

This is an important and thought-provoking book that carries the field of psychotherapy process research to a whole new level of reflection about practice and training. It will help students, practitioners, and researchers confronting them to the challenge inherent to the relationship-based activity of therapy. Beyond the usual therapeutic theories about patients, this book focuses on "How does the mind of the therapist works while practicing therapy". With diligence and passion, Fabienne Kuenzli invites us into the therapeutic room. She helps us to understand (with our cognitive intelligence) and to feel (with our perceptions and emotions) the concept of reflexivity as a central process for a successful therapeutic work.

*By Antoinette Corboz-Warnery, MD, Lausanne, Switzerland
Co-author of "The Primary Triangle: a Developmental Systems View of Mothers, Fathers and Infants" (Basic Books, 1999)*

*"In order to solve the constant and growing problems that we face in our practice, we, psychotherapists, cannot count only on the recipes or formulas learned at the University. We have to improvise, struggle, and create, to gradually build a repertoire of practical knowledge, to finally feel rather comfortable in our practice. Psychotherapists are left to deal with tasks that become increasingly complex, in a field that is now uncontrollable for the human mind. It is impossible nowadays to be aware of everything that arises in our field. Meantime our patients suffer from increasingly complex issues. Multiple diagnoses are our daily bread. (...)The family that we took a few decades ago as the norm has become a bizarre singleton. Our theories are less and less a comprehensive approach to the complexity we face. (...) In a professional field that becomes daily more uncertain, and unstable, we need to know **how** we know."*

This book assists practitioners to have more articulated theories of their practice and to better understand how expert therapists think while practicing psychotherapy. Clinicians will reach in-depth comprehension of the essential concept of reflexivity and reflexive practices. The reader will understand the growing importance of building theories of practice and the notion of practical knowing. The reader will also be able to read the reflection-in-action and compare the expert and the novice therapists in their thought process. (Fabienne Kuenzli, Ph.D.)