

in any family therapy training programme. Its major drawback in the British field is its American orientation. Despite this I would recommend the book's inclusion in any general psychiatric library, although I suspect that it is more likely to appear on the shelves of family-therapy training programmes.

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Helping the Client: A Creative Practical Guide. By JOHN HERON. London: Sage. 183 pp. £9.95.

This book is the fourth revised and enlarged edition of Heron's *Six Category Intervention Analysis* which was originally published in 1975. Heron offers six basic interventions for individual counselling on Blake and Mouton's diagnostic and developmental matrix. Each intervention is dealt with at length. Briefly, there are three interventions that he calls authoritative and three he calls facilitative. The authoritative interventions seek to direct client behaviour (prescriptive), impart knowledge (informative), and raise the client's consciousness about some limiting attitude or behaviour of which they are relatively unaware (confronting); the three facilitative interventions are more concerned with enabling, and cover interventions which seek to help the client discharge or abreact painful emotions (cathartic), elicit self discovery and problem solving (catalytic), and affirm the client's worth (supportive). In addition to the detailed accounts and associated issues concerning each intervention, Heron goes on to look at sequencing and, more significantly, degenerate and perverted interventions.

In this book, Heron provides a model for counsellors. Those who claim to have counselling among their skills should read this book and reflect on their own practice. This would in itself be a growth experience for many. The book is directed at anyone who is offering a counselling service to a client, whatever their profession. The new title is certainly an improvement – much more inviting. Unfortunately, many will find the content a little too complex to apply without training. That should not, however, put you off reading it.

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Melanie Klein: Volume II, The Ego and the Good Object.

By JEAN-MICHEL PETOT (trans. Christine Trollope). Madison, Connecticut: International Universities Press. 1991. 281 pp. \$40.00.

Useful summaries and critiques of Melanie Klein's work are not common. Mostly, competent writing on her work comes from Kleinians. The present book is an

attempt at a balanced critique from a greater distance. The author is a French clinical psychologist, and the book, the second half of his study (published in France in 1979 and 1981) has been translated in the USA. The trajectory of this second volume is Klein's work from her middle period (when she was beginning to work out the depressive position), through the paranoid-schizoid position, to the discovery of the relationship of envy to the constitutional death instinct.

There are both good and bad features in this book. It is valuable, firstly, to have the development of Klein's thinking closely retold, and secondly, to have a major critique so well documented by an author who has engaged in detail with all the texts. At times, his thinking through the ideas and their implications strikes an idiosyncratic tone to the ear of a British Kleinian. Petot's various contradictions, paradoxes and extrapolated conclusions come unexpectedly, but they are of interest as a view from the outside. As a psychologist, much of the strength of Petot's support for Melanie Klein's ideas comes from the experimental psychology of the infant. He brings a French dimension (heavily weighted upon Piaget and Wallon) to developmental psychology, and thus adds a small complement to Stern's *The Interpersonal World of the Infant*.

The book is flawed by occasional lapses in the comprehension of Klein's line of thought which derives from a reading, rather than a practice, of Kleinian psychoanalysis, by a rather laboured effect to render the French into English, and by the inevitable cut-off point in 1960 (when Melanie Klein died) which does not in fact close off the Kleinian development, as a number of accounts have shown. There is therefore a dated quality about the content, and its interest is as much for historians of ideas in psychoanalysis.

Despite his emphasis upon Kleinian theory, he is aware and does give credit to the fact that Klein was first and foremost a clinical observer, and was herself less interested in stopping to perfect her theory when she could be going on to make more clinical discoveries. The book therefore, being theoretical, presents Melanie Klein in a mould which is not quite her own. For psychoanalyses and for the world of psychoanalytic historians this is a dense and well thought book. It is not yet the book which can give the psychiatrist or the student the full colour of Klein's landscape.

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Wit and Wisdom in Dynamic Psychotherapy. Edited by GREGORY P. BAUER. New Jersey: Jason Aronson Inc. 1990. 320 pp. \$40.00.

This is an anthology of psychoanalytic snippets. It is very catholic although a glance at the index makes it clear that the author's taste is firmly anchored in the

American ego psychology tradition. Even so, there are surprisingly large numbers of quotations from Balint, Guntrip and Malan. There are three extracts from Jung and two from Bion.

The entries are grouped under various topics and subheadings, none of which refer to the wit or wisdom of the title which might seem rather nudging and irritating. This, however, like the matter of the selection of quotations and whether or not you enjoy anthologies, is a question of taste.

I doubt if this will be many British readers' "golden treasury". Nonetheless the balanced selection and generally considerate tenor of the quotations suggests a humane editor who himself possesses these qualities.

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Hypnagogia. The Unique State of Consciousness Between Wakefulness and Sleep. By ANDREAS MAVROMATIS. London: Routledge. 1991. 360 pp. £12.99.

The author of this book is a psychologist who has a particular interest in various forms of imagery, their physiological and psychological significance. Hypnagogic states are well recognised but to understand the intended impact of the book it is necessary to couple this with the subtitle, as the author regards "hypnagogia" as a unique state of consciousness. The book is divided into three parts. The first, and most interesting, describes in detail the phenomena encountered in the interval between the asleep and the awake states. Many sensations occur in all modalities and their great variety is thoroughly documented both at the onset of sleep, the hypnagogic, and the entrance to the waking phase, the hypnapompic phenomena. As in other parts of the book there are many black and white illustrations and copious notes; a wide-ranging bibliography is also provided.

Part Two considers the relationship between hypnagogia and other phenomena, introducing the idea of a continuum from the normal through unusual experiences to those that are clearly abnormal: dreams, meditation, and psychic experience, as well as schizophrenia, are included. In relation to this, the author observes the phenomenological similarities between schizophrenia and hypnagogia, the latter giving "... some people at least an insight into the nature of insanity". The importance of 'loosening of ego-boundaries' in both states is emphasised. The section on creativity is of particular note because of the almost universal experience

of sudden flashes of insight during the sleep state and the reports by many creative individuals of the use of ideas recalled during dreams. It is therefore very convincing. More briefly, hallucinatory drugs and epilepsy are mentioned.

In the third part, the underlying neurophysiological substrates are discussed. This is amplified in the appendices where the experimental details of the studies quoted are given. In this part, the main theme that the author puts forward earlier in the book is developed, namely that the loosening of ego-boundaries in the hypnagogic state is crucial, indeed in his view essential, for the individual to gain and expand self-knowledge. Such a view is persuasive rather than totally convincing. A great deal of information over a wide-ranging field not readily available elsewhere recommends the book both to those with a specialised interest in sleep, and to others who will find it of considerable general interest.

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Adult Art Psychotherapy: Issues and Applications. Edited by HELEN B. LANDGARTEN and DARCY LUBBERS. New York: Brunner/Mazel. 1991. 204 pp. \$25.95.

The contributors present the use of art therapy in the context of a revision of psychopathology and art through existentialism and phenomenology, demonstrating how they use art to treat some of the pathologies of our era: suicide, eating disorders, borderline personality organisation, mothers of incestuously abused children, and AIDS.

The first chapter sets the philosophical background which takes into account the new movements in psychology, such as humanistic psychology, existential psychology or clinical philosophy, and while it may appear a little esoteric for practitioners, it does set the background for some excellent practical, down to earth, real examples of the specific value of art therapy in some of the most intractable problems of today.

Art therapy may have been seen as peripheral to any fundamental psychotherapy in the past – but this work lifts it into the forefront of treatment. It is a most valuable contribution for any who are engaged in treating patients who fall within the categories with which it deals.

It presents a real contribution both to art therapy and psychotherapy.

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