References

2. Dimidjian S, Hollon SD. How would we know if psychotherapy were harmful? Am Psychol 2010; 65: 21–33.

Night Visit

Ann Lilian Jay

Four a.m.
Hunting for a dairy farm
somewhere up there, where
the windmills scrape the sky,
red kite hover.
Headlights scatter, lose themselves,
fog rolls down the windscreen,
trees lurch from the shadows.
Nothing stirs. Only a dog barking at a fox
and ghosts.

Signs summon me to unreadable villages.
Gaps in the hedge inch by
sheep whispering at
stubs of grass crooked with cold.
Pale light filters around the edges of blinds,
siddles nervously through an open door.
A work hardened hand clutches mine.
‘Diolch am ddod bach.
It’s really bad this time.’

Night Visit – poems by doctors
Ann Lilian Jay
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