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Manual of Psychosocial Rehabilitation. Edited by Robert King, Chris Lloyd, Tom Meehan, Frank P. Deane and David J. Kavanagh (256pp.; ISBN: 978-1-4443-3397-8). Wiley-Blackwell: UK, 2012.

Rehabilitation is a whole system approach to recovery from mental ill health that maximises an individual's quality of life and social inclusion by encouraging their skills, promoting independence and autonomy in order to give them hope for the future, and that leads to successful community living through appropriate support (Killaspy *et al.* 2005). The service-user groups are individuals with severe and enduring mental illness and related disabilities associated with relapsing episodes of mental health illness. Rehabilitation interventions aim to enable and support individuals with enduring mental health problems to progress towards a greater level of independent community living. This book provides a very accessible, practical and user-friendly guide on how to deliver psychosocial rehabilitation interventions, which are recovery oriented and evidence based, utilising therapeutic interventions and peer support along with family/carer support approaches.

The authors are a number of multidiscipline mental health professionals with backgrounds in mental health nursing, psychology and occupational therapy, and although they are mainly based in Australia, they have an international reputation in academic and clinical mental health services. The book is divided into five parts including sections on assessment tools, therapeutic skills and interventions, reconnecting to the community, peer support and self-help. The authors illustrate how to carry out a comprehensive assessment of needs, with examples of structured assessment tools. The assessment process also includes assessment of recovery, empowerment and strengths. The authors have identified a number of measures that may be useful to the reader and may support service users in setting their goals and planning their rehabilitation programmes.

Examples of case studies are used throughout the book, which help to illustrate the various rehabilitation interventions and evaluation processes in practice. The authors highlight that an important aspect of any rehabilitative process is evaluation of service standards and outcomes that can be used to benchmark rehabilitation services in relation to best practice within an individual service or similar groups of services. They give practical descriptions of approaches used in evaluating rehabilitation programmes, which are very useful for the reader.

This book would be a useful resource and guide for any mental health professional or trainee, particularly working

in the area of general adult and rehabilitation psychiatry. The manual could also be utilised to support education and training for those mental health practitioners working in the speciality of rehabilitation psychiatry.

Reference

Killaspy HT, Harden C, Holloway F, King M (2005). What do mental health rehabilitation services do and what are they for? A national survey in England. *Journal of Mental Health* 14 (2), 157–166. doi:10.1080/09638230500060144

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The Inseparable Nature of Love and Aggression: Clinical and Theoretical Perspectives. Written by Kernberg, OF (420pp.; ISBN: 978-1-58562-428-7). American Psychiatric Publishing: Arlington, Virginia, 2012.

Otto Kernberg's work on the nature and treatment of identity disturbance and narcissistic and borderline personality disorders stands as one of the most influential modern contributions to psychoanalysis and psychiatry as a whole. Entitled *The Inseparable Nature of Love and Aggression*, Kernberg's new book impressively brings together his life's work on identity and narcissism, as well as delving into other interests including grief, sexuality, spirituality, education and disagreements between various schools of psychoanalysis. Kernberg describes his work as an 'effort to carry out a boundary function between a psychoanalytic, a clinical psychiatric and a neurobiological approach'.

The book is divided into five sections: Severe Personality Disorders; Reflections on Psychoanalytical Theory and its Applications; The Psychology of Sexual Love; Contemporary Challenges for Psychoanalysis; and The Psychology of Religious Experience. The first section commences with a very useful summary of work by Kernberg and other notables such as Erik Ericsson, Wilfred Bion and Peter Fonagy, into identity diffusion and severe personality disorders. Different psychoanalytical ideas of narcissism such as those of Heinz Kohut are not really entertained. Later chapters in section 1 focus on the practicalities and mechanisms of change in the transference-focused psychotherapy (TFP) that Kernberg and colleagues have developed at the Institute for Personality Disorders in Cornell University and elsewhere. For those unfamiliar with TFP, it aims to integrate split-off parts of self

and object representations through interpretation and transference analysis during intensive psychotherapy.

The effort to integrate psychoanalytical theories with neurobiological research comes in sections 2 and 3. Kernberg examines the effect of development in infancy and relates this to psychoanalytical theories of drives and current knowledge of neurodevelopment and neurotransmission. The death drive as an inborn disposition to self-destructive behaviours is one of the other areas covered in depth in this section. Another fascinating chapter is devoted to mourning, which is an area where Kernberg writes from personal experience and where his thinking clearly differs with Freud's. Libidinal drive and other psychoanalytic theories of human relationships and sexual love, as well as their pathological manifestations, are brought together expertly in section 3. This section also includes some linking of psychoanalysis to contemporary neurobiological findings, and a chapter focusing on sexual pathology in borderline patients.

The teaching of psychoanalysis and ideological disagreements between its theoreticians and practitioners are examined worthily in section 4. Kernberg is concerned by the isolation of psychoanalytic institutes within the university and their relative lack of emphasis on research and calls for greater integration. He regards this development of an authentically scientific atmosphere as key to psychoanalysis becoming more open and less wedded to the work of particular theoreticians. Kernberg's thoughts on these important matters were fascinating and sensible but seemed to me to be somewhat out of context in the book as a whole.

I found the final section in which Kernberg explores psychodynamic factors underpinning spirituality, and ethical value systems to be the most interesting and new. He is far more positively disposed towards religion than was Freud and he sees the potential for religiosity to be a mature desire for a transpersonal system of morality and ethical values. Kernberg goes on in his final chapter to propose a model of internal object relations that facilitates 'the development of a spiritual realm that transcends the pragmatic aspects of mature object relations and opens the road to aspiration to universal ethical values'.

This is a monumental work synthesising Otto Kernberg's important work on personality disorders and other diverse topics over many years. The book is dense and highly scholarly and is written in a rather high-brow manner that causes it to suffer a little in terms of general readability. There are some useful case studies, particularly in the chapter on *The Almost Untreatable Narcissistic Patient*, but more illustratively placed clinical examples in some of the more theoretical chapters would have been helpful. Those criticisms aside, in an age of poorly integrated textbooks written by a

multitude of authors with varying styles and overlapping contents, it is awe inspiring and indeed a pleasure to read such a masterful individual work. Any psychiatrist or other person with an interest in personality disorders and psychodynamic psychotherapy should read this book.

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Climbing Mountains in our Minds: Stories & Photographs from St. Senan's Hospital, Enniscorthy. Edited by Sylvia Cullen. Photographs by Rory Nolan. Foreword by Pat Boran (129pp.; ISBN 978-0-9565221-2-2). Carricklawn, Wexford: Wexford County Council, 2012.

In his foreword to *Climbing Mountains in our Minds: Stories & Photographs from St. Senan's Hospital, Enniscorthy* (edited by Sylvia Cullen), Pat Boran suggests that good writing can allow us to see a situation more clearly, from a position beyond our personal, limited vision. *Climbing Mountains* does just that – through diverse contributions of poetry and prose by both named and anonymous contributors – it illuminates a complex domain of power and pain, respite and healing through the recent and distant past inside this psychiatric hospital.

Climbing Mountains arose out of a project facilitated by Arts Ability and supported by Wexford County Council, the Health Service Executive and the Arts Council. The combination of text and photographs accomplishes a delicate balance between exposing injustice and illuminating compassion – credit goes to Sylvia Cullen for neither shrinking from the darkness named nor hiding the light. Her skills have allowed a nuanced, multifaceted picture to be displayed. However, the power of the book comes from the stark, honest and beautiful writing of its contributors.

There is much pain detailed in these writings. One author captures the range of distresses in a couple of sentences:

If its walls could speak, what stories they would have to tell: of overdoses, hanging and drownings, of unrequited love and of swinging between deep despair and elation. The list would go on and on ('The Drive', anonymous, p. 40).

Of course, the personal pain of mental distress comes through: 'I was so helpless – it was very frightening' ('Hope', Lorraine Howard, p. 112). Yet,