

## ABSTRACT:

Researching this paper I have discovered how fortunate I was to have been trained at an institution where I was asked to 'reinvent the wheel'. This liberating space where I was encouraged to think freely, enabled me to become attuned to my inner voice, nurturing coherent self-reliance and confident professional practice. Unfortunately, these most desirable therapeutic qualities will become obsolete if we acquiesce to the current zeitgeist's limiting outlook for the psychological therapies.

In this age of 'transparency' and accountability, state sponsored institutions such as the NHS are compelled to offer evidence-based psychosocial interventions for mental unrest. This demand to offer fail-safe standardised brands of psychological therapy will be chronically compounded by any business model which insists on 'payment by results'.

What I find myself wondering is could this all be an elaborate method of naming the nameless, so as to create the illusion that we all know exactly what we are doing – so we can all get paid!

This paper will examine contemporary models such as CBT, Mindfulness-based cognitive therapy, Acceptance and Commitment therapy and Compassion-focused therapy, questioning if the science they are established upon merely masks an ever present unknowing that it would be professional suicide to admit to.