

So, what happened? And where do we go from here? The clue is helpfully in the title and in the deeply thoughtful and compassionate way with which Dr Campling writes.

There are moving chapters here based on her time on in-patient wards, in therapeutic communities, forensic settings, young people's units, and even within the brightly lit and noisy interiors of intensive therapy units as the COVID-19 pandemic rages. Best of all is the segment towards the end where Dr Campling sees her therapy patients, who have suffered from COVID-related isolations, under a makeshift awning in her back garden. Both the patients and Dr Campling are freezing cold but value the warmth of human

contact. In this way she prioritises the quality of our relationships with each other over the shifting sands of our institutional settings. And it is these relationships, with both their positive and negative aspects, that she encourages us not to turn away from. *Don't Turn Away* is a fine book and is accessible for the seasoned psychiatrist and general reader alike.

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