

literary and psychoanalytic. Each essay is headed by a quotation, with others throughout the text. The authors of the quotations (all carefully indexed) are a catholic selection, from Bob Dylan to Ludwig Wittgenstein.

Adam Phillips works as a child psychotherapist, and the glimpses he gives of his interactions with children offer a tantalising view of what this book might have been. He is the author of the Fontana Modern Masters series on Winnicott, and there are many references to that great paediatrician and psychoanalyst. Winnicott himself could be obscure, almost mystical, in his writings, and maybe this has been internalised by Phillips. Several of the essays have a clinical problem at their core – the despondent boy, the provocative adolescent girl, or the bored child – and there are useful clinical insights to be found. The statement about transference in ‘Playing mothers: between pedagogy and transference’, that “the analyst cannot know beforehand what sex he is going to be” is useful, as is the reminder of the pitfall of always seeing psychoanalysis as akin to the mothering process.

This is not a book for a departmental library, nor I fear, for many individual purchasers. At times it treads a perilous line between erudition and parody, nowhere better illustrated than by the report of the “well-known Icelandic proverb” – “Every man loves the smell of his own farts”.

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The Art of the Psychotherapist: How to Develop the Skills that take Psychotherapy beyond Science. By JAMES F. T. BUGENTAL. London: W. W. Norton. 1993. 317 pp. £9.95.

This book is concerned with the art of life-changing or depth psychotherapy. Writing from an existential-humanistic perspective, the author has created a book which is refreshingly eclectic, jargon-free and original. Drawing on his considerable experience of practising psychotherapy (the author is writing at the age of 70), he attempts to describe the stuff of the human interchange between patient and therapist. In stating his purpose he writes; “I want to aid therapists of various orientations who intend doing depth, life-changing work, to extend the range and power of their own perspectives and styles.” He is principally addressing “experienced therapists who seek ways of broadening or deepening their sensitivities and skills.”

The author examines how the therapist can monitor the patient’s emotional engagement and how he/she can help the patient to deepen that engagement. He discusses how the patient may resist the therapeutic effort, and offers an idiosyncratic approach to working with this resistance. In his view, this task needs to be complemented by active mobilisation of the patient’s sense of

concern about his/her life. The closing chapters compare the work of the therapist with that of an artist and discuss how the therapist’s training could foster development of his/her artistic sensitivities.

Readers may find themselves put off by the fictional patient transcripts, which do not sound like real patients, and by the use of idiosyncratic technical terms such as ‘interpersonal press’ (the influence exerted by patient or therapist on the other). Readers immersed in the British tradition of psychoanalytic psychotherapy may be offended by the existential-humanistic underpinnings. However, there is much wisdom in these pages, which psychotherapists would do well to consider.

I recommend this book to libraries used by specialist psychotherapists. In contrast to Anthony Storr’s *The Art of Psychotherapy*, this is not a book that will help the general psychiatric trainee embarking on his/her first case.

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Lithium Treatment of Manic-Depressive Illness: A Practical Guide (5th edn). By MOGENS SCHOU. Basel: Karger. 1993. 56 pp. US \$14.50.

This is a compact book now in its fifth revision aimed primarily at patients suffering from manic-depressive illness and their families. It is written by a respected authority in the field and includes information that would also be useful to psychiatric trainees and nurses when explaining lithium treatment to patients. The book uses simple and easy to understand terminology and is comprehensive in its coverage of manic-depressive illness, and lithium treatment in particular.

The book includes a useful glossary that covers terms likely to be encountered by patients in relation to lithium. The main feature of manic-depressive illness (the term psychosis is avoided) and the principal treatment options are described. Lithium treatment is discussed in more detail including a brief history of its discovery and its mechanism of action. Questions frequently asked by patients in relation to lithium treatment are discussed under separate headings: “How long should lithium treatment continue?”; “Does lithium gradually lose its effect?”; “Can prolonged treatment damage kidney function?”; “What is the optimum dose?”; and “How often do blood samples have to be taken?”, to name but a few.

The benefits and disadvantages, including side-effects, are discussed in a balanced and positive way. The book also reviews other important areas such as lithium treatment in depression, prophylaxis, the importance of laboratory tests and the relationship of lithium to car driving. Symptoms and signs of toxicity are also discussed and the dangers of dehydration, salt deficiency and diuretics are highlighted.