

may be deleterious and that cognitive changes may follow from the associated hippocampal damage. Again, the undoubtedly interesting neuroscience outweighs the supporting clinical evidence.

The book is uneven in style and form. Some chapters are overviews; others present detailed studies and data. There is much overlap and repetition, particularly of the background outlined above. It is difficult to see whom the book is aimed at, but it could be recommended for the dedicated researcher in this area. Despite all these caveats, the authors have the courage of their convictions and a large number of testable hypotheses are generated, and that can't be bad.

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Handbook of Cognitive-Behavioural Therapies. Edited by KEITH S. DOBSON. London: Hutchinson. 1988. 426 pp. £30.00.

The 'cognitive revolution' in psychology started in the 1960s, and since that time there has been an explosion in the published literature on the theory and clinical efficacy of cognitive-behavioural approaches. For those at the forefront of research in this area it is an exciting time. However, for others, attempting to come to grips with current developments in this field can be both frustrating and confusing. At what point does a behavioural approach merge into a cognitive behavioural approach? Are there any 'pure' cognitive therapies, or do all of them incorporate some behavioural techniques? Dobson takes as his starting point a broad definition of cognitive behavioural therapies: all those approaches that assume a primary role for cognitions in determining emotional and behavioural responses to events or experiences. This shapes the framework of the text and allows a comprehensive overview to be given of a wide range of theoretical models and clinical interventions.

The list of authors (including Beck, Ellis, Rehm, and Shaw) is impressive, and their contributions are of an excellent standard. The chapters not only address clinical and research issues, but clearly outline the philosophies underpinning the different approaches. The book is divided into three sections, covering the development of cognitive behavioural therapies and issues in cognitive assessment, the therapies available, and lastly an overview and analysis of future developments in the field.

In the preface Dobson writes that the impetus to producing this book came from having to teach about the theory and practice of cognitive therapies. He states that when he sought a "succinct, comprehensive handbook of the field of cognitive behavioural therapies" none was available. I can pay the editor no higher compliment than to say that that gap has now been successfully filled

by this textbook. I cannot recommend it strongly enough to all those with an interest in the philosophy and practice of these approaches.

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Treatments for the Alzheimer Patient. Edited by LISSY JARVIK and CAROL HUTNER WINOGRAD. New York: Springer Publishing Company. 1989. 272 pp.

This is a good text: USA-centred, but of wider interest and usefulness. There are four sections: clinical care, family and community interventions, policy (very exclusive to the United States), and research. Appended are a variety of rating scales, including several which are much used, and details of (American) helping organisations and of some relevant publications. The references too are largely American, with omissions of important British work on the supporters of the demented by Gilleard, Gilhooly and others. The section on research is somewhat thin, and scarcely does credit either to the complexity of the growing volume of epidemiological research, or to the sophisticated analysis of burden for supporters and of specificity of interventions. Work by Zarit is too curtly summarised as "care giver problems progress as the duration of Alzheimer's disease lengthens". On the other hand, the opening chapter on 'The physician and the Alzheimer patient' by Winograd is admirable, setting out a broad-fronted approach with a nice attention to practical details (although the author, in discussing investigations, ducks the thorny question of how intensively the very aged 'typical' Alzheimer patient should be investigated).

Jarvik's chapter on 'Reviewing the future prospects for research' is characteristically wise and well-informed. This is a sensible, practical book, more likely to be bought by individual readers in America, but well worth adding to some British libraries.

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X-Linked Mental Retardation 3. Edited by JOHN M. OPITZ, GIOVANNI NERI, JAMES F. REYNOLDS and LAVELLE M. SPANO. New York: Alan R. Liss. 1989. 707 pp.

This large book is the proceedings of the 3-day Third International Workshop on Fragile X and X-Linked Mental Retardation, held in Italy in 1987. The contents have previously been published in *The American Journal of Medical Genetics* in 1988. The book is dedicated to

Martin and Bell, who have both died in the past 10 years and whose names are associated with one variant of the fragile X syndrome.

Some papers are given in full and some in abstract form. The wordprocessor style of print does not make for easy reading. The lists of participants and contributors and the bibliography are formidable.

The content of the book is highly specialised and hard to read unless the reader has a background knowledge of the subject. For the clinician the first section, on clinical studies and nosology, is the most relevant but I could find only one reference to psychiatric sequelae, namely that a link has been suggested between autism and the fragile X syndrome.

As a clinician and not a "syndrome hunter", I was pleased to be updated on the physical and developmental findings. It has often been said that the physical signs are minimal (other than macro-orchidism in some), but many papers provide evidence of the wide range of abnormal features in this syndrome and possible links with such diverse conditions as sudden infant death, heart abnormalities, and a predisposition to unusual cancers. I was also unaware that the presence of a fragile X site may predispose to non-disjunction of other chromosomes.

This is a book for research workers rather than clinicians, for those who wish to become familiar with a range of syndromes and for those who have a specific question to answer.

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Cognitive-Behavioral Therapy with Families. Edited by NORMAN EPSTEIN, STEPHEN SCHLESINGER and WINDY DRYDEN. New York: Brunner/Mazel. 1988. 392 pp. \$37.50.

The aim of this book is to apply cognitive-behavioural principles which are well known for the treatment of individuals, to the treatment of families. In this, the book covers new ground. One of the editors is based in the UK, and most of the eleven authors are from the USA. The book has thorough subject and indexes, and an extensive list of references following each chapter.

The book starts with two chapters on theory and methods of cognitive-behavioural family treatments. These are clearly explained, and well illustrated with diagrams and tables. The remainder is dedicated to treatments of specific family problems. These cover a wide range of clients, from childhood problems (e.g. child physical abuse) to marital problems (e.g. physical aggression), to problems with elderly family members. These chapters are written with the clinician in mind. They provide useful examples and case vignettes explaining both the theoretical framework and the practical applications.

I would have found more use of tables and diagrams in the treatment chapters helpful. I would recommend the book to those in either family therapy or cognitive-behavioural therapy with individuals, who want to expand their clinical armamentarium.

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Textbook of Psychiatry. Edited by JOHN A. TALBOTT, ROBERT E. HALES and STUART E. YUDOFKY. Washington: American Psychiatric Press (distributed in the UK by the Cambridge University Press). 1988. 1324 pp. £40.00.

The goal of this volume is to provide a textbook that is practical as a primary reference for psychiatrists, psychiatrists in training, other medical specialties, associated paramedicals, and medical students. I do not believe it will achieve that status on this side of the Atlantic as the clinical section is fashioned around the cornerstone of DSM-III-R, which is naturally more familiar and essential to practitioners in North America. However, this should not detract from the value of this textbook, which has much to recommend it.

It contains 38 chapters, with 61 contributors, all experts in their own fields, and the editors are to be congratulated for limiting repetition, a feature of other multi-author textbooks, to a minimum. The volume is divided into five sections: 'Theoretical foundations', 'Assessment', 'Psychiatric disorders', 'Psychiatric treatments', and 'Special topics'. There are two appendices, one on diagnostic criteria from DSM-III-R and one on excerpts from the American Psychiatric Glossary. Psychiatrists from these islands, particularly those interested in research, will find the DSM-III-R criteria invaluable. There is an excellent up-to-date list of references at the end of each chapter, although there is a natural bias towards North American authors. The editors have obviously taken great trouble in trying to standardise the contributions from the various authors, and in this they have been successful – too successful in some cases, particularly in the section on psychiatric disorders, which tends to become monotonous at times, following the format of DSM-III-R rather rigidly.

The section on theoretical foundations has a good up-to-date overview on genetics in relation to psychiatry. The chapter on normal growth and development is well worth reading, and covers the work of all major contributors in this field. Some of the language is rather technical in places, for example "ontogeny recapitulates phylogeny". The evolution and development of psychoanalysis and the later psychodynamic school is well documented, particularly with reference to the theories of Freud.

In the section on assessment there is a very informative chapter on 'Laboratory and other diagnostic tests in