

# New Psychotherapist

ISSUE 84 / AUTUMN 2023

ISSN 2516-7162 (ONLINE)

## WORKING TOGETHER

EXPLORING PSYCHOTHERAPY  
AND GROUPS



THE MAGAZINE FOR MEMBERS OF THE UK COUNCIL FOR PSYCHOTHERAPY

# Reviews

*Psychotherapists review new and recent work in their own fields, and recommend essential additions to your bookshelves*

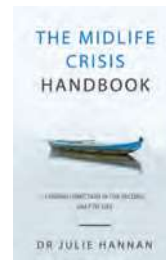
## The Midlife Crisis Handbook: Finding Direction in the Second Half of Life

This book has much to pique the interest of therapists, clients and the general public. Practitioners drawn to Erikson's life stages, existential therapy, Jungian psychology or integrative approaches will find much to delight them in this subtle yet thorough overview. For clients, it provides a useful compendium of what might be coming up for them, so that they can reflect and let insights percolate down between therapy sessions. For the general public, and perhaps those who cannot afford private psychotherapy, the book contains a wealth of useful exercises that can be worked through as a self-help tool.

Hannan takes seemingly complex concepts, such as liminality and the fertile void, and uses self-disclosure and normalising techniques to validate some

semi-universal human experiences that will resonate in middle age and beyond. She unpicks our relationship with self, other, work, materialism, convention/conformity, meaning, purpose and mortality. Most of us have been in, are in, or hope to reach, midlife. The rest of us have probably been parented, managed or 'therapised' by midlifers, or had them present as clients.

This handbook includes therapeutic experiences of clients in the consulting room, explanations of key concepts, anonymised case examples of midlife struggles and realistic tips for managing challenges, self-care and cultivating joy in this phase of life. This is a deeper dive into midlife than many mainstream publications, but it will be accessible and user-friendly to a varied readership.



### Details

- **Reviewed by:** Cheryl Livesey, UKCP-accredited integrative adult psychotherapist and supervisor
- **Author:** Dr Julie Hannan
- **Publisher:** Morency Limited
- **Price:** £10.88
- **ISBN:** 101915930065



### Details

- **Reviewed by:** Andy Cottom, psychodynamic psychotherapist with a background in warzones
- **Authors:** Vamik Volkan, Regine Scholz and M Gerard Fromm (eds)
- **Publisher:** Phoenix Publishing House
- **Price:** £28.99
- **ISBN:** 101912691098

## We Don't Speak of Fear: Large-Group Identity, Societal Conflict and Collective Trauma

This book explains brilliantly not just how conflicts arise, but why. Using their own first-hand experience and that of others in the field, the authors introduce the reader to a psychodynamic perspective of why fear is so often replaced with anger.

Volkan and his colleagues dare to speak of fear. By directly relating the fear of those perceived as different from us, they show how the split in individuals we so frequently encounter in the consulting room can be perceived in their identification within larger groups. By demonstrating the importance of belonging to something larger than ourselves, we take on both shared friends and shared enemies.

This carefully edited book leads the reader through the fluctuations in 'othering' of recent history in a style that is accessible to therapist and lay reader alike. The current rise in nationalism is explained as a natural consequence of globalisation. The COVID pandemic is seen as the latest challenge to unity between nations, and the invasion of Ukraine as the result of perceived past trauma.

In these times of grave danger, we look to leaders who appear fearless, but maybe the book's title doesn't do it justice. Perhaps an understanding of the creation of conflict will help us find peace, not only between nations and large groups, but within ourselves.