

**Changing Patterns in Residential Services for the Mentally Retarded.** (Report of the President's Committee on Mental Retardation.) Edited by ROBERT B. KUGEL and W. WOLFENBERGER. Department of Health, Education and Welfare, Washington. Pp. 435. No price stated.

While there has been marked progress in the United States of America in the provision of day centres and employment for the mentally retarded, education of the public and research in the field of mental handicap, the facilities for institutional care are widely recognized as still inadequate and have been described as a disgrace to the nation. 'Changing Patterns in Residential Services for the Mentally Retarded' is a compendium of useful and informative papers compiled as a contribution to the planning of future services for the mentally retarded in the United States.

The first section of the book describes the current situation, the second introduces suggestions and examples for constructive change, and the last part puts forward specific recommendations for action. The history of the large state institutions is seen as a result of at least one hundred years of misconstrued ideas about mental retardation. The need to protect society from such deviancy and the deviant from society resulted in the practices of segregation, sterilization, non-rehabilitation and—in short—dehumanization. The institutions still functioning today are memorials of this misguided thinking and are only gradually being altered as the current model of services is conceptualized in accordance with contemporary perception of the nature and role of the retarded person within the community.

Papers are included from Sweden, Denmark and England and serve to highlight the progressive policy of normalization for the mentally retarded within a continuum of services appropriate to their needs. Mistakes have been made and are being made not only in America, and this book reminds all those who are involved in the planning of future services to learn from each other so that the mentally retarded may take their rightful place in the community.

JOAN BICKNELL.

**In the Service of Old Age: The Welfare of Psycho-geriatric Patients.** By ANTHONY WHITEHEAD. Harmondsworth, Penguin Books. 1970. Pp. 160. 5s.

Elderly ill people often improve with treatment, but are then left with more or less disability. They and, where present their families, then need care, assistance and support. Such needs can be met only

by a well organized comprehensive service which effectively uses resources of medical, nursing, social and voluntary workers in community and hospital. Description of the establishment and smooth operation of the service in Essex based upon Severalls Hospital is the subject matter of this book, which is not concerned with clinical matters as such.

It is excellent. The elements are lucidly detailed—emergency service, day hospital, in-patient care, local authority facilities, boarding out—and there is sound advice on practical matters, not least the co-ordination of effort and support for families. The whole is tempered by realization of the difficulty of assessing the value of what is done; to the reviewer, the arrangements for caring at home for emergencies certainly seem unwieldy and to carry too far the avoidance of hospitalization.

Certainly recommended for anyone caring for old people.

L. K. HEMSI.

#### DYNAMIC PSYCHIATRY

**Psychotherapy: A Dynamic Approach.** By P. A. DEWALD. Oxford: Blackwell Scientific Publications, 2nd edition. (1969). Pp. 322. Price 75s.

Ernest Jones is credited with the saying that there are two kinds of psychotherapy: psychoanalysis and suggestion. The statement is justified in that the distinction between the trained and the self-appointed psychotherapist is the possession of a theoretical background in a dynamic school of psychology. Dewald has attempted to apply the unifying concepts of psychoanalysis to the interactions between psychotherapist and patient in a setting that is wider than that of formal psychoanalysis. He has been successful in conveying his experience and wisdom in, for example, the chapters dealing with the patient's and the therapist's role.

The book will be useful to the post-graduate student as an accompaniment to practical supervised training, and it will provide others with a clear understanding of what psychotherapy is all about.

The first edition appeared in 1964, and in the present edition the author has included a chapter on the implications for community psychiatry.

J. H. KAHN.

**The Technique of Psychotherapy (2nd Edition).** By LEWIS R. WOLBERG. In two parts. London: Wm. Heinemann Medical Books, Ltd. 1967. Pp. 1411. Price 224s.

This book deserves to be better known among psychotherapists, particularly teachers of psycho-

therapy, than I fancy it is. Wolberg is one of those remarkable people whose knowledge can truly be called encyclopaedic, and he has the ability to summarize the essentials of complicated theories clearly and succinctly. The title is perhaps unhappily chosen, because it suggests only a 'how to do it' book. A book of 1,000 pages could reasonably be given a briefer and grander title—'Psychotherapy', perhaps.

Wolberg discusses the principles and practice, the methods, the operational details, the needs for, the research on, the advantages and disadvantages of every psychotherapeutic system known to this reviewer, and a large number of systems that he previously knew by name only. From Adler to Zen, they are all here. Interestingly, in view of current discussion, the book extends also to topics such as hypnotherapy, behaviour therapy, and the combined use of the somatic therapies. Other areas of contemporary reference in which there are interesting ideas are teaching psychotherapy, supervision of junior staff doing therapy, and the place of the psychotherapist in community health schemes. In this latter he is concerned with conveying psychiatric ideas, concepts, methods and help to social workers, teachers, priests and many others in the community services.

Throughout the book Wolberg uses recorded interviews to illustrate the practical application of theoretical viewpoints. It reflects, perhaps, the subjectivity of psychotherapeutic practice that I found these sections the least satisfactory and most controversial. Obviously in a book of this length and conception much else can be found to disagree with. However, whereas it is reviewer's jargon to suggest that books should be on 'every library shelf', this book really does, I think, merit a place on the shelf of every library drawn upon by psychiatric post-graduates. It is a veritable mine of information, not least in suggesting reading lists, and will undoubtedly repay use as a book of reference.

SIDNEY CROWN.

**Dynamic Psychiatry in Simple Terms.** By ROBERT R. MEZER. (4th Ed.) Springer Publish. Co., Inc. New York. 1970. Pp. 179. Price \$3.50.

The author, a former Instructor of Psychiatry at Harvard Medical School, and now an Assistant Professor of Psychiatry at Boston University School of Medicine, states that his object is 'to get at the basic principles of what may be called "dynamic psychiatry" and present them in easily understandable terms'. He has done it admirably: his book is interesting, well written, and one can read it with profit and pleasure from cover to cover and then read it

again. In a simple style and in good plain English Dr. Mezer presents the difficult subject-matter with ease.

The book deals with the personality—from its birth, through its growth, health and illness, up to its death. There are four parts: in Part I, 'Introduction', the reader meets the psychiatric patient, and after having listened to his past history and established his present mental state he arrives at a diagnosis, and then makes an attempt at discovering the dynamics of the patient's illness and the meaning of his symptoms. Part II: 'Development of the Normal Personality', with the emphasis on the psychosexual development and the solution of the Oedipus Complex, helps the reader to understand the normal development of the personality, and thus to appreciate the *what*, *when* and *why* of the developmental abnormalities. Part III: 'Illnesses of the Personality' deals with the organic brain syndromes and mental retardation, with 'functional' psychoses (schizophrenia and psychotic affective disorder), with the personality disorders and finally with neuroses and 'psychophysiological' (psychosomatic) disorders. Part IV: 'Outlook' presents the 'Normal Life' from birth to death.

There are 8 Figs. and 3 Tables in the text. Fig. 3 deals with 'Developmental Anatomy of the Personality', and Fig. 8 represents 'Total Summary of psychiatric diseases and pathology of personality'. Of 3 Tables the last gives Dr. Mezer's personal concept of the 'Total summary of organization of psychosomatic diseases'.

Although the author basically aimed at the medical, social work and nursing students, his booklet may prove to be useful also to the general practitioner, the clinical psychologist and to a young novice in psychiatry working for his D.P.M. It may help all of them to grasp the basic concepts of the dynamic psychiatry.

The references ('Recommended Reading') following each chapter are slightly repetitive, but probably cover the basic essentials for the beginners, and are supplemented by the general bibliography, at the beginning of the work, which is completed by a glossary and an index.

In conclusion: this book is originally conceived, well written, easily presented, and makes an enjoyable and rewarding reading. It can be fully recommended.

NARCYZ LUKIANOWICZ.

**The Future of Psychotherapy.** Edited by CALVIN J. FREDERICK, 1969. London: J. and A. Churchill Ltd., for Little, Brown and Company, Boston. Pp. 415. Price 75s.

This book consists of three parts. The first deals