

call for a more poetic, humble and awe-filled appreciation of all life on earth that doesn't place human needs at the pinnacle of importance. This is a major challenge to our ego-driven, self-serving human civilization, but may in due course prove to be the 'get out' that we need to escape the increasingly dangerous and 'out-of-control-addictive' psychological and materialist juggernaut of growth and 'development', cast within the capitalist framework manifested through our current model of globalization.

At the heart of Monbiot's vision is the clarion call, 'The (rewilding) process is the outcome'. This viewpoint offers us a humbling and multiple-future-generation's perspective, both human and other-than-human, on the rewilding vision, and all it might yet come to encompass. A vision that is planet-centric and not human-centric.

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On integrative psychotherapy

Relational patterns, therapeutic presence: concepts and practice of integrative psychotherapy, by Richard G. Erskine, London, Karnac Books, 2015, 400 pp., £32.99 (paperback), ISBN 9781782201908

I should begin with a confession: I am already a fan of Richard Erskine's work as I find the integrative model fits my own philosophy of working with clients. So I was not surprised to be delighted by this, his latest book, which I found has the same clarity that encourages me to think in a different way about my work. Whenever I read theory I find my practice improves, and never more so than when I read anything that Richard Erskine has written.

Relational Patterns, Therapeutic Presence is a synthesis of over 40 years of writing and development of the integrative model of psychotherapy, and I found a real maturity in the way his writings have come together so that the whole is much greater than the sum of the parts.

This is the kind of book that I need to read a few pages of and then put down while I process what I have just read. Having worked as a therapist for the past 25 years, this book served as both a reminder and refresher of the theory, as there is always a different perspective to be gained, particularly through the use of case material, which helps me to review my working practices. This book will be equally useful for beginning counsellors and psychotherapists who want to work in a relational way. I have recommended this book to a number of my trainee supervisees, and they report that they are thoroughly enjoying it.

Richard writes with such compassion and respect about distress, a notion that in other modalities is often seen as pathological. For example, in my experience of working with clients who have been given a diagnosis of borderline personality disorder (BPD), they have often been given this label in a pejorative manner that has shamed them, and led them to the conclusion that they cannot be helped. Chapter

13, 'Early Affect-Confusion: The "Borderline" between Despair and Rage', is the first of three chapters detailing the psychotherapy with a woman who would fit the criteria of BPD. I find the skill and gentle potency with which the author addresses the client's unconscious relational patterns and early developmental deficits a joy to read, and inspirational for my own practice.

Most of the concepts in the book are not new, yet in many places I found a new slant on the theory. For example, I am familiar with the theory relating to 'script', as will anyone be who comes from a transactional analysis (TA) background. Yet in Chapter 6, 'Life Scripts: Unconscious Relational Patterns and Psychotherapeutic Involvement', the author describes an important aspect of script as follows:

Implicit experiential conclusions are composed of unconscious affect, physical and relational reactions that are without concept, language, sequencing of events or conscious thought. (p. 97)

Like so much of Richard's writing I am left thinking, '... but of course! This makes complete sense. Why didn't I think of this?'

I was moved by his writing on cumulative trauma as it has such profound implications for parenting and for our therapeutic work with children as well as with adult clients. As I read this book, I found my practice changing, as I am reminded of the importance of my therapeutic presence. I become much more effective and I find my clients moving more quickly. This was particularly the case with Chapter 11, which considers the theory of shame and self-righteousness, and which gave me a new perspective on one of my clients.

This book for me represents a maturing of the theory relating to an integrative psychotherapy. There is a deepening of the understanding of unconscious relational patterns that offers a way of working with clients that is respectful and compassionate, focusing not just on the client's behaviour or thinking, but also on the way that their story is revealed through every aspect of their being, including their bodily reactions, their relationship with self and others, as well as the impact they have on the therapist. This is a book that I will re-read several times because I know that I will find something new each time.

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Old and new disorders

Treating disruptive disorders: a guide to psychological, pharmacological and combined therapies, by George M. Kapalka, London, Routledge, 2015, 274 pp., £25.19 (paperback), ISBN 978-0415719605

For those who work in the field of mental health, there is the perennial question of what works most effectively, medication or psychological therapies. Depending on the way the reader is situated, for example in a private psychoanalytic setting or a