BOOK REVIEW

Book review: Cognitive Behavioural Chairwork: Distinctive Features

Stephen Palmer[1]

Corresponding author

Prof Stephen Palmer
Centre for Stress Management
156 Westcombe Hill
London, SE3 7DH
email: stephen.palmer@iafpd.com

Affiliations

[1] Centre for Stress Management,
156 Westcombe Hill
London, SE3 7DH, England

Title: Cognitive Behavioural Chairwork: Distinctive Features

Author: Matthew Pugh

Place, Publisher, Date of Edition: Abingdon, Oxon, Routledge, 2019

Paperback: 216 pages

ISBN (paperback): 978-0-367-10925-7

ISBN (hardback): 978-0-367-10924-0

Price: £14.99 (Paperback), £105.00 (Hardcover)

This new book, *Cognitive Behavioural Chairwork: Distinctive Features*, authored by Matthew Pugh, has been published in the Routledge CBT Distinctive Features book series. This series asks 'leading practitioners and theorists of the main CBT therapies to write simply and briefly on what constitutes the main features of their particular approach'. Does this book live up to what's expected in the series?

Matthew Pugh is a Clinical Psychologist, Cognitive Behavioural Psychotherapist, and Advanced Schema Therapist. His experience as a practitioner informs this book. The book is in two parts which cover the theoretical and practical applications of cognitive behavioural chairwork. The two parts have 15 chapters each. These vary from in length from a couple of pages to a more substantial chapter depending upon the item being covered.

The sections and chapters are listed below:

Part I: Theoretical Features of Cognitive Behavioural Chairwork

1 A brief history of chairwork

2 Chairwork in cognitive and behavioural therapy

3 Forms of chairwork

4 Forms of facilitation

5 Forms of perspective-taking

6 Lights! Self-multiplicity (principle I)

7 Camera! Embodiment and

In chapter 1, Pugh describes chairwork as, '… a collection of experiential interventions which utilise chairs and their relative positions for therapeutic purposes. Developed within psychodrama, chairwork gained wider recognition through gestalt therapy before undergoing rigorous evaluation in process-experiential and emotion-focused therapy'. However, Pugh does mention in chapter 2 that chairwork has been used in cognitive and behavioural therapies for some decades. Although it is a book you could dip into, Part 1 is a good preparation for Part 2 of the book.

Does this book live up to what's expected in the series? It certainly does. This pocket sized book provides an extensive overview to the theoretical and practical applications of Cognitive Behavioural Chairwork. Although the book will be of great interest to Cognitive behavioural therapists, the techniques could easily be integrated by experienced therapists and counsellors into other therapeutic approaches. ■

Biography

Prof Stephen Palmer PhD is Director of the Centre for Stress Management, London since 1987. He is Professor of Practice, Wales Academy for Professional Practice and Applied Research, and Adjunct Professor of Coaching Psychology at Aalborg University. He is the Honorary President of the International Stress Management Association and the International Society for Coaching Psychology. He is also Honorary Vice President of the Society for Dialectical Behaviour Therapy and Co-Chair of the Association for Rational Emotive Behaviour Therapy. He has written or edited over 50 books including: *The Handbook of Counselling (Routledge, 1997), The Handbook of Solution-Focused Therapy (Sage, 2003)* and *The Beginner's Guide to Counselling* and *Psychotherapy (Sage, 2015)*. He has published over 225 articles.

http://orcid.org/0000-0002-0108-6999