

Whatever theoretical orientation in the technique used in any psychotherapy, the observation that patients, despite the suffering that brings them to treatment, resist efforts to ameliorate this suffering is universal. It is indeed only psychoanalysis that has addressed this problem. In certain forms of therapy, if the patient fails to improve or indeed deteriorates, the technique in use is questioned and an alternative therapy offered rather than exploring the significance and meaning of the tenacity of symptoms. While it is relevant to question whether one has applied an appropriate form of treatment when negative therapeutic reactions arise, it is equally relevant to explore what possible purpose the negative therapeutic reaction is serving for the maintenance of the patient's mental equilibrium. More importantly, one needs to address the problem of whether the resistance is essential to the patient's psychic survival.

Strean defines resistance and its defensive functions in terms of psychic danger with respect to the types of resistance via repression and defence mechanisms. He also describes transference resistance. He offers a review of the literature from the Freudian, neo-Freudian, and non-Freudian schools. He omits the Kleinian school and its body of work on the negative therapeutic reaction which would have added a further dimension to the review, in particular the work of Herbert Rosenfeld.

Strean explores resistance and its development from the beginning of treatment through to the resistances of termination. He uses a wealth of clinical material that elucidates many of the pitfalls arising in treatment when resistances are not recognised or analysed.

Written with a refreshing lack of jargon, this book will provide an extremely useful guide for students. Those already experienced in these disciplines may find it a little lacking in depth.

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**Artaud on Theatre.** Edited by CLAUDE SCHUMACHER. London: Methuen. 1990. 210 pp. £25.00.

The life and work of Antonin Artaud casts an interesting light on the relationship between madness and creativity. Artaud, founder of the 'Theatre of Cruelty', was one of the most important theorists in 20th-century drama. His ideas, which centre on the importance of treating theatre as a plastic medium in which the text should be no more important an element than any other, have had a crucial influence on the contemporary approach to staging and performance. This selection of his writings is somewhat misnamed; as well as theatre, his views on cinema, religion and sexuality, among other topics, are well covered.

In his commentary Schumacher, while admitting Artaud's lifelong addiction to laudanum and the personality problems which caused him to fall out with

practically all his patrons and collaborators, coyly tries to suggest that his mental illness may be in doubt. However, the evidence to the contrary from both the writings and the biographical notes seems quite clear. Between 1941 and 1943, for example, he called himself 'Nalpas' and believed 'Artaud' to have died of malnutrition and poisoning in 1939.

Even during his long hospital stay at Rodez, however, when he was unable to write about theatre, his letters retain the extraordinary power and lucidity that characterise his essays on dramatic theory. It is arguably the force of his writing, and the extremes to which he pushed his ideas, which have made his work so influential. The ideas themselves are reasonably straightforward; it is the outrageous way in which they are expressed that grabs the attention.

This book is thoroughly recommended on two counts: as an introduction to some of the most exciting writing ever published on theatre, and as a fascinating insight into the disordered mind of a man of great intelligence and creativity.

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**The Nature of Adolescence (2nd edn).** By J. C. COLEMAN and L. B. HENDRY. London: Routledge. 1990. 255 pp. £9.99.

This is the updated second edition of an aptly titled and popular book written by authors well qualified in the field. John Coleman, a psychologist, is the Director of the Sussex Youth Trust, and Leo Hendry is the Professor of Education in Aberdeen.

Although brief, this text covers the biology, psychology and sociology of adolescence broadly and from a number of complementary perspectives. It is aimed at professionals who work with young people from a variety of disciplines. This book has a clear purpose and scheme running through it. In structure its contents could be likened to an intellectual sandwich – of theory at beginning and end separated by a generous filling of empirical research evidence.

The nine chapters begin with an introduction which summarises three theoretical approaches – psychoanalytic, sociological and lifespan developmental psychological. Empirical evidence is produced in abundance in the seven chapters that follow on the physical, cognitive, self-concept and sexual arenas of adolescent development. There are chapters on the family, friendship and peers, and a new one on work, unemployment and leisure, which considers the transition from school to adult society.

In the final chapter the evidence cited in preceding ones is used to evaluate the initial theories. Each is seen as having value but as open to criticism. While