

About Inviting Reflexivity into the therapy room. How therapists think in action. (2006) Kuenzli, F. University Press of America

"You may read many books on psychotherapy and still be left wanting to know:

How is this going to affect my work? How will it change, transform, modify or help me to be a better psychotherapist? What differences will it make for my professional life, when facing clinical challenges?

"Inviting reflexivity into the therapy room" changed my work in many ways. After reading the first few pages, I found myself *thinking about* my work differently. This was really interesting and nothing I had experienced with previous psychotherapy books I read. It was as if the process that is so fundamental in Dr. Kuenzli's work (the process of reflexivity) was working on me almost instantly. The process outlined in Dr. Kuenzli's book enabled me to think about what I was really doing continually as a clinician, and it helped refine my skills even more.

With intelligence and passion, Dr. Kuenzli develops a position, taken moment by moment with clients, that involves presence and a grounded clinician. She provides continuous clinical examples of this position. Beyond a discussion of theories of practice, Dr. Kuenzli stresses the importance of what she calls the notion of *ethics in practice* and the importance of a clear *positioning of the therapist*.

You will not find in this book another theory, model, or cookbook to apply blindly and expect perpetual therapeutic success. Instead, Dr. Kuenzli uses rigor and intelligence to provide a view of how master therapists think and what they are made up of. She represents to her reader their thoughts and their reflection-in-action in her book. I often felt like I was a fly on the wall in the psychotherapy offices of master clinicians, privileged to observe them as they are doing their work and telling me, moment by moment what they are doing in sessions and why. This is important work and rarely approached in the psychotherapy literature. Dr. Kuenzli offers therapists a path to understand essential processes of a positive therapeutic alliance. Moreover, she invites us to be reflexive: to look at our actions, words, presence, thoughts, and responses while being connected to our patients and theories. Dr. Kuenzli successfully tackles this rich and complex area to teach us that the essence of good therapeutic work is the continuous questioning, moment by moment, of the quality of the therapeutic alliance.

I strongly recommend this book because it continues to help me grow as a clinician down the path to understand essential processes of a positive therapeutic alliance. I will continue to revisit: "Inviting reflexivity into the therapy room. How therapists think in action." at different times of my development ».

Ellen Vennola, Psy. D. September 2006 Los Angeles County, California