

The last chapter is concerned with barriers to communication, language, culture, and other problems.

All this is elementary for psychiatrists, but this book describes psychiatry applied to ordinary doctoring in simple and acceptable words. It should be read by students in conjunction with books on clinical method, and by young doctors. Some older doctors may also benefit.

M. A. FLOYER, *Former Professor of Medicine, The London Hospital College*

Back Pain. By MICHAEL HUMPHREY. London: Routledge. 1989. 132 pp. £20.00 (hb), £8.95 (pb).

Humphrey takes the series title, 'The experience of illness', literally, and in revealing his own problem of a painful elbow to his readers, also reveals his approach to pain management.

Other than his personal experience of pain, Humphrey presents in his book case vignettes from his work at St George's, primarily concerned with the psychological and the sociological aspects of back pain.

Medical aspects of back pain are given 16 pages and are followed by chapters on marriage and family life, and on which patients suffer most. These are useful, particularly as they remind us that some marital relationships can actually prolong the patient's complaint of pain.

There is a good review of behavioural treatments and the author reports on these multi-disciplinary themes.

This is a good little book, and I am sure that this is going to be a valuable series.

CHARLOTTE FEINMANN, *Consultant Psychiatrist, Department of Oral Medicine, Eastman Dental Hospital, London*

Psychotherapy. Edited by FREDERIC FLACH. London: W. W. Norton. 1989. 239 pp. £20.95.

This book is the fifth in a monograph series on 'Directions in psychiatry', and contains 17 essays on a wide range of topics in psychotherapy.

The first two, written by Ivor Browne and Vincent Kenny from University College, Dublin, address the question 'How does psychotherapy work?' They argue that psychotherapy research based on the Newtonian model of linear causality is misguided, and that an approach based on open systems, characterised as they are by change, instability, and continual fluctuation, has a more direct applicability to the phenomena of human change processes. Their conclusions seem to be confirmed by the ensuing contribution from Sol Garfield on research into the prediction of outcome in psycho-

therapy, which argues the need for "heretofore unused methodologies and hypotheses".

There are three essays from Anthony Storr on transference, countertransference, and dreams.

In a concise and highly practical contribution, Sidney Crown examines contraindications for intensive, dynamically-oriented insight psychotherapy, including the 'hidden agenda' behind the initial referral and the character and sources of unwanted effects in psychotherapy.

Other essays range over the Rorschach test, the psychotherapist's values and their possible influence on the patient, listening processes in psychotherapy, synchronicity, existential psychotherapy, group therapy, and termination. Chapters on the current status of classical psychoanalysis and the psychotherapy of psychiatrists are also included.

These essays are of a high calibre and sit well together. I would recommend them to 'beginning' and experienced psychotherapists alike.

STEPHEN P. REILLY, *Consultant Psychiatrist with Special Responsibility for Psychotherapy, Bootham Park Hospital, York*

Studies of Psychosocial Risk: The Power of Longitudinal Data. Edited by MICHAEL RUTTER. Cambridge: Cambridge University Press. 1989. 392 pp. £35.00.

All too often, research results in a set of interesting but inconclusive associations in which cause is indistinguishable from effect. Even to identify predictors of outcome entails a longitudinal approach, rather than a cross-sectional survey, and the identity of actual risk and protective factors may remain hidden; elusive figures in a ground of interacting alternatives. The grail is not just to distinguish these but also to understand the underlying machinery linking them to the outcome. The strategies and problems of this quest are reviewed in this book, which is based on a 1987 European Science Foundation Workshop. The authors are an international selection of those who are developing longitudinal methodology by their active research.

The 21 papers are arranged in couplets and the resultant effect, often that of theme and discussant, is to give a vivid picture both of the differences in approach and of the limitations. Although this makes for some repetition, it is a considerable help, for the style of presentation is variable. Most of the book is clear but, where occasional chapters are obscured by lengthy and polysyllabic prose, they are redeemed by their subsequent critiques.

The book addresses a remarkable range of readership. For example, the chapters by Rutter and Robins, on the collection of data, are straightforward reading and give such a good overview of a variety of issues that I would recommend them to all junior staff. On the other