

## *Book Review / Compte rendu*

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DeLoach, C. D. (2021). *How we practice therapy now*. W. W. Norton. ISBN: 978-0-393-71470-8, xxiii + 228 pp.

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### ABSTRACT

While the practice of therapy is continuously evolving, the global pandemic has especially caused drastic and sudden shifts in service delivery. Although therapists were generally able to adapt quickly, guidelines and suggestions for novel practices are currently lagging. This book was written to provide foundational knowledge on emergent practices as a result of the pandemic and other influences. This essential read covers topics such as teletherapy, innovative approaches (such as concierge therapy), race/power, legal/ethical issues, and self-care. By reading this book, therapists will be able to strengthen their understanding on how they might be better equipped to practice therapy now.

### RÉSUMÉ

Bien que la pratique de la thérapie soit en évolution constante, la pandémie mondiale a surtout causé des transformations soudaines et profondes dans la façon de donner les services. En règle générale, les thérapeutes ont été capables de s'adapter rapidement, mais les lignes directrices et les suggestions pour les nouvelles pratiques accusent un retard. Ce livre a été écrit pour donner des connaissances de base sur les pratiques qui émergent en raison de la pandémie et d'autres influences. Cette lecture essentielle couvre des sujets variés comme la téléthérapie, des approches innovantes (par exemple, la thérapie de type « concierge therapy »), les concepts de race et de pouvoir, les enjeux relatifs à la loi et à l'éthique et prendre soin de soi-même. En lisant ce livre, les thérapeutes pourront mieux comprendre comment bien s'équiper pour offrir une pratique moderne.

How we practise therapy has evolved over time. In recent years, this evolution consisted of the growing inclusion of technology and the emergence of telemental health (TMH). Alongside TMH, the development of other novel approaches to better align with our clients' needs is also gaining momentum. Furthermore,

as a result of the global pandemic, we experienced sudden, drastic changes to therapeutic practices, including a widespread shift to teletherapy (i.e., the provision of therapy online). Dr. DeLoach, the author of this insightful and practical book, provides an overview on the current status of therapy. As a psychologist and professor, she offers her clinical and academic expertise throughout the book, providing a foundational understanding for clinicians on emergent practices and fundamental considerations in the profession. DeLoach also offers checklists, case examples, and reflection questions to bolster the reader's learning. The book is organized into eight chapters, and covers topics such as TMH/teletherapy, alternative practice models (e.g., wellness models, concierge therapy), race/power, legal/ethical issues, and self-care.

In Chapter 1, DeLoach provides an overview of TMH, including the trends prior to and during the pandemic, different modalities of teletherapy (including virtual reality, video or phone sessions, emails, and social media), strengths and limitations of teletherapy, effectiveness, and successful implementation of teletherapy. In Chapter 2, the author provides suggestions on preparing both clients and therapists for TMH. The discussion centers around the practicalities and nuances of TMH, such as appropriately setting up a practice, informed consent apposite to TMH, payment, and security. The checklists included in this chapter provide practical guidance for therapists seeking to incorporate TMH into their services.

In Chapter 3, DeLoach explores clinical issues relevant to TMH, such as screening clients for fit, outlining the initial session, building rapport, asserting boundaries, dealing with and managing crisis, working with young people, and terminating clinical work with clients. As a reader and therapist, I would have also appreciated the author's perspective and guidance on the topic of attending to clients via telephone, where visual observations are limited. However, this chapter highlights the importance of therapist intentionality whether it be in person or via distance technology.

Chapter 4 is dedicated to the topic of wellness practices. The author discusses the variety of existing models and asserts the need for competency in this area.

In Chapter 5, DeLoach introduces readers to concierge therapy, a flexible clinical approach that offers therapists on retainer. She outlines the different models of concierge services, limitations, and benefits to this novel approach. I appreciated the in-depth discussion on this newer approach to therapy and the many considerations offered, including therapist and client characteristics that determine fit for these services.

In Chapter 6, DeLoach approaches the very important topic of race, power, and intersectionality within the profession of psychology. DeLoach asks the reader critical questions to reflect on their own positionality and how they consider identity in their practice. She demonstrates her expertise in liberation psychology and as a course developer and instructor in multicultural counselling.

DeLoach provides guidance on how to challenge racism and heteronormativity in the therapeutic milieu with cisgender, heterosexual, and white clients. As an emerging therapist, this chapter was the most beneficial for me and will impact my practice most moving forward in dismantling racist, sexist, or homophobic ideology. However, as a Canadian reader, I wished Indigenous counselling was included as a topic of discussion.

In Chapter 7, the author provides an overview of ethical and legal considerations that have surfaced due to the evolution of therapy and services, including licensing/jurisdictional issues, confidentiality/privacy, boundaries, social justice, wellness, dual relationships, social media, and competency. DeLoach dedicates Chapter 8 to self-care in light of the pandemic. She discusses the impacts of COVID and the subsequent collective trauma shared, as well as grief, burnout, compassion fatigue, and disparities in health especially amongst minority groups.

DeLoach suggests this book be used “as an introduction to some emerging practices” (p. 169) as part of the necessary training and education needed to build competency for how we practice therapy now. I am in agreement with the author, as the book provides foundational concepts and guidance for current therapy practice. In an ever-evolving and always changing world of therapy, this book offers a grounding introduction to current and novel practices.

The checklists DeLoach developed are a necessary and useful guide for therapists when screening clients, setting up a teletherapy practice, considering self-care, and creating an inclusive environment. I recommend therapists review these checklists, and seriously consider implementing DeLoach’s suggestions throughout the book, especially in relation to intersectionality, inclusivity, diversity, and advocacy. Dr. DeLoach’s case examples and reflection questions guide and challenge the reader throughout, enriching the reader’s learning experience. Overall, the book was well written, organized, and impactful. This book will be a welcomed addition to clinical libraries, particularly considering the changes in therapy practices since the start of the pandemic.

### **About the Author**

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