

training. Theory is linked with reality. He faces, at times with some anguish, the conflicts between medication and psychotherapy; orthodox boundaries and the instinctive human response; classical analysis and a changing culture; psychotherapy as a science and as an art form.

Kramer does not present psychotherapy as an isolated treatment of an emotional state, but as a holistic regard both for the individual and in terms of using the whole of his professional and personal skills in the care of the patients. At the same time his honesty shines forth as he underlines his mistakes. In fact he goes further in saying that psychotherapy can be seen as a "symphony of error". He demonstrates how the errors of the therapist can themselves be productive of growth in the patient.

His examination of the very nature of psychotherapy and the problems that are posed in definition or research brings to light the major questions which need to be faced. So, too, his examination of the way in which the traditional analytical style calls for adaptation in the light of our present Western culture.

Kramer began his university training in the field of literature, which makes for good writing and easy reading. I would not say that this book is a must for every psychotherapist, but I am sorry for those who have not had the pleasure.

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**Mind-Body Therapy: Methods of Ideodynamic Healing in Hypnosis.** By ERNEST LAWRENCE ROSSI and DAVID B. CHEEK. London: W. W. Norton & Co. 1988. 519 pp. £22.00/\$38.00.

This is a stimulating and provocative book. It has an interesting genesis. Dr Cheek is an obstetrician and gynaecologist and is a very experienced hypnotherapist. For most of his professional life he has used hypnotherapy in relationship to his obstetric and gynaecology practice. Dr Rossi is a Jungian analyst and a hypnotherapist with an extensive knowledge of mind/brain/body interaction at the physical level. He had previously collaborated with Milton Erickson, particularly in the publication of his collected papers, and much of that work provides the theoretical background for Dr Cheek's clinical observations.

The ideodynamic approach to hypnosis in the title of the book refers to the use of a hand-held pendulum or of finger movement whereby a 'yes' or 'no' can be signalled in response to questions or statements by the therapist. The subject is initially made to practise so that he is consciously familiar with the signalling system and thereafter the authors postulate that the response could be unconsciously produced, thus giving ready access to

suppressed material. They are sufficiently open minded to suggest that at the very least it may provide a system whereby the subject can indicate difficult areas in a non-verbal, less threatening fashion. There are many clinical examples in which using what the authors call the "twenty questions" approach they have been able to obtain valuable material with a subsequent therapeutic response by the subject. The authors emphasise the importance of state-dependent memory and the easier access to such memories by this method which also recreates the state of mind in which the experience was first registered. They make a brave attempt to produce an integrated hypothesis of mind, brain and bodily function. They conceptualise mind and consciousness in terms of the integration of equivalent but different modalities of experience. The protean manifestations of neuropeptide receptors which seem to be comparable both in brain and body provide another model for integration and they give examples of chains whereby mental events may finally result in the modification of gene action at the cellular level.

The volume is rich in clinical examples of interaction of mind and body and a particular point is made of the influence of the medical team on a patient's mental state for better or for worse, not only in the normal interaction but when a patient is anaesthetised. Dr Cheek emerges from these pages as a wonderfully humane and holistic surgeon.

The weakness of the book is that there is no conventional clinical scientific study by the authors. The theoretical infrastructure is brilliantly presented but has not been applied in any critical experimental fashion. The authors do suggest 64 research projects that could be carried out but this is not the same as having done them. Nevertheless I can thoroughly recommend this volume for its theoretically valuable 'brain-storming' approach to psychosomatic interaction and for its very considerable clinical wisdom.

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**The Management of Anxiety: A Manual for Therapists.** By DIANA KEABLE. London: Churchill Livingstone. 1989. 256 pp. £9.95.

At a time when the use of minor tranquillisers is waning in popularity, the demand for non-pharmaceutical methods of management of anxiety and stress is proliferating. This is reflected in the ever-growing literature and in the number and variety of people who offer such help. Whether there is an actual increase in such problems is perhaps doubtful, but the idea of self-control of symptoms has certainly caught on. The author is an occupational therapist, which typifies the trend of psychological treatments being extensively applied by