

still be stressful, which is why they wish readers 'good luck'. But despite the suggestion that a degree of luck might be needed, anyone new to such court proceedings will be far more prepared having read this chapter than not.

Needless to say, the thorny issue of implementing Deprivation of Liberty Safeguards (DoLS) was discussed at length in a chapter that provided important context by describing the evolution of this legislation and case law. Notwithstanding, owing to a glut of more recent key DoLS judgments, the book is already a little out of date as DoLS case law and guidance have evolved rapidly. It seems likely that an update will be needed soon to keep readers informed of key developments. Nevertheless, there was a good description of practical issues in using and applying DoLS since the *Cheshire West* case in 2014, a case which triggered an upsurge in the use of this legislation. The authors aptly summed up the state of DoLS understanding from further case law since *Cheshire West* by saying it did 'little to ease the quandaries of health and social care staff in their decision-making in relation to deprivation of liberty'.

Another notable chapter was the one on the assessment of capacity, which provided comprehensive and practical advice, breaking the process down into its components and getting into its minutiae, thus challenging the reader to re-evaluate their own methods for assessing capacity. Other useful sections included advice on how to resolve conflict emanating from complex best-interests meetings and on seeking consent. Although not concluded at the time of publication, the latter resonates with the 2015 seminal Supreme Court case of *Montgomery v Lanarkshire* which has redefined the rules of seeking consent and has implications for how clinical negligence will hence be assessed.

All in all, this is an excellent guide which would aid those involved in care touching upon the use of the MCA.

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Motivational Interviewing: A Guide for Medical Trainees

Edited by Antoine Douaihy, Thomas M. Kelly
and Melanie A. Gold

Oxford University Press, 2015, £34.49, pb, 280 pp.
ISBN: 9780199958184

I first encountered motivational interviewing as a trainee when I read Miller and Rollnick's classic 1991 book *Motivational Interviewing: Preparing People to Change Addictive Behavior* and the key concepts have always resonated with me. Although it seems obvious that a man requiring major surgery due to cardiac disease should stop smoking, it is rarely helpful to insist that he does so. People have ambivalent feelings when it

comes to changing entrenched behaviours and it is often better to elicit their own reasons for change. After all, it has been said that people believe what they hear themselves say. Perhaps because of its apparent simplicity, motivational interviewing has become an important technique for most UK addiction therapists and its influence has gradually spread to other areas of practice. Therefore, does the world need another book on motivational interviewing?

This book is written by a group of trainees spanning all specialties of medicine, with the goal of demonstrating how motivational interviewing can fundamentally improve the doctor–patient relationship. Motivational interviewing is a way of being rather than an intervention and the book reminded me of its roots in Carl Rogers' person-centred approach to therapy, based on building empathy, congruence and positive regard. As someone who bemoans the biomedical nature of British psychiatry, I was surprised that it succeeded in reawakening my interest in interviewing skills that not only elicit information but also provide therapeutic insights and direction.

Like the practice of psychiatry, motivational interviewing is straightforward to do but hard to do really well. It is not easy to learn from books and so the editors provide lots of dialogue to illustrate key points, and a series of videos on a linked website. They add personal reflections, as well as illustrations of the integration of motivational interviewing into electronic case records and its use in less familiar settings such as paediatrics. There is also a practical emphasis on how to teach and supervise motivational interviewing in the real world. Their enthusiasm for the subject was infectious and I was left in agreement that learning motivational interviewing should be a priority in medical education.

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Waking Up: Searching for Spirituality without Religion

Sam Harris
Bantam Press, 2014, £20, hb, 245 pp.
ISBN: 9780593074015

Sam Harris has been waiting to write this book for over a decade. This may surprise some. The subject matter – dealing reverently with human spiritual experience – is at odds with Harris' (in)famous public persona as a strident critic of religion. Yet, for the past 20 years Harris, who has degrees in philosophy and neuroscience, has been on a personal quest in search of 'transformative insights about the nature of one's own consciousness'.

Harris defines spiritual practice as the efforts people make, through meditation, use of psychedelics or other means,