

effective; and common factor integration concentrates on components which are not specific to any particular therapeutic approach.

In the second chapter, Lazarus (the proponent of multimodal therapy) advocates technical eclecticism, which employs any technique that has been shown to be effective. Explanations for the effectiveness of these methods is sought in Bandura's social and cognitive learning theory and any attempt at theoretical integration is believed to be premature. In view of the summary dismissal of the common factor approach by Norcross & Grencavage and their evidence for the preference of eclectic therapists to call themselves theoretical integrationists rather than technical eclectics, it is somewhat surprising to find that Beitman in the subsequent chapter, entitled "Why I am an integrationist (not an eclectic)", sees himself as a common factor, rather than a theoretical integrationist. It would have been more consistent and enlightening if this contribution had provided an illustration of theoretical integration. Nonetheless, Beitman's model of psychotherapy, which consists of four stages analysed in terms of six elements, deserves wider and closer scrutiny.

The final chapter by Messer appropriately points out some of the difficulties in using therapeutic approaches based on different theoretical viewpoints. The important issues raised in this brief volume will hopefully stimulate a more considered and rigorous examination than that provided here.

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Object Relations Group Psychotherapy: the Group as an Object, a Tool and a Training Base. By RAMON GANZARAIN. Madison: International Universities Press. 1989. 1363 pp. \$40.00.

The title of this book is a succinct summary of its contents and intentions. The book describes the application of the British object relations theory to the conduct of groups, mainly it seems, for the benefit of an American audience which is less familiar with this than its British counterpart, concentrating particularly on contributions of Melanie Klein and of Bion.

The first section describes some of these concepts and argues their applicability to group work. It aims in particular to demonstrate the power of the model in both eliciting and containing primitive and psychotic processes within a group setting. The second section selects some notably difficult technical problems—incest, borderline problems and hypochondriasis, to demonstrate the effectiveness of a group run on object relations lines in dealing with them. The third section makes a powerful case for the training of medical students in psychiatry to include the participation in

a group, showing that those students who do take part in such an experience have a sounder theoretical and practical grasp of psychodynamic principles as well as deriving considerable personal benefit and being freer of problems later on in their careers. These chapters alone are important although written in the mid 1950s before the author was acquainted with object relations theory.

This book makes an important contribution, despite suffering from various defects. I doubt whether the rapid run-through of object relations theory or of Bion's theories would be intelligible to someone not already conversant with them, which probably makes the book inaccessible to the average inceptor and to many psychiatrists. Many of the chapters have been published previously in journals which makes for a somewhat jerky read with some rather irritating repetition. I often felt that the most powerful argument was for the efficacy of object relations theory rather than of the group process, particularly in relation to the chapters on incest and hypochondriasis. In contrast, the chapters that argue for the teaching of psychodynamic psychiatry in groups made a cogent case for the group process itself without reference to the object relations component which had not yet become available to the author. Nonetheless these two components do come together effectively, particularly in the description of transference and counter transference processes and in the elucidation and containment of primitive processes in groups whether of patients or of non-symptomatic, 'well' students.

A book therefore perhaps for the interested, adventurous or specialist psychiatrist. The rest will probably need it filtered through their specialist colleagues. But it would be a pity if the message did not get through.

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Brief Therapy: Myths, Methods and Metaphors. Edited by JEFFREY K. ZEIG and STEPHEN G. GILLIGAN. New York: Brunner/Mazel Publishers. 492 pp. \$42.50.

This book is based on the Fourth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy, held in San Francisco, California in 1988. The title is, therefore, somewhat misleading for those readers expecting a broad overview of brief therapies. Although there are contributions from such notable brief therapists as Ellis and Sifneos, with a particularly good chapter by Strupp on the development of a psychotherapy training programme, the book is predominantly concerned with Ericksonian therapy.

Many different variations are described, including 'redecision therapy', 'ecological therapy', 'therapy is what you say it is' therapy, etc. Need I say that this is a very American book! For those unfamiliar with Ericksonian therapy, the book is filled with many