeed is a very refreshing chapter to read as it

epitomises the diversity and essence of counselling psychology. This chapter also demonstrates the ever evolving world we live in and an example of this would be western attitudes to obesity and sugar intake. How would a counselling psychologist work in this area? What strategies would they use? As counselling psychology emphasises the importance of the individual self, this chapter emphasises the importance of diversity in practice and an encouragement from practitioners to engage with hot topics in the media and governmental strategies.

Another chapter I enjoyed reading was chapter 17 ‘Counselling Psychology and the Media: The Highs and Lows’ by Lucy Atcheson. The rise of technology has meant that psychology can reach society through different streams hence the article in *The Psychologist* May 2016 edition ‘Are we punching our weight?’ The article discusses how psychologists of all disciplines can move away from the agony aunt or pop psychology movement towards a more transparent quality of communicating psychology to society. I have occasionally pondered the idea of working in the media and the first step I have taken is to be a book reviewer followed by publishing my research (something which counselling psychologists lack in!). Therefore, this chapter encourages counselling psychologists to consider a career in media and how to manage the various pitfalls and successes it has to offer.

All contributing authors relay the same important message: *relationships*. Counselling Psychology is about relationships with the self through to interpersonal development, relationships with others both in the personal and professional context and encouraging changing relationships with the wider world. Our work is never stagnating and this book reminds us the opportunities we have as practitioners and how to foster the skills to develop our therapeutic practice and beyond. I would recommend this book to all counselling psychologists, trainee and qualified alike. A very thorough and detailed read that defines the spirit of counselling psychology.

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