In the 2014 Independent Publishing Awards, Critical Publishing won the Best Newcomer category and their recent publication of *Psychosocial and Relationship-Based Practice* by Claudia Megele demonstrates clearly why they deserved the accolade. Relationship-based practice is enjoying a recent revival in popularity within social work, partly as a retaliation against austerity and social policies which reduce complex human lives to bureaucratic exercises and political sound bites. Although there have been numerous publications on the topic of relationship-based practice over the years (Howe, 1998; Trevithick, 2003; Ruch, 2005), Megele's fresh contribution is characterised by a flawless blending of lived experience, theoretical and practical approaches, presented in an accessible style which is becoming the hallmark of the publishers.

Megele is a skilled social work academic and practitioner, with diverse experiences including front line social work with children and families, hospital play therapy and adult mental health. These diverse experiences are plainly indicated within this well-informed publication, which is also timely given the recent revival in popularity of relationship-based approaches to social work. The book begins with an impressive Foreword by David Howe, Emeritus Professor of Social Work at UEA and a key player in developing theories around relationship and emotional intelligence in social work practice over the last four decades. Subsequently, each of the eight main chapters is clearly structured, with an initial summary and objectives, followed by a complex case study. Each of the case studies contains a narrative which is helpfully delineated within the text. At the end of each chapter, Megele offers both case discussion and analysis, together with encouraging reflection via a set of specific, bullet-pointed questions. Each chapter considers a core set of concepts, as detailed below. The chapters build on each other whilst remaining separate, thereby offering the option of accessing them independently or in conjunction with the other chapters to form a comprehensive knowledge resource of relationship-based and psycho-social approaches for social work practice.