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This is an important book. It will be useful for qualified psychotherapists and graduate students or interns who want to learn how to become a good clinician. Fabienne Kuenzli does an admirable deconstructive (but helpful!) work to show how therapists think in the midst of their work. This book is also a great reference for qualitative researcher in the field of “psychotherapy process research”.

In the 21<sup>st</sup> century, it is now about time for clinicians to understand the underlying mechanisms intervening in psychotherapy. Clinicians need to learn to approach what Fabienne Kuenzli defines as reflection-in-action, meaning a *theory of practice* in constant transformation. Fabienne Kuenzli explores in this cutting edge of research: “ How do we know what we know as therapists and how do we do what we do”.

This book is not another treatment modality, not even a meta-model, what this book offers is a tool to understand and refine the practice of psychotherapy. Reflection-in-action allows the clinician to evaluate the quality of his treatment and his practice, and to measure and observe his work to potentially gather better outcomes with patients.

The subject of this book is crucial to the field of psychotherapy, but much too rarely discussed, and unfortunately fairly often simply ignored. Ignored by sheer ignorance, by arrogance, and by those annoying beliefs most of us have that scientific dogmas are more important and “more true” than the narratives we construct, than our subjective truths, or than our feelings.

In “Inviting Reflexivity into the therapy room: How therapists think in action?” Fabienne Kuenzli tells us how psychotherapists make sense of the constantly changing reality that is theirs, how they do their work and how they seem to build theory of practice. Fabienne Kuenzli explores the differences and similarities between the expert and the less expert therapist and how they practice psychotherapy. Less experienced psychotherapists seem to have a tendency to adhere too closely to their preferred theories, their allegiance, or their “school of thought”, in doing so they may lose track of their client. She also mentions that less expert clinicians may feel challenged to share with their clients their emotional response. Yet, it is often the same therapists who appear to encourage or push their patient for an expression of emotions. This, as the author states, may lead to therapeutic impasses.

More experienced psychotherapists tend to complete their listening and their hearing by a third process: they use *reflexivity*. They try to listen into themselves in order to hear and to feel what reactions and which responses their inner being accepts to give to what came from the outside. These answers may be quite “cognitive”, just as they are with less experienced psychotherapists. These answers may be quite different, too. Trying to identify emotional reactions, feelings, trying to detect these micro-emotions that trigger reactions and judgments without really appearing into consciousness, seem

to be processes that not only are going on in experienced psychotherapists, but seem to be part of the building blocks of therapeutic attitudes, postures and interventions. The whole process has to do with the acceptance of subjective reactions as co-determinants of a therapeutic gesture, and fundamentally the acceptance of the validity of the information emanating from the client. It may not sound terribly scientific, and then, subjectivity has never had such a good reputation among the scientifically minded. One thing is certain. If you want to say anything to your patient that has to do with his or hers feelings, maybe you should know first what you are feeling, your emotions, what your judgments are. It may help.

Most important reminder of this book is also that every good scientific move can only invite doubt. Every decent psychotherapist should be daily able to doubt and to question the quality of his practice. Rather than being threatened or annihilated by the doubt, the use of the postmodern critique, as Fabienne Kuenzli presents it, can be a powerful foundation for a practice that aims to defend a put the notion of ethics-in-practice and respect for clients and development of better practice in a primary position.

The field of psychotherapy has been packed for years with “content knowledge”. It happens all too often that many clients may now be more informed than psychotherapists on content. This book transcends these old issues, offering ways to build theories of practices, theories based on process first and foremost.

This is a courageous and innovative book, one of those where research and science become directly relevant and applicable to your day-to-day contact with clients. It accepts and recognizes this absolute evidence: clients are heroic and they are of the same world we are. I highly recommend this book. The whole approach presented by Fabienne Kuenzli is objective, scientifically grounded, and labeled with an academic *nihil obstat* of excellent quality: she obtained a doctorate in psychology at the University of Lausanne, Switzerland. She also holds is also a licensed clinical psychologist in Switzerland ( Psychologue, Psychothérapeute FSP) and is a licensed Marriage and Family Therapy in Los Angeles, California.

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