

theory and practice and find these clearly expounded on a background of personal research and massive clinical experience. Psychotherapists of other approaches—individual, behavioural, encounter, marital and family—will learn what group therapy hopes to achieve, who to recommend, how to prepare clients and likely outcome.

Yalom's views are particularly interesting in the way, with almost insolent ease, he straddles the major theoretical influences underlying all current psychotherapies; psychoanalysis, learning theory and the 'third force', the existential approach. This, in its Anglo-American costume, is more digestible and acceptable, perhaps, than in its classic religio-philosophical European guise. A further attraction for the English reader is that Yalom has spent time here and knows our group therapy scene. The claustrophobic parochialism of the writings of a number of psychiatrists from the USA is absent; when he tweaks the tail of Tavistock group therapy, either in its home-produced form or emigrant to the USA, he knows what he is about.

The text is systematic and comprehensive. Early chapters focus on curative factors in the group psychotherapeutic process. The tasks and techniques of the group therapist are described, especially in relation to transference phenomena. Basic arrangements (selection of patients, composition of groups, etc) are considered; and advanced technical clinical aspects such as coping with different types of problem patient. The impact of the encounter movement is discussed; and finally, the training of group therapists.

Different aspects of the book will appeal to different readers. For me, the attempt to analyse the group psychotherapeutic process was of major interest. For many people, clinical considerations will be paramount including the many case histories. Of profound interest and significance is Yalom's clinical and research involvement with the encounter movement. While he remains, strictly speaking, outside it he is in a position to evaluate the positive and negative aspects of this movement as it relates to orthodox group therapy. Aside from its impact in diminishing the general 'stuffiness' of all, including group, therapies it has specifically stimulated interest in the problem of how far therapists should remain unknown and 'opaque' to patients (as in classical individual and group analysis) and how far to permit themselves to become more 'transparent' and real. Yalom seems to espouse what might be called a controlled transparency but does not appear to me convincingly to have solved the problem. In particular the polished and practised 'transparency', inevitable surely in the professional leader of many groups, must remain invalid to sensitive group therapy patients.

You get considerable quantity, as well as quality, with this book; a typography that is delightful; and, considering our sad economic disadvantage, a price that is acceptable.

SIDNEY CROWN

Principles of Psychotherapy. By IRVING B. WEINER. USA: John Wiley. 1975. Pp 332+xii. ISBN 0 471 925691 1. Price £9.80.

The author is Professor of Psychology at Case Western Reserve University, and his volume is representative of the psycho-dynamic approach of the American seventies. Though Professor Weiner considers a training analysis unnecessary, and differs here and there somewhat from orthodox psychoanalysis, his attitude is essentially psychoanalytic, seeing the main therapeutic task as giving insight and overcoming resistance by interpretations. In his attempts to present a comprehensive whole, he tries to smooth over difficulties, minimize contradictions and allay possible objections. In fairness any criticism is to be levelled against the psychoanalytic framework as such, rather than against the writer who put a very great effort into this book.

Failure of dynamic therapy does not even seem to occur to the author, nor does he give thought to what should be done for the very numerous patients who do not fit into the analytic method, who cannot tolerate the analytic situation and are even harmed by analytic interpretations.

Weiner lists comprehensively and in very learned theoretical terms the various types of resistance to be overcome by relevant interpretations. He instances as one of them 'flight into health' or 'flight from insight'. Too rapid an improvement early in therapy is held to be 'illusory and shortlived' and should, according to the current analytic view, be discouraged. However I have seen patients in clinical practice who were so crushed by such discouragement that even after years of subsequent analysis they could not improve.

The recommendations given, both on p 206 and p 218, that social comments on the part of the patient call for a response in kind—'Happy New Year' calls for 'The same to you' and 'I hope you are soon feeling better' for 'Thank you'—may seem rather trite to an outsider, but they may appear broad-minded, and even unduly so, to orthodox analysts; to the author they seem important enough to be stated twice.

The several hundred references bear witness to the conscientiousness and learning of the author. But here again a certain tendentiousness may be detected. Even if Freud in his earliest days (1904) said 'There are many ways and means of practising

psychotherapy. All ways that lead to recovery are good' (Weiner, p 7), such broadmindedness is not at all a characteristic of Freud, who for most of his life emphasized strongly the superiority of analysis.

In his footnote on p 206, Weiner quotes MacAlpine (not Macalpine!) but ignores her very important point that 'transference neurosis' is not a repetition of childhood fantasies or experiences, but an artefact brought about by the hurts and frustrations of the 'analytic situation'.

This is a book for the initiated. It is dubious whether ordinary practitioners are likely to find it useful.

MELITTA SCHMIDBERG

Minutes of the Vienna Psychoanalytic Society.

Vol IV, 1912-1918. Edited by HERMAN NUNBERG and ERNST FEDERN. USA: International Universities Press. ISBN 0 8236 3402 7. Pp 357 + xix. Price \$20.00.

This is truly a labour of love. It has taken the editors over two decades to complete the four volumes, researching laboriously into innumerable minutiae, allusions, references and annotations. The late Dr Nunberg put aside the writing of his own memoirs to fulfil this task. The extent of his devotion is indicated in the Foreword. Criticizing several of the leading early analysts, he states: 'One can only admire the patience with which Freud tried to show them their errors and wrestled with them for their recognition of the basic tenets of psychoanalysis, which formed the foundation of their own work.'

But what about the psychiatrists and even analysts who are less devoted and more objective? They are likely to regard most of these painstakingly gathered details as irrelevant. It is remarkable how little psychoanalysis has changed in these last fifty years—this indicates its dogmatic character. We should look forward rather than backward, and an open-minded clinician will try to assess the validity of psychoanalysis and ask what it has to offer him.

MELITTA SCHMIDBERG

Family Therapy—The Treatment of Natural Systems. By SUE WALROND-SKINNER. London: Routledge and Kegan Paul. 1976. Pp viii + 164. Price £5.50.

As the author reminds us, quoting Ackerman, 'the family is the cradle of ambivalence'. It is perhaps partly on account of this, she points out, that professional workers tend to polarize instantly in their reactions to family therapy. To those prepared to take up a more thoughtful position this lucid book should prove immensely helpful. Though written primarily for social workers it has much to offer psychiatrists,

general practitioners, counsellors and others whose work involves understanding and helping families.

The presentation, clear and free from jargon, is solidly grounded on the author's considerable experience as a practitioner and teacher of family therapy. Following a historical introduction, there are two chapters on theoretical frameworks, which are particularly well presented and include a discussion on general system theory.

The main focus of the book, however, is on therapeutic aspects, with emphasis on supervising and observing. These are carefully considered against the theoretical background, and some of the very real problems and difficulties which may arise are squarely faced and discussed. The book has no index, but contains an excellent bibliography and an appendix with information useful for those wishing to pursue further training.

CHRISTOPHER J. LUCAS

ANNUAL REVIEWS

Annual Progress in Child Psychiatry and Child Development. Outstanding Contributions to the Understanding and Treatment of the Normal and Disturbed Child. Edited by STELLA CHES and ALEXANDER THOMAS. New York: Brunner/Mazel. 1975. Pp 541. Price \$17.50.

The contents of this book give a flattering impression of the scope of the child psychiatrist's interest, because they are drawn from paediatrics, neurology, pharmacology, sociology, psychology, and education as well as from child psychiatric practice. The research approach predominates, as befits a selection made by editors who themselves have carried out distinguished studies on the physical basis of handicap and on the importance of temperament. Individual treatment is, in contrast, neglected, and there is a notable absence of contributions from dynamic psychology. On the positive side there are reviews of the literature on important topics such as childhood schizophrenia and suicide.

The first article is an oration delivered by Judge Bazelon at an annual meeting of the American Academy of Child Psychiatry. It is an elegant and pungent challenge to child psychiatrists. He quotes the example of the stages in which a physically and emotionally vivacious black child succumbed to the havoc of unmitigated poverty. Psychiatric evaluation contributed nothing but labels which were self-fulfilling prophecies. Children diagnosed as 'hyperkinetic', or as having 'unsocialized aggressive reaction', must obviously require treatment which would be the responsibility of a hospital rather than a school! The alternative to medication was to refer the