

hampered by over-involvement and tension, to think more clearly and to use to the full his or her imagination and capacity for inventiveness and good management". The chapter describing a model presents a scheme of consultation, beginning with the initial contact and the first consultation and then describing the processes of working together towards review and eventually ending the consultation. Steinberg makes it clear that this consistent and clear model can be adapted to a wide variety of situations, ranging from the briefest of contacts to a prolonged series of meetings.

I started this book with a scepticism induced by well-known authors on the subject who imply an omniscient consultant able to spread enlightenment in a manner that seems to bear little relationship to one's everyday clinical experience. Steinberg's consultation with his reader is more modest, more reassuring, and much more informative. He is sensible, cautious, realistic about problems of multidisciplinary work, and helpful about solutions. He suggests how the consultant can clarify his role and agree what he is attempting to achieve with those who are consulting.

I found this a very helpful book. I also found it easy to read, and I enjoyed Steinberg's cartoon illustrations. I recommend this book.

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The Therapeutic Community Movement: Charisma and Routinization. By NICK MANNING. London: Routledge. 1989. 245 pp. £13.95 (pb), £25.00 (hb).

Interest in therapeutic community ideas has followed something of a sinusoidal path since 1946, when Main introduced the term to psychiatry. After a period of enthusiastic acceptance of the concepts and rapid development of their implementation, psychiatric preoccupations changed and there was a period of relative decline. The recent re-emergence of commitment to what this book correctly identifies as a 'core' of theory and practice which may vary substantially between one local manifestation and another has been accompanied by increasing professionalism and a growth in the research base for therapeutic community work.

This excellent book accomplishes several things. Firstly, it is a social history of the therapeutic community movement – chiefly in Britain, but drawing also on the author's experience in Australia. Manning, now a social scientist at the University of Kent, was research officer at the Henderson Hospital for some years, and is well placed to record this history and to set it within a sociological framework – the progression from a reliance on charismatic leadership to the adoption of the more sober and routine approach of current practice.

Secondly, the book refers to, and sets in context, a fair amount of the empirical research which even in its less popular days the therapeutic community movement

continued to generate. Few areas of 'milieu studies' or of the theory of therapeutic organisations have in fact attracted such persistent interest. Thirdly, there is a detailed report of a study by Janine Lees and the author of Richard Fellowship houses in Australia. Using path-analytic statistics, this claims to be a more sophisticated method than any hitherto applied to the evaluation of a residential regime. It demonstrates clearly that in this instance the observed outcomes cannot be accounted for by a combination of spontaneous remission and the careful preselection of 'suitable' patients, but must be contributed to by their experience in the community itself.

In all, this book is strongly recommended to general psychiatrists interested in the structure and management of therapeutic regimes.

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Sleep and Dreaming. By JACOB EMPSON. London: Faber and Faber. 1989. 258 pp. £12.99.

Many negative book reviews conclude with a statement that the reviewer is uncertain as to which audience the author was aiming the book at. This excellent book on the subject of sleep and dreaming provides a range of information which would be of interest to and accessible to anyone with no specific knowledge about sleep and dreams, and yet manages to include sufficient literary and scientific information so that even seasoned sleep researchers will find interesting nuggets and unusual insights. Perhaps the author has been at an unfair advantage in achieving this unusual accomplishment by having carefully chosen a father who was a Professor of English Literature.

In the introductory chapter Empson elegantly and eruditely covers historical and literary facets related to dreaming, including a brief mention of psychoanalytic dream interpretation. Subsequent chapters deal with measurement of sleep, the experience of sleep and dreaming, sleep quality, and the function of dreaming and sleep separately. The chapters on the psychology of sleep and behaviour of sleep are, not surprisingly from a psychologist, particularly well done, other than the section on exercise and sleep (an area in which I have a 'vested interest' and different view). The section on sleep disorders will be too rudimentary for the professional who may treat sleep disorders, and is definitely more orientated towards the general rather than specialist reader. This section is uneven in its lack of comment, for example, about the dangers associated with night terrors, and gives limited simplistic advice which may lead lay readers to presume that no further help is available for more serious sleep disorders. Separately, Empson does emphasise the dearth of clinical sleep facilities within the UK.

Other positive features in this book were the sense of getting to know the author through the book, the

author's use of examples from related disciplines in clarifying complex issues, and the weaving in of aspects of the philosophy of science. The book draws heavily on British literature. The difficulty in locating references (which are reasonably collected at the back of the book for those not wishing to bother with details of journal articles in this easy read, but which could have had chapter titles and top of page headings rather than simply 25 pages of 'Notes') is irritating. The quality of the figures and illustrations is unnecessarily poor, and in some cases the author reports information somewhat uncritically.

Many psychiatrists will enjoy reading this blend of leisure and work-related subject matter.

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How Does Treatment Help? On the Modes of Therapeutic Action of Psychoanalytic Psychotherapy. By ARNOLD ROTHSTEIN. Madison: International Universities Press. 1989. 232 pp. \$32.50.

This densely packed and thought-provoking book is the fourth in the workshop series of the American Psychoanalytic Association. By the time I reached the discussion section I felt I needed to come up for air; it is probably better read in sections rather than one or two sittings.

In general the contributors, struggling in a vital but controversial area, stick to what they know best, their own area of expertise and clinical practice – so much so that at times it is difficult to relate the clinical examples to the underlying theme of the endeavour. Surprisingly, only one contributor mentioned research as making a contribution, and the distillate of Luborsky's views quoted here amounts to the rather likely conclusion that the less sick one is and the more adequate one's functioning prior to therapy, the greater the likelihood of being helped. Not all contributors broke the question down further, although Loewald asks, "Help for the moment or in the long run? Help the patient to run his life better, his relations with others, his work? Help him to understand himself better, and if so how would that help him to be less miserable, to master his conflicts better?" To be sure, many if not all the contributors discuss factors that most therapists would consider important: interpretations, insight, reconstruction, working through, and "corrective emotional experience", although most contributors hasten to dissociate themselves from Alexander & French's original description. There was considerable

discussion on the relative importance of insight versus the relational aspects of the transference, eloquently termed by Levenson the "message in the bottle" versus the "laying on of hands".

The most stimulating chapter is Spence's discussion paper using the analogy of the 400-year search for the cause of scurvy to suggest that perhaps in therapy we are still in the position of the helper of of scurvy-prone sailors – many theories and many hypotheses, but in the end, not enough lime juice.

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Treating Couples: The Intersystem Model of the Marriage Council of Philadelphia. Edited by GERALD R. WEEKES. New York: Brunner/Mazel. 1989. 352 pp.

Creation and nurture of human life requires couples – heterosexual partners, and then the nursing couple of infant and care giver. So the idea of creative and secure pairing has the utmost emotional importance for everybody, and any professional working with couples who feel destructive and despairing together needs reference texts which offer some reliable containment for her or his anxieties.

Treating Couples goes a considerable way towards providing this. The Philadelphia 'intersystem approach' is a brave shot at combining 'family systems' understanding of three or four family generations with behavioural task-setting, teaching of 'relationship skills', fostering rational understanding of the self and the partner, and modelling respect for feelings. Such an attempt requires a determined and constructive optimism, and this spirit informs the book, which gives a comprehensive survey of the work of the Marriage Council of Philadelphia, and thus includes papers by practitioners on almost every aspect of couple therapy. It demonstrates understanding the couple's problem, structuring the treatment, technique, and termination as practised by the Marriage Council, covers some important clinical issues (spouse abuse and effects of divorce on children, for example), and offers two interesting papers on theory. It is a thorough, lucid, and useful text for anyone who wants to understand and (especially) practice couple therapy. The wilder shores of love remain unvisited, but on a humane and rational eclectic voyage round the treatment of couples, this is perfectly appropriate.

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