**SLUG: BOOK REVIEW**

**TITLE:**

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**Poornima Bhola, Ahalya Raguram, Editors. *Ethical Issues in Counselling and Psychotherapy Practice*: *Walking the Line.*****Springer, 2016. Singapore  ISBN 978-981-10-1808-4 (e-book) INR 9239.40**

This book comes at a time when there is a lacuna in the field with regard to cultural and local issues that present challenges in the practice of psychotherapy and counselling in India.

The foreword is written by Dr Shyam Sundar who sets the stage by linking psychotherapy practice in the modern day with human values and the ancient Indian tradition. He describes the sources and causes of ethical dilemmas in his inimitable style.

The editors make a very good beginning in the first chapter by contextualising the foundations, determinants and basis of ethics in Mental Health. This chapter traces the philosophical positions in ethics and leads us to the ethical dilemmas in the therapy room. They review research from across the world and discuss codes of conduct and guidelines. The chapter also briefly touches on the relationship of ethics and the law and then focuses on training issues in ethics and therapeutic practice.

The chapters cover a wide range of settings and clients, ranging from private practice, children seen in various settings like hospitals and schools, couples and family, intimate partner violence an sex work, survivors of sexual violence, LGBTQ clients, employee assistance programmes, and Online therapy. The cultural universality and validity of ethics in therapeutic practice is also discussed. Legal contexts and the interpretation of ethics are debated too. The role of institutional ethical review boards in research in therapy and psychosocial interventions is also addressed. The exhaustive range of areas, settings, clients and situations covered is commendable. Some areas that could have been included are lay counselling, working with chronically/ terminally ill individuals.

All the authors are individuals with a great deal of experience in their areas. They have walked the line of academic and theoretical foundations along with giving rich anecdotal details to help the reader understand experientially the ethical challenges faced in the various settings with different clients.

Although some chapters are more theoretical in their orientation, they provide important basis for understanding how ethical concerns emerge in the area. Case vignettes have been used by almost all authors to illustrate challenges and ethical dilemmas experienced by them in practice. Most authors have also discussed how they resolved these challenges and dilemmas.

The book with its varied chapters compels the reader to think, debate internally and with others and attempt to take a position on the many ethical issues raised. More importantly, it provides a much needed resource for possible answers for ethical dilemmas. In addition, it facilitates a crucial skill of reflecting, thinking and debating about these issues especially when there are no finite or clear cut answers available. This book is a must read resource for all students and practitioners of Mental Health.

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