

# The Therapy Industry



## *The Irresistible Rise of the Talking Cure, and Why It Doesn't Work*

**Paul Moloney**

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Across the world anxiety, stress and depression are on the increase, a trend which looks set to continue as austerity measures bite. The official response tells people that unhappiness is just a personal problem, rather than a social one.

Written by a practising psychologist, this book offers a concise and critical overview of the world of psychological practice in Britain and the USA. Paul Moloney argues that much therapy is geared towards compliance and acceptance of the status quo, rather than attempting to facilitate social change. He maintains that applied psychology has little basis in science, that its benefits are highly exaggerated and that it serves the interests of power.

**Paul Moloney** is a Counselling Psychologist with experience in community and social work. He is an associate lecturer with the Open University and the University of Birmingham, and a founder member of the Midlands Psychology Group, which is dedicated to questioning the assumptions of therapeutic psychology.

*"The most comprehensive and accessible critique available of the whole theory and practice of psychological therapy.*

*Indispensable"*  
**David Smail**

*"This brilliant and erudite book might help us see through the mystifying fog of ideas in our present culture that leads us to seek individual therapy and self-help, rather than focusing on changing the main causes of distress and getting together to create a society that is less damaging to us all."*

**Dr Guy Holmes, Clinical Psychologist**

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