**Book Review**

Clinical Psychology: a critical examination

Craig Newnes

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An interesting and thoughtful critique of clinical psychology, written in an accessible, engaging and humorous style. The book covers a critical examination of different aspects of the profession, both past and present, it also nicely summarises the development of the Psy complex over time, that as a new Clinical Psychologist in training was rather eye opening. The author challenges the zeitgeist of current mental health services and critically considers the ways in which psychological assessment, practice and research maintains this. Themes that run throughout the chapters include scientism, professionalism and the ‘wounds’ inflicted by the system. Newnes writes honestly and self-reflexively about his own professional and personal experiences which adds a sense of genuineness to the presented arguments. This is not a cold dissection of Clinical Psychology, and I was not left with a sense of hopelessness and despair for my career. Rather, I was imbued with a feeling of optimism, and I look forward to embarking on future placements with a critical eye.

I strongly recommend that other Trainee Clinical Psychologists, or indeed anyone considering a career in Psychology, read this book. As upcoming members of the profession it is important to not only understand the past roots of clinical psychology, but also to critically consider its role in the future and reflect on what this means for the part that they will play as its professionals. This book may also be useful at offering a fresh perspective for professionals who have become long embedded in the current system and provoke debate amongst colleagues about the way we practice.

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