

classification on the methods of treatment and the variants of the methods, distinguished in this text as the techniques. The practice and application of each method and technique are also given careful consideration.

'The master code' is contained in Part Three, and is intended by the authors as a reference chart for treatment planning and practice. It complements the classification of problem areas set out in Part Two, and provides the reader with an immediate source of ideas and appropriate treatment responses in routine daily work with problem children. This is a most valuable compendium.

This book succeeds in condensing an enormous field without losing clarity or detail where necessary, and gives copious references for further reading and information on each section. I am sure that it will have wide appeal across the whole spectrum of child and family-oriented workers.

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The Technique at Issue: Controversies in Psychoanalysis from Freud and Ferenczi to Michael Balint. By ANDRE HAYNAL. London: Karma Books. 1988. 202 pp. £13.50.

How pleasant to meet Dr Haynal, who picks up a subject potentially heavy to the mind and makes of it a stylish, lively story, that can be read with profitable pleasure in an evening. Spiced with anecdotes from the lives of his three main protagonists, this study of the river of controversy flowing through psychoanalysis since its early days gives one a sparkling overview of the turbulent waters, and follows the mainstream through to the present. In the beginning was Freud, and for a decade or so, the Word *was* Freud. But then came a challenger from the East – Hungary: Ferenczi, at one and the same time Freud's most ardent, loyal supporter (and analysand), and yet, of all the first-generation followers, the one who pushed the boundaries irretrievably onwards and outwards, and pioneered new ground to the end of his days. Where Freud concentrated on theory, Ferenczi's great love was expansion of technique; Freud saw the patient as an object of rational study, yielding new insights for his model of the mind, whereas Ferenczi saw the patient as a suffering person interacting with, and affecting, the analyst. Freud, with genius, constructed a 'one-person psychology'; Ferenczi, with intuition, opened up the whole field of 'two-person psychology'. Freud knew about transference and counter-transference, but was rather afraid of them; Ferenczi embraced both as the best instruments for our purpose. Freud would have argued that "developing theory will further technique", and he used the 'classical' method of cognitive, didactic insights and

reconstruction of memory. Ferenczi's view could be summarised as: "developing technique will produce theory", and he evolved the 'object-related' method with high levels of transference and counter-transference work, interactive empathy, and the use of regression. Balint took up where Ferenczi left off, and the spotlight moved again on to the analyst himself as a whole person, and not only on his use of counter-transference. Level-headed in furious controversy, Balint deepened and refined the study of regression as a valuable analytical experience.

But, with all the vigorous arguments down the years, often advanced with quasi-religious fervour, the British Society, enriched by the immigration of analysts of all shades of opinion, has held to one view dear to Freud's heart, namely, that it is better for the health of psychoanalysis that its practitioners hang together, containing pluralism and controversy, rather than fragment; and this we do, knowing that the coherent strength of psychoanalysis lives in its aim and its topic (mental health and the abysses of the mind) and that this is not weakened by a multiplicity of personalities, styles, theories, or techniques.

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Trends in Law and Mental Health. Edited by FRANS KOENRAADT and MICHAEL ZEEGERS. Arnhem, The Netherlands: Gouda Quint. 1988. 463 pp. Dfl75.00.

This volume records the proceedings of the International Congress on Law and Mental Health, held in Amsterdam in June 1987. The 45 papers are in six sections: legislation and mental illness, medical (*sic*), legal problems, mentally ill offenders, psychiatric services in prisons, and a small general section. Most papers originated in Holland (14 papers), followed by Canada (8), Federal Republic of Germany (6), USA (5), UK (4), and one each from Israel, Australia, Nigeria, Poland, Finland, Japan, Yugoslavia, and Italy. The majority of contributors were lawyers; others included criminologists, sociologists, and psychiatrists. Four papers are in French.

The problem with a volume like this is that criticism of extant practice, often with moral and philosophical overtones and suggestions for reform, means very little to non-cognoscenti. Thus subjects such as criminal responsibility, the right to refuse treatment, and the interaction between criminal and juridical approaches do not have universal applications but are determined by the particular mental health and criminal justice systems in which they develop.

To have produced such a volume in one year is a notable achievement. However, the English translation leaves a lot to be desired. Take, for example, the last sentence of Maurizio Mannocci's paper 'Experience of an Italian psychiatric facility for prisoners': "In front of

all these jail's problems my personal optimism arises quite from this bad reality, where, however, it was done so far that I am sure that very little changes will give fast and big improvements."

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The Alcoholic Family. Drinking Problems in a Family Context. By PETER STEINGLASS with LINDA A. BENNETT, STEVEN J. WOLIN and DAVID REISS. London: Hutchison. 1988. (Basic Books, 1987). 381 pp. £25.00.

Graham Swift, in his finely woven tapestry of a family history novel, *Waterland* (Heinemann, 1983), says of the current generation: "Since you cannot dispose of the past, since things must be, they had to make do." Those of us who deal with families where one member is designated as having alcohol problems are painfully aware of that. What Steinglass *et al* do for us in this book is chart that process of "making do".

While recognising that these families are more different than similar, the phases and the patterns that many of them demonstrate can be understood by examining their family histories, and by exploring the rituals, the routines, and their problem-solving. So this book describes ordinary family life development and compares it with the arrests and distortions which occur when problematic alcohol use is a major feature of family life.

The book consists of six parts: 'A family systems approach to alcoholism', 'The life history of the alcoholic family', sections on the early, middle and late phases of the development of such a family, and finally its treatment. There is a good supply of references, which mercifully are not monopolised by the authors' own work. The book is tightly structured and clearly and evocatively written, with numerous real-life clinical examples. Each part has an introduction and conclusion which link the parts of the book together naturally, with helpful repetition.

This is manifestly the work of precise, perceptive clinicians who have the added ability to 'change gear' into complex clinical research methodologies. Again and again, clinical observations are made; hypotheses are then generated and tested. The results are presented, conclusions drawn, and then off go the authors onto the next set of observations and a repeat of the process. Thus, gradually, the images of the families, their rules and the impact of the alcohol become clear. The "making do" makes sense.

It is possible to criticise the book – in particular, its rather short and dogmatically abstinence-oriented treatment part, especially when earlier in the book there is a description of the usefulness of a family member's drinking (to trigger the intoxicated family system which can have real short-term problem-solving benefits). This

bias may well be the consequence of the heritage of the North American 'alcoholism movement'.

It would have been better for the authors not to try to discuss treatment at all; to leave this book as an elegant account of family processes and the impact someone's drinking may have upon them. That would leave room for the sequel on treatment implications of these observations – Steinglass II!

This book is important. It is not too difficult to predict that it will become a signpost to the alcohol field of the same significance as McAndrew & Edgerton's *Drunken Compartment* (Nelson, 1969) or Orford's *Excessive Appetites* (Wiley, 1985). The authors confess that after "examining couples and whole families with alcohol problems, even during episodes of intoxication, our research perspective has never been the same". Clinicians reading this book may well be subjected to the same transformation.

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Psychiatry Update: American Psychiatric Association Annual Review, Volume 6. Edited by ROBERT E. HALES and ALLEN J. FRANCES. Washington: American Psychiatric Press. 1987. 852 pp. £25.00 (pb), £55.00 (hb).

This is the sixth annual *Psychiatry Update* published by the American Psychiatric Association. Of the 68 contributors, all but Michael Rutter work in North America.

There are six sections, each dealing with a broad topic and each containing several review chapters. Section I, which deals with bipolar disorders, is well written and covers the topic thoroughly. Section II, on neuroscience techniques in clinical psychiatry, is interesting and contains much new information. Section III is concerned with "differential therapeutics", which means the selection of a specific treatment for a specific patient. This is a weak and disappointing section, in which one chapter considers whether the patient needs individual, group, or family treatment while another considers the indications for psychodynamic, behavioural, or cognitive treatment. The token chapter on pharmacological treatment deals inadequately with topics dealt with in full in other sections.

Section IV is an informative set of reviews on violence and the violent patient. The general tendency towards over-inclusiveness, however, is shown by the mention of Wilson's disease, normal pressure hydrocephalus, and Cushing's syndrome in a table of organic mental disorders associated with violent behaviour. Section V, on epidemiology, edited by Myrna Weissman, justifies the entire volume. The first chapter, by Weissman herself, is a splendid introduction to the topic. Equally good is the second chapter, by Lee Robins, on diagnosis in epidemiological studies. The rest of the section at least approximates to these high standards. Section VI, on