

**The Industrialisation of Care: Counselling, Psychotherapy and the Impact of IAPT Edited by Catherine Jackson and Rosemary Rizq Foreword by Nikolas Rose PCCS Books 2019**

One principal argument in this book -- articulated with great clarity and force in Nikolas Rose's foreword -- is that the Increasing Access to Psychological Therapies (IAPT) programme is rooted in and promotes a neoliberal 'back-to-work' agenda. One of the major architects of IAPT was Sir Richard Layard, an economist, who made his case for IAPT to the then Labour government on economic grounds. It is unsurprising, then, that the bottom line, rather than the person, has become its focus.

In the IAPT programme the medicalisation of everyday life is a taken-for-granted, unchallenged assumption: its basis is that we are engaged with diagnostic labels that need 'treatments' to enable 'cures', whereas the notion of therapy as a meeting between two human beings to facilitate a therapeutic relationship is hardly tolerated. The former can sometimes be beneficial but leads to all kinds of unintended, negative consequences. For instance, who has not heard of 'patients' who knowing how to game the system exaggerate their symptoms? And readily accept a diagnostic category in order to gain access to therapists rather than say PWP or a computer programme? The cutting-edge of progressive, non-diagnostic ways of viewing distress -- promoted by even such establishment voices as the Division of Clinical Psychology of the British Psychological Society (BPS) -- leaves the IAPT model behind. Yet IAPT is all that most non-paying clients will be offered when wanting to access therapy via the NHS.

The ease with which CBT fits into this model which individualises distress as 'illness' or 'disorder', assumes therapy to be a science (rather than, say, an art or craft) and which allows itself to be manualised and accepts claims that the outcomes of therapy can be unproblematically audited is the basis for its success rather than any real 'evidence base'.

This extremely important book with contributions by Rosemary Rizq, Sami Timimi, Elizabeth Cotton and Gillian Proctor, amongst others, offers a convincing critique of IAPT and the marginalisation of counselling and psychotherapy (except CBT) within it. As well as elucidating the negative consequences of a political ideology too reliant on neoliberal notions of marketisation ('the state we're in') the book also explores problems for therapy associated with 'the state of the NHS' and 'the state of the workplace' which explores what practitioners face in a system that does not really understand what we have to offer and how we want to offer it.

It seems to me that currently counselling and psychotherapy (as we have known it) will survive in the independent/private sector but if therapists want it to survive (as we have known it) in the NHS they will have to fight hard to get their voices heard and thereby transform IAPT into something worthy of its name. This book lays the foundation of the arguments we need to articulate in such a battle.

*Jay Beichman PhD MBACP(SnrAccred) is a counsellor/therapist working in private practice in Brighton. [www.counsellinginbrighton.co.uk](http://www.counsellinginbrighton.co.uk)*