

following the intended closure of a London psychiatric hospital. New directions in pharmacology includes excellent chapters on drug-induced akathisia and tardive dyskinesia and new possibilities for drug treatment of schizophrenia. I especially enjoyed the final section on social aspects, in particular Falloon's chapter on family management of schizophrenia.

In common with other multi-authored books, a wide variation in writing styles gives the book a rather disjointed and lumpy feel, and in terms of layout, it is not particularly 'user-friendly'. Some of these problems could have been overcome by more imaginative and skilful editing. Overall, I found it rather heavy going and pedestrian in style, very much a book for reference purposes rather than bed-time reading. It is most suited for the postgraduate with a substantial baseline knowledge of the subject, and I would hesitate to recommend it, for example, to candidates preparing for the Membership exam.

Apart from a few niggling gripes, it tackles the various issues concerning the aetiology, diagnosis and management of schizophrenia in a business-like but uninspiring fashion. Unfortunately, the most entertaining aspect of the book for me was that the review copy I received had been produced with its cover on upside down and back to front!

ROBERT I. COHEN, *Consultant Psychiatrist in Adult Mental Illness, Hillingdon Hospital, Uxbridge, Middlesex*

**Reconstructing Schizophrenia.** Edited by RICHARD P. BENTALL. London: Routledge. 1990. 308 pp. £35.00.

After 100 years of research, the nature of schizophrenia remains as mysterious as ever. Since Bentall's preface promises a new approach to the problem, jaded students of schizophrenia will take up this book with hope. They will be disappointed. There is an echo of the swashbuckling '60s suggestion that schizophrenia is a myth used by wicked psychiatrists to control social undesirables (Marshall, Pilgrim). The echo is faint, because, after 'rigorous scrutiny', most of the contributors agree that there is a genetic basis for the disorder and that there is a place for the use of neuroleptic drugs. Given this admission, attacks on the biological approach to schizophrenia lose much of their force. Rather than saying that there is no biological basis for schizophrenia, the argument is that the biological approach has been exaggerated and that other factors have not been sufficiently examined. Schizophrenia research, they complain, has been too much dominated by psychiatry and the 'medical model'.

Many contributors seem to believe that accepting a biological basis implies that only biological treatments are useful. This is obviously not the case. Barham & Hayward, and Slade & Tarrier show how social and

psychological factors can be used to help schizophrenic patients. Of course, this does not reveal anything about the relevance of these factors to the fundamental nature of the disorder. Slade gets closer to fundamentals by relating his approaches to treatment to speculations about the cognitive basis of various symptoms. Ironically, he uses for this purpose the impeccably psychiatric framework developed by Peter Liddle.

The other critique presented in this book concerns the existence of the syndrome 'schizophrenia'. Boyle, Jackson & Bentall argue that the evidence for a unitary syndrome is very weak. Few would disagree with this. New diagnostic schemes and new subgroupings are continually being proposed and many psychiatrists are currently questioning Kraepelin's original formulation. The arguments will continue until the aetiology is fully unravelled. As an alternative to discrete syndromes, Venables & Claridge propose a dimensional approach. Bentall proposes that psychological mechanisms should be sought that relate to specific symptoms, rather than to 'schizophrenia', and presents some of his own work in this direction.

This book brings together critiques of, and approaches to, research on schizophrenia which have appeared before and are not going to cause a revolution. The student of schizophrenia will continue to feel jaded.

CHRIS FRITH, *MRC Scientist, Research Centre, Harrow*

**Art Therapy in Practice.** Edited by MARIAN LIEBERMANN. London: Jessica Kingsley Publishers. 1990. 191 pp. £24.50 (hb), £9.95 (pb).

The contributors to this volume all work in the same geographical region and between them cover a wide variety of client groups; acute and long-term psychiatric patients, psychogeriatric patients, people with psychiatric problems with learning difficulties, children with psychological problems, offenders in the community and homeless people.

The variety of their clients is matched by the variety of ways in which they interpret the practice of art therapy. One could almost say that the methodology can stretch from therapy in which art forms the focus of the relationship either with the therapist or the group, to that in which the art itself becomes the therapy which is best left without the intervention of the therapist.

The most important message which is conveyed in this excellent collection lies in its demonstration of the way in which the art therapists have managed to extend their skills in the service of such a wide variety of human distress. It demonstrates the adventurous nature of art therapy which has refused to enclose itself into a rigid pattern of practice but has demonstrated the way in which it can be of value in the most unexpected situations.

It heralds a call to all art therapists to continue to accept any challenge while at the same time may help