



Worth investigating

Behavioural Analysis of Crime: Studies in David Canter's Investigative Psychology
Donna Youngs (Ed.)

The first thing that I learnt as I worked through *Behavioural Analysis of Crime* is that David Canter has a fascinating CV. While Professor Canter is nowadays best known for his work in establishing the field of investigative psychology, his route there took him through studies in other areas, most notably environmental psychology. This book provides a brief overview of his career but, as its title suggests, focuses largely on his efforts, and those of his associates, to develop a psychological knowledge base for criminal investigations.

Following an overview of Canter's approach to investigative psychology, the subsequent contributions to Youngs' volume discuss lines of research that his work has inspired. The reader will learn how concepts such as self-narratives, the action systems model and facet theory, and approaches

such as multidimensional scaling, geographical profiling and signal detection, have been applied to the understanding of criminal behaviour. If you are now forming the impression that the book has a rather technical flavour, you would be correct: it will leave you with an appreciation of the theoretical and methodological achievements in the field to date, as well as laying out the challenges that have yet to be tackled. In his own contributions to the volume (including, among other things, some observations about offender profiling) Canter expresses an admirable preference for scientific rigour over populism.

While I found the content of *Behavioural Analysis of Crime* to be generally interesting and stimulating, I also found the writing a little unclear in parts. Fortunately, it makes up for this by being generous in the

provision of references that may help the uninitiated reader to make sense of the material discussed here (for example, Canter's 2000 paper in the *Journal of Legal and Criminological Psychology*).

This book will be of obvious interest to those who wish to apprise themselves of the latest developments in investigative psychology research. However, I think that those working in other areas of applied psychology will also find the content useful, as the discussions could be translated to any endeavour in which psychological research is used to address practical problems.

I *Ashgate; 2013; Pb £45.00*

Reviewed by Denham Phipps who is a Research Fellow at the University of Manchester



Sharing aspirations

Mindfulness and Psychotherapy (2nd edn)
Christopher Germer, Ronald D. Siegel & Paul R. Fulton (Eds.)

This second edition of *Mindfulness and Psychotherapy* describes the compelling research in the field of mindfulness as well as its clinical applications and practical examples. It has the quality stamp of being edited and written by leading practitioners in the field.

Essentially, the book demonstrates the potential of mindfulness for enriching psychotherapy, having both disciplines' objective of alleviating emotional suffering.

The first part of the book provides a thorough and compelling review and introduction to mindfulness and the significant increase in research interest in the last decade. The book suggests that mindfulness 'must be experienced to be known' therefore it outlines simple exercises to practise mindfulness, which bring the research and theory to life. Further in Part I the book explores the overlaps between Buddhist psychology and Western psychotherapy, and looks at how mindfulness itself can be perceived as a common element.

Parts II and III approach psychotherapy as a relational process, seeing mindfulness practice as a valuable framework for structuring and deepening our connections with one another. Following on from this, the book provides frameworks for clinical applications of mindfulness. These include: teaching mindfulness in therapy; mindfulness to support in the treatment of different clinical conditions, such as depression, anxiety, psychophysiological disorders, trauma and addiction; and working with children.

The last section (Part IV) looks back at the ancient understanding of mindfulness, its historical and philosophical roots. This section also looks forward to our modern scientific world, providing a review of the neurobiology of mindfulness practices and the possibility of changing the brain. The final chapter delves into the links between positive psychology and Buddhist psychological insights along with mindfulness, as they all have similar aspirations.

I *Guilford Press; 2013; Hb £30.99*

Reviewed by Veronica Azua who is a talent manager and executive coach

The 101ers



1984
The Playhouse Theatre, London
(until 19 July)

This production brings the legendary George Orwell book into the 21st century. 'No interval, no re-admittance' is echoed by numerous staff on arrival – very Orwellian! What follows is 101 minutes of suspense that will take your breath away. Indeed, the lady next to me shrieked and jumped out of her skin on more than one occasion!

The core play is bookended by a discussion taking place after the year 2050 of protagonist Winston Smith's account of events. The psychological nature of the play's events is prominent throughout, stretching from love to torture, betrayal and terror. These emotions are only strengthened by an unparalleled use of lighting, sound, video and set design. The scene changes are absolutely amazing and their detail and transition are totally unexpected. These combined with the use of video cameras to capture first person views make for a truly immersive experience. Tickets can be very affordable, with 101



MANUEL HARLAN

£19.84 tickets available for each showing. Just be prepared for very little legroom in the upper circle. A great twist on a classic read, this interpretation highlights the surveillance state in ever-inventive ways. Well recommended!

I **Reviewed by Emma Norris** who is a PhD student at University College London and Associate Editor for 'Reviews'

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