

childhood fantasies about interpersonal relationships it is important that the individual be desensitized to the current anxieties which preclude effective functioning in adult roles.

He warns that one should not simply look at either psychoanalytic or behavioural approaches and re-interpret the activity in the language of the other practitioner. The differences are more than semantic and represent differing attitudes, emphases and approaches.

His main argument is that observation of experienced practitioners in either field demonstrates that consciously or unconsciously they are using techniques which are perfectly familiar to their counterparts. What is necessary is a recognition of these techniques and dissemination to all the practitioners so that they can be used in the best interests of the patient.

The ideas expressed in this book are of interest and importance to anyone who has not committed himself irrevocably to one point of view—and who amongst us will be prepared to admit to such prejudiced tunnel vision?

Sad to say the book is by no means easy to read. It may be that it is only this pedantic British reviewer who is irritated by having to *continually reintegrate* the split infinitives, worry about practicing his techniques and deciphering M & M\*, but surely most readers would find that the flow of the narrative was impeded by the many explanatory footnotes of great length (occasionally extending on to the next page); there were 32 on the first 60 pages and this rate continued throughout the book.

This is a book well worth reading and thinking about and would provide an ideal introduction to a series of seminars on the theme.

C. P. SEAGER, *Senior Lecturer in Psychiatry, Whiteley Wood Clinic, Sheffield*

\* I understand that M & M's are the American equivalent of 'Smarties'. As is well known, footnotes are compelling reading and obsessively difficult to reject.

**Self-Help and Health: Mutual Aid for Modern Problems.** By DAVID ROBINSON and STUART HENRY. London: Martin Robertson. 1977. Pp 164. Price £5.85.

'Self-help' has been hailed by some as a veritable health revolution, the beginnings of a new social movement or as the forerunner of a new era of self-determination. It has been described as an alternative movement opposed to the professional health care services which are charged, by Illich for example, with 'expropriating the power of the individual to heal himself or to shape his own environment'.

The authors, both sociologists at the Institute of Psychiatry, on the basis of interviews and correspondence with members of self-help groups, observation of meetings, informal discussion and evaluation of groups' literature as well as that of other commentators, have compiled this study of the activity of self-help and its relation to health and illness. The groups discussed range from Alcoholics Anonymous and Depressives Associated to Paedophile Information Exchange. Forces behind the establishment of such groups are examined. Disillusionment with health care agencies, particularly where long-term problems not susceptible to a rapid 'cure' are concerned, together with a recognition of the value of mutual help and the role of the media in assisting groups to grow are prominent themes. The considerable problems of definition are discussed and the authors conclude that essentially 'self-help' means 'self-run'.

An interesting paradigm for 'normal' and 'abnormal' problems is presented and a series of chapters trace the experiences of individuals and the processes they seem to share before, during and after their involvement with self-help organizations. The culmination of this participation for some amounts to a transformation where self-help becomes a way of life.

The concluding chapter examines the social and political implications of self-help and its relationship to the professional health services. The ambiguities and potential for conflict therein are well assessed. An intriguing paradox is described where the essence of self-help groups can be undermined when official patronage and money are bestowed upon them, with a consequent need for evaluation and then control to ensure that the money is well spent. The limitations of self-help are considered in response to the question: 'Are self-help groups the vanguard of the health revolution or the rear-guard of the medical establishment?'

This book is succinctly written and well argued, and will interest those who have a concern for the place of health care in society.

G. SZMUKLER, *Lecturer in Psychiatry, Royal Free Hospital School of Medicine, London*

**Rape Intervention Resource Manual.** Compiled by PATRICK MILLS. Springfield: C. C. Thomas. 1977. Pp 287. \$14.75.

Anyone who has had the task of helping to establish a voluntary project using untrained staff will know what a daunting task it is. Currently in the United States there is the widespread growth of Rape Crisis Centers, organizations set up wholly or partly to advise women who have been raped. This book sets