

the magic of toys and reconnecting individuals with the treasured items of their childhood. Although historians will be disappointed by the lack of new academic material, the colorful accessibility of this book will likely inspire further studies into the social and cultural importance of play.

—Sharon M. Scott, *Author of Toys and American Culture: An Encyclopedia*

Awakening Clinical Intuition: An Experiential Workbook for Psychotherapists

Terry Marks-Tarlow

New York: W. W. Norton & Company, 2014. References, index, images, recordings. 213 pp. \$32.95 cloth. ISBN: 9780393708684

We live in an age when psychotherapeutic treatment emphasizes quick diagnoses based on more or less standard categories of left-brain dominant cognitive understanding and verbal interaction. However, there is mounting evidence from developmental interpersonal neurobiology that this approach must be balanced with empathic resonance attunement at a nonverbal level for the facilitation of healing and deep therapeutic change. This evidence suggests “clinical intuition”—or the right-brain, fully-embodied mode of perceiving, relating, and responding to the ongoing flows and changing dynamics of psychotherapy—is an essential skill that enables a clinician to track and connect with his or her patients at an emotional and sensory level. Yet, because intuition is inherently subjective and unquantifiable,

few have considered it a skill that can be taught or developed systematically.

With her new book, *Awakening Clinical Intuition: An Experiential Workbook for Psychotherapists*, psychotherapist Terry Marks-Tarlow offers an enticing and accessible toolkit for working and in-training psychotherapists with the goal of enabling them to uncover, discover, and fine-tune their clinical intuition. This workbook is a companion to the author’s previous book *Clinical Intuition in Psychotherapy: The Neurobiology of Embodied Response* (2012). It, however, can stand alone, because she has provided enough theoretical background for clinicians and teachers to use both the information and exercises.

The author has four aims: to give therapists ways of accessing and developing their own intuitive capacities; to offer them tools with which to open the intuitive capacities of their patients; to provide pedagogical tools for training psychotherapists; to “elevate clinical intuition to its rightful position as the central ingredient for putting clinical theory into practice; and for affecting deep change in patients and ourselves along the way” (p. xxxii).

The metaphor of cultivating, growing, and caring for intuition as one would a garden informs the structure and progression of this book. Each chapter provides a theoretical framework that includes neurobiological correlates, a stated purpose for both the clinician and patient, several exercises that involve visualization and body-based awareness, and questions for self-reflection. The first three chapters are dedicated to clearing space and time for intuition to be accessed, followed by three chapters that focus on developing open, receptive attention, and sensory

and embodied awareness, which establishes the conditions for metaphor, play, imagination, and inspiration. These four conditions are the subjects of the final four chapters.

Particularly interesting is the emphasis on play, which in this context extends far beyond the more traditional notions of play therapy, rough-and-tumble play, or even imaginative play. Play here is discussed in a very specific way as an intersubjective and intercontextual play between two people that focuses more on improvisation than structured play of any kind. Play holds an important place in this book because it is one of its ultimate goals and is discussed in the context of the often subtle and complex empathic interplay between two human beings in a particular space and time. This kind of play is intimately linked with intuition, imagination, creativity, and the ability to learn and gain insight from new ideas and feelings.

This book offers a significant contribution to the evolving discipline of play studies through its focus on play as both an outcome and a critical aspect of intuitive empathic responsiveness and understanding. According to Marks-Tarlow, the purpose of play in this context is that it “entrains, improvises, paces, synchronizes coordinates, and teaches turn-taking and syncopation to participants; is intrinsically rewarding; makes therapy fun, inspiring, emotionally rich, if not spiritually elevating; grants us the safety to take emotional risks; offers transference-countertransference communications that express social connection (or lack thereof); encourages creativity, discovery and innovation” (p. 142).

Clearly written and accessible, the book makes an invaluable tool for not

only developing and honing clinical intuition as a skill that enhances therapeutic effectiveness in the actual moment-to-moment work of psychotherapy but also for the continued self-care and personal growth of clinicians and care givers themselves. By paying careful attention to the internal “gardens” of intuition, clinicians will maximize their ability to be fully present for and with their patients, to increase their ability to know when and how to use historical and theoretical information to facilitate their patients’ growth and development, and to play creatively in the intimate relating that is the essence of psychotherapeutic work. As Marks-Tarlow states in the epilogue, “The more of each clinical day we spend immersed in these intuitive right-brain modes of perceiving and responding, the easier it is to attain prolonged states of *flow*. Here is where we dance in intersubjective space with our patients. Here is where we move spontaneously to the music of a co-created song” (p. 195). This is play as the heart of creative transformative healing.

—Victoria Stevens, *Young Musicians Foundation*, Los Angeles, CA

Avant-Garde Videogames: Playing with Technoculture

Brian Schrank

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In his 1991 book *The Theory-Death of the Avant-Garde*, Paul Mann declares, “The avant-garde, we know, is dead; nothing