

Wider Reading:

The Summer Edition of the UKAGP Newsletter did not include any wider reading. We made the decision to omit this section, as many of you were getting ready for long awaited holidays, just as I was. Therefore, on this occasion the list is slightly longer than usual, and some content was published some time ago. Still, I wanted to let you know of publications and events that either caught my eye or have been suggested by our readers. As always, I am thankful to every one of you that has sent in suggestions for inclusion in the newsletter. Your support keeps this publication vibrant and alive, even if most of you prefer to remain anonymous.

Amongst all the suggested reading that has been sent in on this occasion there are five clearly identifiable themes:

1. Psychology and psychotherapy practice
2. Issues related to diversity and race
3. COVID 19 Pandemic
4. General - Art
5. LGBTQ+ related articles following the special June issue
6. Climate change

Theme 1: Psychology and psychotherapy practice

‘I was a therapist to killers in Broadmoor – and felt “radical empathy” for them’

https://www.theguardian.com/lifeandstyle/2021/aug/29/gwen-adshead-talking-to-killers-in-broadmoor-calls-for-radical-empathy?CMP=Share_iOSApp_Other

‘A cycle of dread, collapse, relief’: the absurd, tormented story of my hypochondria’

https://www.theguardian.com/society/2021/sep/04/a-cycle-of-dread-collapse-relief-the-absurd-tormented-story-of-my-hypochondria?CMP=Share_iOSApp_Other

‘“What personality are you?” How the Myers-Briggs test took over the world’

https://www.theguardian.com/lifeandstyle/2021/aug/30/myers-briggs-test-history-personality-types?CMP=Share_iOSApp_Other

‘“*Is This the End of the Private Practice Therapist?*” by Ryan Schwartz, Jessica Eiseman, , Nicole Liloia, and Michael Fulwiler , *Mental Health Match*, 23rd May 2021. New tech companies in the US with a lot of money are shaking up the therapy industry in a way that is threatening the independence of psychotherapists and their ability to offer high-quality, effective mental health care.’

https://mentalhealthmatch.com/articles/for-therapists/end-private-practice-therapist?fbclid=IwAR0f35neLLMKNbL9XBUTZ1N86J8Sd5cVm07pkUYLq_IR7-Jqd7GWO2vNSFM

‘Talking to children about Afghanistan: Words of humanity as the refugee crisis worsens’

<https://www.booktrust.org.uk/news-and-features/features/2021/august/talking-to-children-about-afghanistan-words-of-humanity-as-the-refugee-crisis-worsens/>

‘How psychologists can help patients with injection fear. Psychologists are sharing interventions and therapies to help patients whose fear of needles could stop them from getting a COVID-19 vaccine’
<https://www.apa.org/monitor/2021/06/injection-fear>

‘Using Chairwork Psychotherapy to Combat the Psychological Impact of Oppression by Amanda Garcia Torres, USA’ [Garcia-Torres-ISST-Social-Justice-Chairwork-Psychotherapy-1.pdf](https://www.transformationalchairwork.com/Garcia-Torres-ISST-Social-Justice-Chairwork-Psychotherapy-1.pdf)
([transformationalchairwork.com](https://www.transformationalchairwork.com))

Theme 2: Issues related to diversity and race

‘“How is Pauli Murray not a household name?” The extraordinary life of the US’s most radical activist’ https://www.theguardian.com/film/2021/sep/17/how-is-pauli-murray-not-a-household-name-the-extraordinary-life-of-the-uss-most-radical-activist?CMP=Share_iOSApp_Other

‘An open letter: why I’m leaving the cult of wokeness by Africa Brooke’ [An open letter: why I’m leaving the cult of wokeness by Africa Brooke](https://www.ckarchive.com/an-open-letter-why-im-leaving-the-cult-of-wokeness-by-africa-brooke) (ckarchive.com)

‘“To be truly British, the country needs to stay largely white.” Really, Lionel Shriver?’
https://www.theguardian.com/commentisfree/2021/sep/05/to-be-truly-british-the-country-needs-to-stay-largely-white-really-lionel-shriver?CMP=Share_iOSApp_Other

Theme 3: COVID 19 Pandemic

‘“Virulent microbes everywhere”: how can anxious people fend off reopening panic?’
https://www.theguardian.com/society/2021/jul/19/virulent-microbes-everywhere-how-can-anxious-people-fend-off-reopening-panic?CMP=Share_iOSApp_Other

‘“Sex is back, but it’s going to be different – and hot” by Eva Wiseman in The Guardian 27th June 2021. Welcome to the summer of love. The Whoring 20s, Shot Girl Summer, the smell of meat and lotion. A bus passed by yesterday, its side painted with an advert encouraging passers-by to “vax, wax and relax”. The new sexual revolution is here, and all it took was a deadly pandemic and a year indoors. It’s true, it’s coming, look, there!’
https://www.theguardian.com/lifeandstyle/2021/jun/27/the-eva-wiseman-column-sex-is-back-this-summer-but-it-is-going-to-be-different?CMP=Share_iOSApp_Other

Theme 4: General

‘“Unacceptable. Recovering Paul Goodman” by Judith Levine in Boston Review 27 May 2013. ‘Our abundant society is at present simply deficient in many of the most elementary objective opportunities and worth-while goals that could make growing up possible. . . . It is lacking in honest public speech, and people are not taken seriously. It is lacking in the opportunity to be useful. It thwarts aptitude and creates stupidity. It corrupts ingenuous patriotism. It corrupts the fine arts. It shackles science. It dampens animal ardor. . . . It has no Honor. It has no Community.’ (Growing Up Absurd) These words that are so fresh and actual in our present times come from a book published in 1960 by Paul Goodman. The book anticipated the coming critique of American culture. It became an instant bestseller and an iconic text of the 1960s peace and social justice movements.’
<http://bostonreview.net/books-ideas/unacceptable>

“Loving ourselves is an act of defiance”: tender and heart breaking letters to fathers and sons’
https://www.theguardian.com/australia-news/2021/sep/05/loving-ourselves-is-an-act-of-defiance-tender-and-heartbreaking-letters-to-fathers-and-sons?CMP=Share_iOSApp_Other

‘How to have better arguments online’ https://www.theguardian.com/society/2021/feb/16/how-to-have-better-arguments-social-media-politics-conflict?CMP=Share_iOSApp_Other

“Jon Hassell, *avant garde* US composer, dies aged 84” by Laura Snapes in The Guardian 27th June 2021’ Jon Hassell was an influential American *avant garde* composer who studied with Stockhausen and invented the global-minded “fourth world” musical aesthetic. His synthesis opened up new vistas rather than simply rearranging the components of old ones. ‘In 1980, Hassell collaborated with Brian Eno on the album *Fourth World, Vol 1: Possible Musics*. In 2007, Eno wrote an essay titled *The Debt I Owe to Jon Hassell*, in which he said: “If I had to name one overriding principle in Jon’s work, it would be that of respect: he looks at the world in all its momentary and evanescent moods with respect, and this shows in his music.”’ <https://youtu.be/ZKNmQaoza5E>

https://www.theguardian.com/music/2021/jun/27/jon-hassell-avant-garde-us-composer-dies-aged-84?CMP=Share_iOSApp_Other

‘The Observer view on the right to free expression’
https://www.theguardian.com/commentisfree/2021/jun/27/the-observer-view-on-the-right-to-free-expression?CMP=Share_iOSApp_Other

“It takes a trained ear fully to appreciate Indian music” - Amit Chaudhuri sees the classical raga as the closest music comes to human speech — a weave of rhythmic cycles that is not a melody but a musical “essence” - an interesting article in the 5 June 2021 issue of The Spectator:
<https://www.spectator.co.uk/article/it-takes-a-trained-ear-fully-to-appreciate-indian-music>

‘Tracey Emin has had a lifelong affinity with Edvard Munch, who was never afraid to express his emotions. Like Emin, his artwork explores recurring themes of trauma, pain, longing and loss. Displayed together, this joint exhibition captures two kindred spirits across time in a powerful exploration of feeling. Explore the exhibition from home with our virtual tour.’ [Tracey Emin's lifelong affinity with Edvard Munch | Blog | Royal Academy of Arts](#)

Theme 5: LGBTQ+ related articles following the special June issue

“*Queer Shoulders at the Wheel*” by David Grundy in Boston Review 27 May 2013. John Wieners was one of the most important gay poets of his generation, but subsequent decades have seen him all but forgotten. A new collection of his letters vividly returns him to readers.’
<http://bostonreview.net/arts-society/david-grundy-queer-shoulders-wheel>

“*Drag is political*”: the pioneering Indian event uniting art and activism by Charukesi Ramadurai in The Guardian 25th June 2021. Artists from traditional communities and new wave performers to come together online for the country’s first drag conference.’ <https://www.theguardian.com/global-development/2021/jun/25/drag-is-political-the-pioneering-indian-event-uniting-art-and-activism>

“*Poses for the Beginning Figure Model or, The Art of Revealing Yourself*” by Matt Jones in Gay Mag, 11th Dec 2019.’ <https://gay.medium.com/poses-for-the-beginning-figure-model-818bfe14ef6a>

Also have a look at the Gay Mag series entitled: “*Unruly Bodies*” with many interesting articles, which titles are as varied as: “The body that bleeds”, “The Body of My Father”, “The Body that Understands What Fullness Is”, “The Body That Ages”, “The Body That says ‘I’m here’”, or “The Body That’s Afraid of What It Would Do With A Gun”. <https://gay.medium.com/unruly-bodies/home>.

“‘*Xiyadie Escapes Traditional Chinese Society with Paper-Cuts*’ by Julianne Cordray Berlin Art Link, in 28th June, 2018.’ When he moved to Beijing as a migrant worker in the 1990s and became part of the gay subculture scene, artist Xiyadie assumed the pseudonym by which he is now known and which means Siberian Butterfly. Although Xiyadie has been working in the traditional medium of Chinese paper-cutting since his youth, for him, making paper-cuts during this period became a way to relieve himself of the pressures of conventional society, which he describes as being so strong it was hard to breathe. Cutting through paper, he released his personal, secret life story into the artistic spaces he opened up for himself.’ <https://www.berlinartlink.com/2018/06/28/xiyadie-escapes-traditional-chinese-society-with-paper-cuts/>

‘*You can’t cancel Pride’: the fight for LGBTQ+ rights amid the pandemic* by Lizzy Davies in The Guardian, 28th June 2021. https://www.theguardian.com/global-development/2021/jun/29/you-cant-cancel-pride-the-fight-for-lgbtq-rights-amid-the-pandemic?CMP=Share_iOSApp_Other

“‘Love has to prevail’’: Pearson sends LGBTQ+ message of support after gold’ https://www.theguardian.com/sport/2021/aug/26/love-has-to-prevail-pearson-wins-gold-and-sends-message-to-lgbtq-community?CMP=Share_iOSApp_Other

‘Here is a photograph of our kitchen window, calm and sunny, full of lush greenery and warm smell of the freshly baked apple pie.’ <https://onbeing.org/programs/a-poem-for-tenderness-in-the-face-of-violence/>

‘Poses for the Beginning Figure Model Or, The Art of Revealing Yourself’ [Poses for the Beginning Figure Model | by Matt Jones | Gay Mag \(medium.com\)](#)

Theme 6: Climate Change

‘More than 200 health journals call for urgent action on climate crisis’ https://www.theguardian.com/environment/2021/sep/06/more-than-200-health-journals-call-for-urgent-action-on-climate-crisis?CMP=Share_iOSApp_Other

‘The Guardian view on saving forests: when trees are at risk, so are we’ https://www.theguardian.com/commentisfree/2021/sep/05/the-guardian-view-on-saving-forests-when-trees-are-at-risk-so-are-we?CMP=Share_iOSApp_Other

I would be interested to receive your feedback on any of the suggested pieces. I also welcome your recommendations for the Wider Reading section to be included in the next newsletter edition. Please email us at admin@ukagp.org.uk

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