

Review of: "Psychotherapy as a Subversive Art"

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The article is an interesting read cleverly summing up several references to think about therapy. However, there are so many ideas that the reader can get lost in a runaway rollecoaster ride. In the end, the ideas do not stuck in the mind as they lack body, in the sense of both textual space to be fully developed, and experiential reference from the author's psychoterapeutic practice work. Being a practitioner, the author could refer to his experience to illustrate some of the ideas, telling stories, selecting those he really wants to explore that made him think about psychotherapy as art, and as subversive. The text itself is not very artful and not very subversive in the sense that it reproduces the traditional academic disembodied discourse: a battle field of theories and names not explored enough to help the reader walk through the landscape and bring some nourishing fruits home. It hints to social emancipation but does not practice what is preaces. Only those in the know are invited. I would be curious to listen the author leave Academia's compulsions of "getting it" behind, as psychoanalyst Adam Phillips (Missing out. In praise of the unlived life, 2012) put it, and take us on a more intimate and lived journey with him. This is of course how I position in terms of emancipation through connected knowing, that means, knowledge springing from context, as in feminism (Belenky et al, 1986) and subsequent biographical approaches to social research (Merrill & West, 2009). Thank you for the opportunity to share a thought.