

in these conditions than we have realised. It seemed to me possible that if persecutory anxiety is the affect most relevant to the paranoid-schizoid position and guilt the affect relevant to the depressive position, then perhaps shame is the most prominent affect in the borderline position.

Despite its shortcomings, this book deserves careful study and psychoanalysts and psychiatrists will I think find it useful.

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Methods in Clinical Pharmacology: Central Nervous System. Edited by M. H. LADER and A. RICHENS. London: Macmillan. 1981. Pp 164. £20.00.

This slim volume is a collection of essays on a particular aspect of psychopharmacological research i.e. the measurement of the effects of psychiatric drugs of several kinds by a number of authors who have achieved prominence in this field. There are reviews of neuroendocrine markers, neuromuscular transmission, tests of autonomic function, sleep, extra-pyramidal manifestations, antidepressants, neuroleptics, analgesics and anticonvulsants. The contributions on antidepressants and antipsychotic agents are particularly instructive and readable. However, given the format of the book, it is inevitable that its content is determined by the interests of the authors rather than a systematic analysis of the subject, though these frequently coincide. Nevertheless, there are some puzzling omissions. I searched in vain for a reference to the anxiolytic drugs and the vitamins. There is an understandable preoccupation with research into the use rather than the equally obscure questions posed by the misuse of drugs (and alcohol). The price seems relatively high, even for these inflationary times. However, though the preface makes it clear that the work is directed towards those intending to do research, much that is useful can be gleaned by the practising clinician, anxious to keep himself up to date.

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Current Psychiatric Therapies. Vol. 20. Edited by JULES H. MASSERMAN. New York: Grune & Stratton. 1981. Pp 416. \$54.50.

This 20th anniversary volume deals fairly comprehensively with treatment currently available, including psychotherapy for the child, adolescent, adult and family, cognitive therapies, behaviour therapy, psychopharmacology and management in the community. With a few exceptions it lends no

support to Oscar Wilde's view of British and trans-atlantic English and, by and large, is well written and informative. However anyone wishing to check rapidly on current thinking will be frustrated as the index probably belongs to another book. Nevertheless the evident differences in some respects between practices on the two sides of the Atlantic make for an interesting read. One cannot imagine an NHS psychotherapist offering the option of several more years of treatment to a couple following a marital crisis. Infidelity and the possible consequences of separation and divorce appear to be the province of the American psychiatrist rather than the marriage guidance counsellor. I read with fascination advice about the therapeutic milieu for behaviour therapy—"Photographs or busts of Sigmund Freud (or) Adolf Meyer may appeal to the cognoscenti while diplomas . . . books . . . attest to his or her own competence. Unostentatiously placed models of musical instruments, a sailboat, a small plane . . . trophies . . . show the therapist's breadth of human interests . . . statues of Moses, Buddha . . . reassure the religiously minded". Meanwhile, out in the community North Americans have been experiencing at first hand the effect of a vigorous drive to discharge chronically ill patients and have been as unprepared as the English were. Elsewhere I read, open-mouthed, of underutilization of services for the elderly. Informative, interesting but overpriced.

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Involuntary Institutionalization: Changing Concepts in the Treatment of Delinquency. By J. T. T. M. FELDBRUGGE and Y. A. WERDMULLER VON ELGG. Amsterdam: Excerpta Medica. 1981. Pp 106. \$21.25.

This small book is a most original piece of work celebrating the 25th jubilee of the Dr Henri van der Hoeven Kliniek, in which the authors describe the history of the psychodynamic therapeutic community approach to patients who exhibit extreme criminal behaviour. In order to elucidate the intricacies and difficulties in evaluating and treating such offenders they present a fictitious case history and then invite an impressive team of professionals from different disciplines, working within the forensic field, to give their views on the treatment programme, the medico-legal implications and the legislation in The Netherlands. The advantages and disadvantages of the concept known as T.B.R. (involuntary institutionalization at the government's discretion) are discussed very fully and they then present an accurate picture of the treatment programme in their very specialist unit.

In their discussion they are open and self-critical about working with severely disturbed patients and in this respect the chapter by Van der Plaats, "The expectations pattern" is very illuminating. This book increases the awareness of the medico-legal complexities and stimulates critical discussion. I would certainly recommend it to all those concerned in the forensic field, the only reservation being its high price.

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Psychological Aspects of Obesity: A Handbook. Edited by BENJAMIN B. WOLMAN. New York: Van Nostrand Reinhold. 1982. Pp 318. £20.85.

This is a disappointing book. It provided an opportunity to examine the place of psychological factors in the development, maintenance and treatment of obesity. The book could have illuminated a confusing field which is bedevilled by unwarranted assumptions and conflicting research findings. Sadly, it merely adds to the confusion.

The book consists of 14 chapters on various aspects of obesity. It includes four chapters on psychodynamic issues and psychoanalytic approaches to treatment and a further three chapters on behavioural treatment methods. In addition there are chapters on biological factors, exercise, obesity in adolescence, the stigma of being overweight and the role of hypnotherapy as well as two chapters reviewing some of the experimental psychological research into obesity and overeating.

The quality of the contributions varies greatly. The majority are competent but unexciting reviews of material which has been presented in a more stimulating form elsewhere. Two exceptions are worth noting. Natalie Allon presents both a compelling and an informative survey of the literature on the social stigma of obesity. The chapter by Janet Wollershein is also of interest. She provides a detailed practical account of how to treat obese people in groups using an adaptation of the standardized behavioural programme for obesity.

This book would have benefitted from the addition of an explanatory preface in which the various contributions were related to one another. As it stands readers unfamiliar with the field are likely to be bewildered by the succession of chapters presenting seemingly contradictory ideas. Almost no attention is paid to the relationship between psychological and physical factors in the development and maintenance of obesity, and the significance of recent studies on eating behaviour goes unexplored. The relative neglect of the research into dietary restraint is particularly unfortunate since it has important practical

implications. The book fails to examine critically the claims of enthusiasts for particular treatment modalities. For example, it does not mention that weight losses of clinical significance achieved by behavioural measures are poorly maintained. It is also regrettable that there is no discussion of the studies which have combined psychological treatments with diet, drugs or exercise. In conclusion, this is an expensive book which fails to do justice to the breadth and complexity of its subject.

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Group and Family Therapy 1981. LEWIS R. WOLBERG and MARVIN L. ARONSON. New York: Brunner/Mazel. 1981. Pp 320. \$25.00.

The latest addition to this annual series contains a pot-pourri of papers which will have differential appeal according to the special interest of the reader. Perhaps the most notable chapters are those devoted to the works of the late Wilfred Bion to whom the volume is dedicated. A book to be dipped into in the library rather than purchased individually.

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Clinical Psychiatric Medicine. By ANDREW E. SLABY, LAURENCE R. TANCREDI and JULIAN LIEB. Philadelphia: Harper & Row. 1981. Pp 742. £17.50.

It is a pleasure to welcome this new text-book of psychiatry which is of medium size, concisely written and well edited yet packed with information. It is very readable and the emphatic style keeps one awake. Perhaps a confident approach is essential to good teaching but there are several instances of unjustifiable dogmatism. For example, the section on Biologic Psychiatry begins with the statement that "many illnesses to which psychological causes have been ascribed will, as their aetiology unfolds, reveal a primarily biochemical aetiology". Note the word "primarily" which suggests an inborn error of metabolism rather than a biochemical mediator. This approach would certainly have pleased the late Richard Hunter who is quoted several times.

One can of course find other statements with which to disagree, such as "treatment for panic anxiety states must rely primarily on medication" which will not please the devotees of relaxation or hypnosis. However, there is an overall sense of balance and moderation which commends the book as a solid foundation for clinical studies and as a source of reference.

Although there are sections on psychotherapy,