



### An unbalanced critique



Psychologisation  
in Times of  
Globalisation  
Jan De Vos

In 1991 I defined psychologisation as the exaggeration of the role of psychological factors. De Vos extends this to the influence of psychology where it does not belong. One example: *Supernanny*, trying to help parents with badly behaved offspring. Real psychologists are described as objectifying the subjective and potentially dangerous, given their involvement in interrogation and torture. Apparently, we also obstruct 'genuine ways of living' and people would be better off guided by intuition, elders and traditional healers. In short, De Vos regards psychology as 'obsolete'.

I found this book a hard-to-follow collection of generalisations, littered with jargon, and offering a view of psychology that I don't recognise. Statements such as 'psychology has always been without psychology as its definition creates a subject beyond psychology' left me baffled.

In my view, this book isn't about psychologisation, let alone psychology. It's an unbalanced critique that doesn't acknowledge that we have choices. We can still go to an 'alternative' practitioner and not everyone has left religion behind. I can't recommend it.

| Routledge; 2012; Pb £19.99  
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