

An interesting chapter describes a manualised project offering a subtle way of engaging most patients with schizophrenia in an educational programme that seems to cover a wide range of the psychological problems of such patients and indirectly provokes considerable self-reflection.

The book ends with some contributions that compare national historical trends in the provision of services in France and the USA and the socio-political aspects that facilitate or militate against the provision of quality services.

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### Brain Imaging in Psychiatry

By Shôn Lewis and Nicholas Higgins. Oxford:  
Blackwell Science, 1996. 315 pp. £69.50(hb).  
ISBN 0-632-03647-8

Modern imaging techniques have put the brain back into psychiatry. Twenty years on, it is hard to believe that the first reports of structural brain abnormalities in chronic schizophrenia were met with incredulity. Much has happened since. Magnetic resonance imaging (MRI) followed computed tomography (CT) as a way to study brain morphology, while positron emission tomography (PET) and single photon emission tomography (SPET) provided the means to study changes in metabolism and blood flow and to visualise receptors. More recently, functional MRI and magnetic resonance spectroscopy (MRS) offered the chance to map normal and abnormal cognitive and emotional responses and to study the living chemistry of the brain without the use of radiation. Less commonly used techniques such as electroencephalogram mapping and magnetoencephalography (MEG) have the potential of showing brain function in real time. Imaging has acted as a trigger for renewed interest in the cognitive changes that accompany mental illness and its neuropathological basis. Last, but not least, imaging has allowed us to investigate patients harmlessly and painlessly.

A review of the contributions of imaging to psychiatry is timely for several reasons. We have enough experience with CT, MRI, PET and SPET to separate key findings from rushed reports. Improve-

ments in existing techniques and new imaging modalities, which will no doubt follow, will benefit from a critical look at the progress so far, and for those entering the field or for the simply curious such a review will be invaluable. Lewis and Higgins have responded to this challenge with a well thought out, nicely illustrated and comprehensive book.

The book is arranged in two parts. The first, written mainly by radiologists, explains the principles of the various imaging techniques and includes an entertaining historical introduction and a very useful chapter on normal brain anatomy as seen by CT and MRI. The second part deals with the contributions of imaging to specific psychiatric conditions ranging from schizophrenia and affective disorders to child and developmental psychiatry. Contributors, mainly from the UK, are well known.

In a rapidly evolving field not everything in this book will have the same durability. Those interested in functional MRI and MRS will need to consult other sources, but the chapters dealing with longer-established techniques will provide an excellent review for a long time to come. The book will be of considerable value to those interested in imaging, whether they are experienced researchers, clinicians or just about to enter the field; and if you always wanted to know the difference between FLAIR, FISP and FLASH, but never dared to ask, this is the book for you.

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### Dual Diagnosis of Major Mental Illness and Substance Abuse. Volume 2: Recent Research and Clinical Implications

Edited by Robert E. Drake and Kim T. Mueser.  
San Francisco, CA: Jossey-Bass, 1996. 118 pp.  
US\$20.00 (pb). ISBN 0-7879-9902-4

This short book, from a series entitled 'New directions for mental health services', aims to present research findings regarding dual diagnosis and their implications for clinical management and service planning. This is a new research field, and its newness is reflected in the predominance of descriptive, cross-sectional studies over longitudinal studies and treatment trials.

The editors and chapter authors are all USA-based, with many from the New Hampshire-Dartmouth Psychiatric Research Center, and the book is therefore placed firmly within the context of treatment philosophies and service provision in the USA. Readers from other countries will need to bear this context in mind. For example, mental health and substance misuse services have been widely separated in the USA, perhaps leading to a particular need to bridge the gaps for those with dual diagnosis. With respect to substance misuse services, the pragmatic harm-reduction approach, pursuing small intermediate goals, has been more widely accepted in countries such as the UK than in the USA, where abstinence-based philosophies have been powerful.

Despite these differences, much in this book will be familiar to readers in many countries; the characteristics of this particular client group; the importance of appropriate housing and the high risk of homelessness; and the exclusion of those dual disorders from treatment facilities (especially residential facilities) designed for those with either single disorder.

Evaluation of treatment approaches for those with dual diagnosis are in their early stages. As some authors point out, the multiple needs of this group make evaluation of specific aspects of treatment particularly difficult. Some interventions described here may be specific to the USA context, such as the control of dually diagnosed clients' social security income by representative payeeship, a far more coercive approach to control of finances than is taken in other countries.

The author of the final chapter takes a broad epidemiological view and raises the important question of how researchers and policy-makers might address prevention and early intervention strategies. For example, will more be gained by focusing on prevention of substance use disorders in young people with their first episode of psychosis than by developing tertiary interventions?

This book provides a good framework for examining the existing research on dual diagnosis, particularly from the USA, and raises a number of questions for future research.

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