

THERAPY TODAY

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Therapy helped
me accept I am
not defective

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The rise of portfolio working

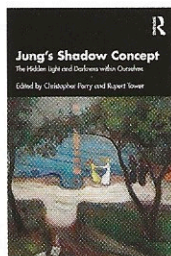
Is this the key to making private practice sustainable?

What you need to know about working with ADHD // Helping new client narratives take root
Is therapy failing victims of domestic abuse? // Processing pandemic birth trauma

Reviews

Edited by Jeanine Connor. Please note, we do not accept unsolicited book reviews.

Jung's Shadow Concept: the hidden light and darkness within ourselves **Christopher Perry and Rupert Tower (eds)** (Routledge)



Many therapists will be familiar with Jung's concept of 'the shadow', the contention that 'we are not friendly with aspects of ourselves that we fear... because they elicit shades of shame, from which we protect ourselves by repressing and then

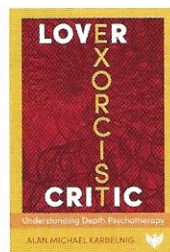
projecting'. A thorough reckoning with shadow can, conversely, help us take back projections and live fuller, more grounded lives. In an introduction that quotes Toni Wolff, Jung's collaborator ('in so far as I am human towards myself, I can also be human towards others'), the editors outline their aim to interrogate this foundational concept across personal, collective and sociopolitical manifestations.

What follows is rich and somewhat varied in quality. Contributions on fundamentalism and artificial intelligence are solid but read like extended opinion columns rather than the 'invitations towards living attentiveness' the publisher promised. A chapter about gender dysphoria, which accuses influencers of being 'effectively in the pay of big pharma' and uses phrases like 'an army of... trans rights extremists', troubled me. While there's certainly 'shadow' there, I had a sense of it being exhibited rather than worked through.

The better chapters are deeply explorative and thought-provoking. They both share and enable reflection on topics as various as the implications of the ageing process, the dance between closeness and distance in couples therapy, the troubled concept of 'whiteness' (with a projective process at its heart), and an ancient Greek myth's relevance to contemporary climate politics. Despite a sense of editorial ambitions not fully realised, I felt challenged in the best sense over the course of time spent with this anthology.

David Curl MBACP, counsellor in private practice

Lover, Exorcist, Critic: understanding depth psychotherapy **Alan Michael Karbelnig (Phoenix)**



What do psychoanalytic psychotherapists actually do? Karbelnig, a Californian analyst with many years' experience, attempts to answer that question in this highly original book.

Using the metaphors of lover, exorcist and critic, he describes

how the work unfolds using fictional case studies. I enjoyed his bold assertion of therapist as lover or, as cultural theorist Žižek says, 'a prostitute of the mind'; in Freud's mind, love in the consulting room was unscientific and therefore problematic; both ideas are explored. Having established a loving but bounded foundation, the therapist moves into the role of exorcist, casting out 'bad objects' by processing projective identifications. I found this a helpful metaphor for this difficult work, and Karbelnig's detailed examples help to illustrate a complex process. The role of critic weaves in and out of those of lover and exorcist, offering clarification of feelings, empathic confrontation and interpretations.

This is an accessible read and the chapters on the philosophical context and evolution of psychoanalytic theory are excellent summaries, especially for trainees. My only quibble is around the thorny problem of how to use case material ethically and yet retain clarity. Karbelnig is at pains to stress that the cases are fictional composites, and yet he writes as if they are his clients with powerful and detailed personal disclosures of his own, which I take to be true. In a book that necessarily holds the untangling of therapist-client enactments centre stage, this is a tricky combination, and I was left, at times, questioning his authenticity. That said, this is a powerful and novel way of thinking about what psychoanalysts actually do, which will help to demystify and educate. I highly recommend this book.

Jane Cooper, former senior counsellor in higher education

The Role of Companion Animals in the Treatment of Mental Disorders **Nancy R Gee, Lisa D Townsend and Robert L Findling (eds)** (American Psychiatric Association)



The bond between humans and animals has been extensively documented since ancient times, and millions of pet owners, including myself, can vouch for the benefits and joy of companion animals. However, the decision to implement

animal-based interventions in mental health settings needs to be based on thorough research to ensure good clinical outcomes, safe practice and the wellbeing of the animal. This book provides an extensive review of the latest research findings and offers positive suggestions as well as caveats for introducing animals into a range of clinical settings. The chapters include the role of animals working with mental illness, at-risk youth, dementia, depression, autistic spectrum disorders, post-traumatic stress disorder and more.

Although the title states companion 'animals', the body of research presented and focus are almost entirely on dogs. Guidelines are discussed for selection, including age, temperament and placement. The relationship between dog and handler is critical to the success of the intervention and to the dog's care and wellbeing. I particularly appreciated the chapter that clarifies that animal-assisted therapy is a complex and advanced form of treatment. The chapter also includes a list of helpful animal-assisted therapy techniques and the corresponding aims and intended outcomes. I found this book interesting to dip into, and the key clinical points at the end of each chapter contribute to making it an excellent resource for anyone considering this field of work. Overall the evidence clearly suggests the presence of therapy dogs has a beneficial effect and enhances the therapeutic alliance leading to positive clinical outcomes in a range of settings.

Mo Perkins MBACP (Snr Accred), integrative psychotherapist