

introductory text *Family Therapy: The Treatment of Natural Systems* (1976) and edited a compilation of papers *Family and Marital Psychotherapy: A Critical Approach* (1979). The present book is divided into three parts with a total of nineteen chapters. In the first two parts each chapter is a previously published paper and includes contributions from John Bowlby, A. C. R. Skynner and R. D. Laing. They provide a historical prospective to the evolution of the different conceptual models and their application in a variety of treatment settings. The third part "Differential Approaches" contains five original papers, which explore the contributions from various theoretical positions including the psychodynamic, structural family therapy, the experiential approach, construct theory and the extended family school. I found Dr C. Dare's contribution "Psycho-analysis and Family Therapy" particularly stimulating. He compares the application of psycho-analytic concepts to the individual and to the whole family, and highlights the modifications and transformations required in the shift from the individual to the family.

Both these books are a valuable contribution to the literature of family therapy and should be in every postgraduate library. The individual chapters could easily be used as the basis for seminar teaching of topics related to family work. In addition *Psychotherapy with Families: An Analytic Approach* provides a lucid and clear exposition of the object relations model in general terms as well as those specifically related to family work.

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Home and Hospital Psychiatric Treatment. By F. R. FENTON, L. TESSIER, E. L. E. L. STRUENING, F. A. SMITH and C. BENOIT. London: Croom Helm. 1981. Pp 197. £12.95.

Caring: Home Treatment for the Emotionally Disturbed. By FREDERIC NEUMAN. Wellingborough, Northants: Turnstone Press. 1982. Pp 245. £3.95.

Home and Hospital Psychiatric Treatment describes the first year of a Montreal based study designed to compare treatment in these settings. An introductory chapters places the study within an historical and research perspective. The results are similar to those of other studies and show that home treatment can be as effective as hospital treatment, yet does not seem to increase the burden on the patients' families. There is a detailed discussion on the implications of this finding for service provision and further research. Parts of the book are set in irritatingly small type-script. However, the comprehensive bibliography, together with the descriptions of similar studies,

should provide a useful information base for research workers.

Caring: Home Treatment for the Emotionally Disturbed shows paraprofessionals and families how they may support the emotionally ill. Eclectic introductory chapters discuss the nature, origin and treatment of mental illness and specific syndromes are then described in detail. In addition, there is a sensitively written chapter on the needs of the dying. The author makes good use of 'typical' case histories and the emphasis throughout is on promoting help for the patient through understanding and support. The book does much to demystify mental illness and also provides an informed view on the uses and limitations of psychiatry. This modestly priced book should be of great assistance to those who support the mentally ill at home. New trainees in the psychiatric disciplines will find the book well worth reading.

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Prolonged Psychosocial Effects of Disaster: A Study of Buffalo Creek. By GOLDINE C. GLESER, BONNIE L. GREEN and CAROLYN WINGET. London: Academic Press. 1981. Pp 176. £12.60, \$19.00.

The scientific validity of evidence collected to support a compensation claim must be dubious. Not only are litigants very far from being a random sample of any population, but their responses to questions, whose purpose is to obtain money from the coal company who were held responsible for the inundation of Buffalo Creek in 1972, are likely to be biased.

The inclusion of a small comparison group of 33 non-litigants is no answer to the problem since they too are self-selected and their responses are likely to be coloured by the fact that they knew that legislation was possible.

So this book adds little to the dramatic reportage of Tom Nugent in *Death and Buffalo Creek* (1973) and Kai Erikson's sociological account *In the Wake of the Flood* (1976). Here I must declare an interest since I wrote a preface and postscript to the latter in order to attempt a comparison between the impact of the Buffalo Creek disaster and that of Aberfan.

Such comparisons are inevitable and they lead us to the conclusion that it is difficult to generalize about the psychological effects of "disasters". As Gleser *et al* point out "... differences in sampling of victims, as well as in methods of gathering, quantifying and analyzing data, make statistical comparisons impossible". Nevertheless it does appear that some disasters are more devastating in their psycho-social consequences than others and that Buffalo Creek must be counted as nasty.

The authors postulate six factors which may increase the risk of lasting psycho-pathology among victims and the literature on disasters, such as it is, does seem to support their conclusions:—

- (1) “. . . serious and unexpected life threat to individuals, their friends and family . . .”
- (2) “. . . bereavement suffered by the victims”
- (3) “Prolongation of physical suffering, life threat, and the lack of normal necessities over an extended period of time, coupled with the impossibility of changing or ameliorating the situation”.
- (4) “. . . displacement or . . . new modes of living after the disaster . . .”
- (5) “The proportion of a community or group affected by the disaster . . .”
- (6) “. . . disasters that are man-made are likely to result in a widespread feeling of having been betrayed by those who were trusted. Such loss leads to conflicts, recriminations and alienation that lessen the sense of community”.

To these I would add the absence of psycho-social support from inside or outside the community capable of creating an organized response to the special needs of a community in distress. One of the saddest things about Buffalo Creek seems to have been the fact that all the sociologists, psychologists and psychiatrists who studied that community seem to have entered as employees of the lawyers. None of them seems to have used their expertise to help other than by obtaining financial compensation for the victims.

There was, however, one group in Buffalo Creek who “exhibited less psycho-pathology” in all subsamples, these were the black population. After equating all possible variables the authors conclude “. . . many of the black men participated in committees formed after this disaster to work toward the consolidation of the community. Also, they were instrumental in starting the litigation movement. We suspect these were potent factors in improving their mental health”. Experience in Aberfan supports this conclusion.

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The Practice of Multimodal Therapy: Systematic, Comprehensive and Effective Psychotherapy. By ARNOLD A. LAZARUS. Maidenhead, Berkshire: McGraw Hill. 1982. Pp 272. £14.50.

This book's subtitle is surely what all psychotherapists aim for; many may feel they achieve rather

less. Lazarus' two main contributions are, firstly, a systematic assessment of behaviour, affect, sensation, imagery, cognition, inter-personal relationships and drugs/biological factors. Secondly he gives guidance to the selection and combination of appropriate psychotherapy techniques, a “technical eclecticism” as he describes it. Although behaviourally biased, these cover the spectrum from cognition to action. Clinical illustrations are provided.

The book gives the impression of rapid, rather thoughtless writing. Important theoretical issues fail to be resolved. The author's main difficulty is to convey to readers the modes of thinking and working of a charismatic psychotherapist.

A book for the specialist library.

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Analysis, Repair and Individuation. By KENNETH LAMBERT. London: Academic Press. 1982. Pp 234. £12.50.

The latest publication in this series by one of the foremost proponents of modern Jungian practice and theory provides an elegant appraisal in fine academic style of further aspects and developments in post Jungian psychology. Those not familiar with Jungian jargon will find it the most readable of modern Jungian works.

A highly developed account tracing the modifications as applied by later workers to basic Jungian psychology in terms of psycho-analytical developments and changes in analytical psychology itself is presented. The relationship between patient and analyst is discussed with reference to the Hippocratic oath and to the Pauline concept of agape.

The central theme is the concept of individuation. There is an emphasis on clinical activities and the way they are being used to facilitate the psychological movement of patients into individuation.

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Naissance de la Médecine. By HENRI EY. Paris: Masson S.A. 1981. Pp 230. No price stated.

The late Henri Ey proposed to write a history of psychiatry in four parts: (1) *The Birth of Medicine (Naissance de la Médecine)*; (2) the development of medical doctrines from Hippocrates to the present time; (3) the birth of psychiatry; (4) the development