she defends the respect that children deserve, a respect that is often not properly considered by adults. She also makes particular reference to children’s right to play, which has little presence in their tight schedules, claiming this right to play not as fun but as an essential tool of socialization in childhood, highlighting its inestimable contribution to the optimum development of the individual. The author mentions the need for psychological and psycho-pedagogical interventions as a necessary component in the treatment of ADHD, for which pharmaceutical treatment is often applied.

The importance of academic life in all children and adolescents is dealt with in a separate chapter. Mar Gallego dedicates this entire chapter to the school and calls for the necessary collaboration between the “school tutor and family tutor” providing precise instructions on how to strengthen the relationships between the school and the family. This chapter also deals with school bulling, a well-known occurrence in students with special educational support needs. Within the family life, the importance of the interaction between siblings is highlighted, underscoring the difficulties and frictions of fraternal relationships, which, although frequent, receive little attention in the literature. Mar Gallego does not focus exclusively on finding answers to the needs of children and adolescents in her book. She takes into account the needs of parents, with a chapter dedicated to them that fosters the necessary involvement and participation in different social movements. Although the present work is written by a psychologist, it should be mentioned that different survivors of psychiatry have actively participated in “We will get over this,” so it is the result of collective work.

Collectivizing mental healthcare is, in my opinion, one of the potentialities of this work. We are immersed in a society in which care in this and other areas has been centralized and professionalized (psychologists, psychiatrists, occupational therapists, etc.) and the “environment” has been disconnected from its role within the machinery that makes up the mental health of a person. In addition, reductionism by conceiving distress as “within the individual” has promoted, among other things, stigma and ignorance, but fundamentally social and emotional isolation. With it, it is customary for us to “feel emotionally alone within our heads” and the only tool we have left is the professional one.

Recovering the role of the social environment and revaluing different ways of conceiving care is not exclusive with the role of professionals, but it is necessary to propose tools for the collective management of distress. Listening to the voice of people with mental suffering, and strengthening the social resources of the environment and the person, have been and still are elements that have been forgotten by conventional psychology/psychiatry. However, thanks to the discourse and the proposals of those directly affected and of critical groups, a new direction is being consolidated in the management of mental suffering that aims to go beyond the hegemonic models of mental healthcare.

We will get over this. A mental health guide for the environment of the person in crisis, is a contribution in this direction. It is not unique or sufficient, but it is necessary. From a social point of view, the book focuses on the support that the “environment” —understood as our friends, relatives, work colleagues, etc.— plays when a person from our near context finds themselves in a crisis situation. The author has made a remarkable effort to accurately integrate a practical work, accompanied by a subtle reflexive process, which, beyond its applied purpose and offering specific solutions, allows us to question and rethink mental healthcare today.

In my opinion, it is also an invitation for professionals in the field, such as myself, to consider the need to stop, criticize and reflect on our role in mental healthcare.

This book is composed of 74 pages, grouped into a total of 10 chapters. Although there is no division established by sections, we can detect three parts. The first part is comprised of the prologue and the introduction and acknowledgments to the collaboration of Primera Vocal, and, from the beginning, the objective and central perspective of the work are explained. The introduction, in the words of the author, is a call to “lose the fear” and brings the reader to an understanding of a complex reality, proposing alternatives to the conceptualization of mental health and collective management.

The second part is composed of four chapters, which constitute the main body of the work. In the first chapter, some questions of reflection on the environment of the person are raised, such as the coordination with the people involved (family, friends, etc.) and the questioning of one’s own limits and/or availability. The second chapter, entitled “Principal forms of psychological suffering that may require our attention,” includes a brief description and practical information on a series of problems, which could be considered to be affected by generalized stigma and ignorance and/or where the involvement of the environment is fundamental. Delusions, hallucinations, manic and depressive episodes, self-harm, drug use and aggressiveness are clearly discussed in non-exhaustive way. Without intending to catalog in

diagnostic terms, this section tries to contextualize “what is being talked about” and to break the barrier of ignorance associated with these circumstances. The third and fourth chapters are devoted to communication and practical resources, respectively. The third chapter presents some practical tools, such as pacts of care, specifying situations and strategies, mutual support groups, accompaniment, and sharing the problem and the information with the environment.

In the last section, composed of four chapters, the author offers general guidelines to be considered regarding professional care (pharmacotherapy and psychotherapy) and exposes some personal reflections on the objective and its limitations. Finally, a list of references is included.

This book serves two fundamental purposes, the personal and the professional. Its careful and amenable language makes it accessible to all audiences, whether or not they are linked to the field. In addition, the accuracy and synthesis of the contents make it suitable for students and professionals of mental healthcare and/or for those who in one way or another feel the need to enter into it. It should be noted that the publication has been self-managed and its profits go to similar collective projects, and neither the authors nor the publishers receive personal financial benefits.

In short and following Javier, although the subtitle of the work defines it as a guide, We will get over this does not attempt to solve all of the doubts, since doubts are precisely the motivation for the writing of this work. It is not –nor does it aim to be– a new model, but “only the basic foundations of how to decide or act.” In addition, it is a call to “talk of people again” when we work, support, claim, talk or write about mental health.

We will get over this is a resource of collective effort and defense of the human rights of all of us who, inevitably, feel the need to take care of ourselves collectively as far as mental health is concerned.

REFERENCES

PAREN T-CHILD INTERACTION THERAPY. AN EVIDENCE-BASED TREATMENT FOR CHILDREN
Ferro García, R and A scanio Velasco, L
Madrid: Editorial Síntesis, 2017

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It is not the same to be shown a house by an employee of a real estate agent as by someone who lives in it. Its inhabitants will be able to show you what neither the eye of the newcomer nor that of the employee can see: the magic of the sunsets, or the unrepeatable mix of lights and aromas on a spring morning, the stories that are not seen in a five minute visit, but that can give you the key to know that you have found what you are looking for. This feeling is one that you experience when you read the book that Rafael Ferro and Lourdes Ascanio have created for us on Parent-Child Interaction Therapy (PCIT) in the publisher’s summary: Throughout its eight chapters the authors invite us to a guided tour of the dependencies of a “home” unknown for many in our country, understanding it from the inside, in the first person. Those of us who work in the children’s clinic, and have been grappling with the need to try to help change behavior in childhood, knowing the vital importance that parents will have in the process, we greatly appreciate the effort made by pioneering clinicians such as Rafael and Lourdes to systematize and provide the keys to encourage us to live in this house and to experience the advantages of a therapy which from its very name directs us towards the key variable in the genesis of behavior and in any attempt at change: the interactions between parents and their children.

Therefore, this is a magnificent review of the literature on PCIT, not from the perspective of the academic, but from the person who is using it. And this is a luxury that we are not accustomed to have simultaneously: scientific rigor coupled with habitual and professional practice (we can often find them separately, from the university on one hand and from the practice, on the other).

The first chapter is dedicated to the origin and development of PCIT, as well as the exposition of its most relevant characteristics. The second chapter begins by exposing the psychological principles of behavior that underpin PCIT before presenting the therapy itself to the reader, with its components and phases, time structure, etc., emphasizing the need for personalization of the intervention from this perspective. The following chapter presents an exhaustive review of the evaluation and intervention materials, with examples of application by the authors themselves.

In the fourth chapter, we find an excellent bibliographical review of the effectiveness, efficacy and efficiency of PCIT, data from which professionals can appreciate the scientific solidity that supports this therapy, also useful for students and teachers. This house seems to have solid foundations.

A fifth chapter, dedicated to the applications to the school, makes it useful for the collective of counselling and school professionals, who are increasingly exposed to having to deal with disruptive, negative and externalizing behavior in their professional field. And the following chapter presents the wide variety of contexts and problems in which PCIT has been successfully applied: anxiety and post-traumatic stress, global developmental delay, hospitalized children, depression in children, etc.

The house viewing ends with a guided tour of the neighborhood, and the authors place PCIT in relation to contextual and third generation therapies, about which they can speak with authority because Rafael Ferro is one of the most relevant figures in the Spanish context of these therapies, especially in Functional Analytic Psychotherapy (FAP). And the final chapter, dedicated to the new directions of therapy, presents the exponential growth in its use, as well as its online application, which is certainly an interesting aspect and clearly shows its versatility.

It should not be surprising that this therapy works for so many children’s problems (from disruptive behavior to language problems) and contexts (clinical, school, home, online, etc.), because the only thing that it shows is that intervening or improving the parent-child interaction, will improve a wide variety of aspects of children’s behavior in which such interaction is relevant. The same can be said of the interaction between teaching staff and students and therapists and their clients. And I believe, together with the authors, that this is the secret of its great versatility and adaptability: the interaction is studied and intervention is carried out to change it. And in relation to this interaction between clients and therapists, in this book there is also an interesting reflection on therapeutic skills, which leads the authors to even talk about “therapeutic love” as a model of the relationship or alliance between the two.

Without a doubt, the visit to this house is getting interesting...

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