

engage, to be affected, to tolerate anxiety, to reflect upon experience, and to communicate understanding intent". For any therapist who aspires to such standards in either individual or family therapy, this substantial text has much to offer.

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Recent Advances in Clinical Psychiatry, No. 6. Edited by KENNETH GRANVILLE-GROSSMAN. Edinburgh: Churchill Livingstone. 1988. 249 pp. £29.50.

In this volume organic issues dominate (HIV, dementia, the biology of anxiety and schizophrenia, and tardive dyskinesia). Child psychiatry is well represented (the psychology of chronic childhood illness, and sexual abuse in childhood). Of other topics, the environment of the psychiatric ward stands out for its novelty; however, personality disorders scarcely merit inclusion on the criteria of recent advances; seasonal affective disorders do merit their chapter, though.

The chapter on HIV is comprehensive and will be a useful reference source in relation to the physical, social, and psychological aspects of HIV. However, I would have liked the author to have touched on the role and organisation of psychiatric services in relation to HIV, as well as developing the ethical issues that are merely touched upon.

Reviews of topics where new findings conflict can be a challenge to author and reader alike. The problem is well handled in the chapters on dementia, where a clear review of cognitive impairment in relation to a range of disorders is presented; and on schizophrenia, where recent findings about structural changes are clearly summarised. It is less well handled in the chapter on biological markers for anxiety states, where lists of conflicting findings and insufficient conclusions make for lack of clarity. The chapter on tardive dyskinesia is well presented, giving an informative update.

Child psychiatry contributes a topical chapter on sex abuse. It reviews relevant research findings, and includes thoughtful reflection on clinical observations, procedures, and management, including legal management. The chapter on chronic childhood illness gives valuable insight into a common problem (5% of children have chronic illness) which may affect parents seen by adult psychiatrists.

The chapter on the effect of ward environment on patients is useful in the way it draws together the familiar physical, social, and therapeutic factors involved. It also fills a gap in readily available reviews of this topic.

Less a part of everyday clinical life are the seasonal affective disorders. This review covers all aspects of these disorders, including their atypical features, their classification, and current thinking about causation.

The section on light therapy and its suppressant effect on the melatonin which in other mammals governs breeding habits captures the imagination. There is a useful reminder of seasonal factors in the onset of depression generally and suicide in particular, the month of May being the peak at-risk time.

There is a chapter on personality disorders, but the field remains as evasive as ever, with the certainties of the old classification scheme further discredited but little useful offered to fill its place.

A final plea about the layout: this is uninspiring, and I would like to see greater use of diagrams, tables, and summaries.

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Relational Concepts in Psychoanalysis: An Integration. By STEPHEN A. MITCHELL. London: Harvard University Press. 1989. 323 pp. £19.95.

This is a marvellous book. Mitchell argues that over the past few decades psychoanalysis has undergone a paradigm shift. The change is nothing short of a revolution in thought which radically alters our understanding of the mind and human relationships. The new paradigm has not been systematically proposed by one school of thought. Instead, the revolution has come about piecemeal as new ideas have come first from one and then from another author.

Mitchell is a persuasive writer who skilfully draws together the central ideas from object relations theory, interpersonal psychoanalysis and the self-psychologies. He argues that despite their many differences these 'newer' traditions have one central theme in common – they all stress the central importance of personal relationships and human interaction. In the new paradigm the focus of psychoanalytic study shifts away from the vicissitudes of the instincts to persons in their interactions with others. Attachment to others is now understood to be the central motivating force in human affairs. Furthermore, it operates from the cradle to the grave, and not just in infancy. Relationships with others are central because they both form and express whom we are.

Mitchell has chosen Escher's 'Drawing hands' for the picture on the cover of the book. It shows two hands in the process of drawing each other. The fascinating thing about the picture is that each hand is being drawn by the very hand that it itself is drawing. This, Mitchell suggests, depicts the complex and continuous interaction between our inner and outer worlds. Internal objects and actual relationships with external objects continually and simultaneously form and influence each other.

Mitchell objects, and rightly so, to the polarisation that is a feature of so many theories. The intra- and the

interspsychic do not exist independently of each other. On these grounds he criticises drive theory for its failure to appreciate that inner reality is continually transformed by our interaction with real others in the external world. He likewise accuses development arrest theories of underestimating the way in which inner reality determines one's perception of and reaction to external objects. His book leads to the conclusion that there is a third alternative – the relational–conflict model, in which the interpersonal and the intrapsychic are understood to “create, interpenetrate, and transform each other”.

The book is scholarly and informative, but yet it is readable, and enjoyably so. Mitchell does a wonderful job in bringing together the relational concepts embedded in the work of Bowlby, Klein, Winnicott, Fairbairn, Kohut, and others. Brought together in this way, the case against Freud's drive theory seems impressively self-evident. For Freud, object relations provide the means by which instincts can be satisfied. For the relational theorists, the exact opposite is the case: sexuality provides the medium in which relationship with others can develop. Psychopathology is not a covert way of obtaining forbidden gratification but a learnt way of searching for and maintaining connectedness with others.

In his final chapter Mitchell examines the therapeutic relationship and the process of change. He lays to rest, or tries to, the classical conception of the analyst as a blank screen onto whom the patient transfers his past experiences. From an interactional standpoint the therapeutic relationship always involves two people, and both of them have an unconscious. In drive theory, transference was regarded as a manifestation of the past. In the new paradigm, figure and ground have been reversed, and accounts of the past are now regarded as communications, either conscious or unconscious, about the therapeutic relationship. This has far-reaching effects on technique; in particular, countertransference and the patient's perception of it take centre stage.

This is an excellent book which brings together the relational concepts that now characterise psychotherapy. This is the leading edge of psychoanalysis, and Mitchell's work certainly helps it to advance.

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Counselling in HIV infection and AIDS. Edited by JOHN GREEN and ALANA McREAMER. Oxford: Blackwell Scientific Publications. 1989. 331 pp. £12.95.

The flourishing literature on HIV infection and AIDS is perhaps a reflection of the public anxiety and private fears that the subject awakens. The fast pace of new discoveries in this rapidly advancing field, however, makes most publications often out of date by the time

they are published. On the other hand, the pressure to produce new information often leads to publishing despite poor scientific content.

New terms have been created and old ones adapted to describe the complexities of a disease with so many ramifications, often obscuring their meaning. In this context, this book tries, in a direct and readable fashion, to guide the ‘uninitiated’ medical and non-medical reader through the maze of psychological issues likely to be encountered when dealing with people with HIV infection and disease.

After the first two chapters, in which basic epidemiological and biological facts are dealt with clearly, the book gives a comprehensive account of areas to be covered in counselling people before and after an HIV test, people with AIDS, and their partners. A particularly interesting and useful chapter follows, giving practical insight in helping people with HIV encephalopathy.

The section on haemophiliacs, drug users, children, and pregnancy widens the scope of the book outside its main emphasis on gay men. Suggestions are given on how to deal with more specific psychological problems likely to occur, such as anxiety and depression, as well as the inevitable emotional toll of facing death and dying.

The last few chapters outline interesting areas such as community care, legal and ethical aspects, the role of voluntary organisations, and the problems of counselling in the developing countries.

The book is easily readable, and draws its strength from the considerable practical experience of its authors and editors. It is written with the uninitiated and mostly non-medically (and certainly non-psychiatrically) trained in mind. The term ‘counselling’ has been given such prominence in the HIV literature that one is often led to believe that a magical meaning has been attached to it, and this book attempts to place it in context by offering an understanding of the practical aspects of counselling in its broader sense. It unfortunately fails to draw attention to its limitations, in terms of both the need for supervision of the counsellor, and the highlighting of in what instances more specialised help may be needed.

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Through the Night: Helping Parents and Sleepless Infants. By DILYS DAWES. London: Free Association Press. 1989. 274 pp. £12.95 (pb), £27.50 (hb).

Since most recent popular books on sleep problems in young children have been written from a behaviourist viewpoint, this contribution from the Principal Child Psychotherapist in the Tavistock Clinic in London is an interesting and welcome addition to the literature.