



Regulating the psychological therapies

Denis Postle

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Denis Postle, who has been described as ‘the ever-observant and relentlessly confronting watchdog’ of the changing period, provides us with this comprehensive and thought provoking book. In it he examines and confronts the proposition that statutory regulation of psychotherapy is needed to protect the public. He adamantly opposes the move towards statutory registration of psychotherapists, and provides a thorough explanation of his position.

Regulating the Psychological Therapies brings together almost 20 years of Postle’s writings about UK counselling and psychotherapy. His view is that this arena has been disfigured by turf wars, ethical incongruities and bullying. Richard Mowbray’s book *The Case against Psychotherapy Registration* (Mowbray, 1995) provided the author with a platform to confront the culture of professionalisation that has continued as a

result of the ongoing attempts to regulate psychotherapy in the UK. He provides clarity and answers to what has become a difficult subject area where there is assertion that the search for power, status and money has taken the place of integrity and good practice.

This book is both engaging and thought provoking and challenges the establishments that represent practitioners in the field of psychotherapeutic practice.

It highlights the confusion that has been brought about as a result of the attempts to control the market for psychological therapies and invites readers to re-examine their position in relation to state regulation.

Angela Clarke

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