

reference to a treatment modality known as 'Rolfing' which is not generally accepted here.

Overall the book would give a fairly good understanding of the problem of PTSD to a lay person, cleric, or mental health professional without experience in the matter. However, although it does refer to a wide range of traumata, it is clear that the underlying theme of the book is that of PTSD associated with the war in Vietnam, and, rather more significantly, that the drive for the book is the author's personal traumatic experience and its sequelae. It is essentially a clear insight into the personal history and subsequent work of a 'wounded healer', and as such is of significant interest.

For those who wish to approach the management of PTSD from a spiritual viewpoint, either because of their own orientation or that of their clientele, Father Sinclair's is a helpful and informative resource which can aid a pastoral approach to care. A problem for those outside the USA is that there is perhaps an assumption of a greater knowledge of the background and details of the Vietnam war than most mental health professionals have. This book is not, nor does it claim to be, a clinical textbook for psychiatrists, psychologists and other mental health workers. It is, however, an interesting read, although at US \$19.95 for a small paperback, it seems expensive.

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A Woman's Unconscious Use of Her Body: A Psychoanalytical Perspective. By DINORA PINES. London: Virago Press. 1993. 243 pp. £13.99.

This book is a collection of papers written by an eminent psychoanalyst over a period of 20 years. Like many compilations, some of the papers fit together more readily than others. Nonetheless, there is a central theme of the way in which the unconscious can be expressed through the body.

Dinora Pines trained as a doctor and was a dermatologist and general practitioner before undertaking analytical training. She became interested in the relationship between mind and body in her early years as a medical practitioner, and her analytical training enabled her to develop and deepen her understanding of this complex relationship.

She recognised that many patients, especially women, somatised rather than spoke, forcing their bodies to act out feelings which could not be consciously known or communicated.

The central thesis of the book is that the bodily changes women experience during adolescence, pregnancy, the menopause and old age provide them with an opportunity to use their bodies to avoid conscious awareness of conflict. Even if the body is not used in this way, such changes have a profound effect on women and

will be managed either constructively with further enriching of the personality, or negatively and regressively. This is dependent on their coping abilities and their previous life experiences.

By means of fascinating and vivid case illustrations, Dinora Pines deepens our understanding of the problems that may arise as woman face important changes in their lives and in their bodies. She examined pregnancy leading to delivery and live birth, the experience of being both a daughter and a mother, and gives us useful insights into both the cause and the effect of miscarriage, therapeutic abortion and infertility.

This book would be of value to any doctor who wished greater understanding of his women patients and their experiences. A glossary of psychoanalytical terms is included, presumably with the aim of encouraging a wider readership. However, as the work of an experienced and respected psychoanalyst, it is more likely to be read by those within the profession. Dinora Pines writes simply, using rich case material to illustrate her theory and practice. I think that this would be a valuable addition to the bookshelf of any psychiatrist.

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Neurology for the Psychiatry Speciality Board Review.

By LEON A. WEISBERG. New York: Brunner/Mazel. 1992. 144 pp. US \$19.95.

There is probably an insatiable market for any book that is an exam aid. Candidates taking the MRCPsych parts I and II are no exception and often may buy more books than they need. It is important that money seems well spent and this includes choosing from the burgeoning number of multiple choice question (MCQ) books that are used to test knowledge throughout the revision period. The book reviewed here is an addition to that list but is also novel in that it concentrates on neurology. Such neurological and organic MCQs are more common in the written exam where there is an emphasis on basic science and clinical neurology.

The book is comprehensive and is divided into 17 sections that include the following areas: neurological examination and diagnostic tests; neuroscience; headache and pain; cerebrovascular disease; seizures; sleep disorders; central nervous system tumours and infections; movement disorders; head injuries; neurological manifestations of systemic disease; and childhood neurological disorders. Nearly 800 questions are set to test the above areas and do so in depth. The topics tested are wide-ranging, in fact for a psychiatry exam they may be too wide-ranging. However, that is often the problem with neurological-type questions in the MRCPsych as they can cover anything from rates of cerebral blood flow, through questions on central pontine myelinolysis, to structures of the limbic system. This book covers