

drugs altered the atmosphere at the Lodge as it did in all psychiatric hospitals. As Gibson states, the use of these medications does not have to lead to a mechanical approach to the treatment of the schizophrenias. Gibson and the others who write in this section have found that psychotherapeutic work which pays attention to transference manifestations can proceed satisfactorily if medication is kept to a minimum. The value of this approach lies in the fact that in time this medication can be discontinued and the natural trend towards recovery which is present in at least 50–60% of cases given the diagnosis of schizophrenia, can continue under its own momentum.

This review would hardly do justice to the contents of the volume if mention was not made to the sections on "Psychoanalysis of non-hospitalised patients" and that on "Applications in history and literature". The book, by former pupils of Fromm-Reichmann, is a true recognition of her special contribution to an important branch of clinical psychiatry.

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Archetype: A Natural History of the Self. By ANTHONY STEVENS. London: Routledge. 1990. 324 pp. £12.99.

Stevens is both an experienced Jungian analyst and psychiatrist and this exceedingly rich book of his, originally published in 1982, has been reprinted in 1990. The interest is enhanced by the fact that he cross-fertilises the ideas of many specialist disciplines including psychiatry, psychology, ethology and biology. His main theme juxtaposes Jung's theory of archetypes with the work of the ethologists and theories of brain activity. Stevens acknowledges the detailed analytic work and behavioural studies of the ethologists but sees these as having some limitations. He thus links Jungian ideas to ethology to expand the concept of inner processes with symbolic content.

In the first section of the book he draws parallels between the innate releasing mechanisms in animals and man, which ensure adaptive responses for survival, and processes in the mind. These processes are the archetypes, the innate psychic predispositions of human beings to relate actively to others to survive and develop a sense of identity and well being. This discussion is made more fascinating when it is realised that Jung described the archetypes as biological entities (p.61). Stevens clearly describes how, for example, a new born baby and its parents both have these innate archetypal patterns which help them to respond to each other. In developing the links to biological functioning he makes the interesting suggestion that the theory of the two hemispheres of the brain, each displaying different modes of functioning, corresponds to Jung's idea of the

self-regulating nature of the psyche and the continuous process through life of achieving the *coniunctio* of the opposites. An extension of this idea is the discussion that both sexes are born with primitive masculine and feminine characteristics which are differentiated through life's experiences, and that the *coniunctio* may ultimately provide the individual with a creative identity.

Stevens writes in an enquiring way but also hopes to influence the reader. He finds many of the pieces of research which he quotes fascinating and so avoids presenting a mystical view of Jung, which is a frequent misunderstanding of Jungian views. The book is very worthwhile reading as Stevens produces a clear elucidation of archetypal theory and also demonstrates its sound clinical and practical application.

ELIZABETH GEE, *Professional Member, Society of Analytical Psychology, London*

Trancework: An Introduction to the Practice of Clinical Hypnosis (2nd edn). By MICHAEL D. YAPKO. New York: Brunner/Mazel. 1990. 480 pp. \$42.50.

The "rich and complex world of clinical hypnosis" could have no more worthy an introduction than the second edition of this book which is divided into two sections, a "Conceptual framework" (11 chapters) and a "Practical framework" (12 chapters). There are 20 tables, a useful glossary, bibliography and a name and a general index.

New features include chapter 19, "Hypnotic trance-scripts", in which six accounts of sessions with clients are described. These cover self-definition, pain management, goal orientation, adaptability, weight management and stress management and are designed to guide the reader in general treatment. The cases serve ideally as models for the many similar problems which commonly present, and the author emphasises the need to tailor the treatment to the individual.

Chapter 20 indicates the usefulness of hypnosis for coping with terminal cancer. Again, presented as a trance-script, integrating the induction experience with therapy, it demonstrates the value of kindness and empathy in alleviating emotional trauma and physical discomfort.

Some chapters include interviews with experts in the field (under the subheading "frames of reference"), which add interest to the discussions of the conduct of cases. Special suggestions of items "for discussion" and of "things to do" are original and helpful. Most chapters end with a summary or with conclusions – again, useful additions to any teaching publication.

The author possesses an unpretentious and flowing style which allows for easy reading by any psychotherapist wishing to gain an understanding of some of the techniques and processes of hypnosis. Although certain chapters may be oversimplified, each is succinct and

thought-provoking. It is curious to note the title and the frequency of use of the word 'trance' – a term perhaps even less definable than 'hypnosis'. Nevertheless, there is no doubt, as stated in the introduction, that every specialist volume such as this should "represent an effort to make the acquisition of skills to apply hypnosis more easily accomplished by the reader." Has the author succeeded in this ambition? I think so. But in the acquisition of such skills, understanding and experience are essential.

Trancework makes good reading for the beginner as well as for the expert. I recommend it.

DAVID WAXMAN, *retired Associate Specialist in Psychiatry, Central Middlesex Hospital, London*

Storymaking in Education and Therapy. By ALIDA GERSIE and NANCY KING. London: Jessica Kingsley Publishers. 1990. 407 pp. £29.95.

The authors have drawn myths and tales from all over the world and grouped them around seven themes, all reflective of forms of human experience. They suggest ways in which these may be used to develop the imagination's original and unique voice through therapeutic encounter in group work. The book is written for teachers, therapists, pastoral counsellors and group workers.

This volume presents both the material and the method of extending the use of creative imagination to bring it to bear more fully on some of the major problems which we all face. The stories themselves are divorced from reality, many being played out by a variety of animals, and thus enable the participants to 'play with' ideas and emotions which might be too threatening to be faced more directly. It enables them to escape from the tight categories of rigid thought patterns into which their own cultural upbringing may have imprisoned them.

Life itself tends to be lived in short-hand. We communicate in short-hand and eventually tend to think and live in short-hand. This saves a great deal of time and may work well for the ordinary situation in which we find ourselves. However, it does fall down when we meet an entirely new situation. At that time we need to find some way of escaping from the categories, extending our inner emotional responses, and examining the situation in long-hand. We may be helped to do this by moving into an entirely new environment in which none of the normal categories function. The imagination is captured and we begin to extend our categories and become more able to cope with the new experience.

A textbook for group work.

LOUIS MARTEAU, *Consultant Psychotherapist and Director, The Dympha Centre, London*

Reaching the Affect: Style in the Psychodynamic Therapies. By EMANUEL F. HAMMER. New Jersey: Jason Aronson. 1990. 232 pp. \$25.00.

This book focuses on an aspect of psychotherapy – the actual language used in communicating with the patient. It provides a guide to an area not often addressed: how do we speak to patients and how do we get the meaning across so that the patient feels the importance of it? Can we translate into an easily digestible but concentrated form our thoughts, feelings and those that have been communicated to us. Among all the activities that go on in psychotherapy, at some stage there will be a need to return to the patient his various communications powerfully enough to connect with and reach him or her on an affective level. Hammer's book is about how this can be achieved. He discusses the similarities that writers have with psychotherapists, both being interested in exploring human relationships internally and externally and finding words to express them. He suggests that the most concise form is that of poetry, full of imagery and metaphors, and that we can learn a lot in the way of style from literature; "from the creative writer, therapists can learn communicative style – a finely chiselled clarity . . . and the impact as in good poetry". The book explores the fundamentals of style and then the differing types: poetic, earthy, creative and playful. This for example involves discussion of the use of humour and jokes in therapy.

I started the book with the prejudice that it seemed limited to consider psychotherapy concentrating on what the therapist should say, as if to be successful in treating patients one has to rely on getting the words just right. What about the other means of communicating through the transference or projective identification? However, as I read on it was not the case that these were ignored but that Hammer was concentrating on 'how to say' when it is necessary. The book contains clinical material and in it Hammer exposes some of his own style. The book was enjoyable and easily read and to be recommended to all those involved in psychotherapy.

ANDREW SOUTTER, *Senior Registrar in Psychotherapy, Claybury Hospital, Essex*

Resolving Resistances in Psychotherapy. By HERBERT S. STREAN. New York: Brunner/Mazel. 1990. 312 pp. \$22.95.

Strean, Director of the New York Center for Psychoanalytic Training, has produced a clinically useful book on the resistances in psychotherapeutic work. The identification, analysis and resolution of resistance as well as the understanding of its purpose has occupied psychoanalysts and psychotherapists from the time of Freud's seminal works through subsequent psychoanalytical developments to the present day.