individual, the family, and society at large. Each author's contribution is highlighted by initials preceding each relevant chapter. Some readers might not be familiar with this, and find it somewhat unusual. It takes only a little time though to get used to this particular form of presentation; it then becomes a refreshing novelty, a new form of discussion between the authors and the reader.

The last chapter, on therapy, gives "an account and rationale of some therapeutic techniques developed over many years and many settings". The general reader will find this particular chapter especially valuable; it translates previous concepts into real-life context. Special importance is given to consistently recurring themes; on different levels they are recognised to be identical. These themes deal with interpersonal, historical, interprofessional and other issues; their abstract nature is offset by practical examples.

Some readers will argue with some of the concepts and views of the authors; nevertheless, they convince with their plausible persuasiveness.

The book ends with 50 pages of case notes which elucidate concepts discussed in this book; topics range from arson, sexual assault, and burglary to drug abuse, rape, and shoplifting. These case notes give evidence of the authors' depth of experience; they are highly recommended to the reader in a hurry who might not find time to study the whole book in detail.

About 90% of the 50 bibliographical notes are older than 5 years. The eight-page reference list is thorough.

I did not find this book particularly easy to read; frequent long sentence structures do not further the understanding of the several analytical concepts. I am left with the feeling that fewer pages would have given the book and its message more punch; repetitions on the same theme seem to take the impetus away.

The analytically-inclined psychiatrist will find this book stimulating. The forensic psychiatrist might find briefer discourses on the subject elsewhere. Nevertheless, the book deserves recognition for its thoughtful presentation of a pertinent issue. It deserves a wider readership than the medical profession.

HEINZ ALBRECHT, *Specialist Psychiatrist, Carrington Hospital, Auckland, New Zealand*

Foundations of Object Relations Family Therapy. Edited by JILL SAVAGE SCHARFF. London: Jason Aronson. 1989. 488 pp.

Few psychiatrists will be attracted to 24 intense chapters on psychoanalytic family therapy, and therefore many will miss the opportunity of reading this absorbing account of an approach which combines and integrates individual and family therapy in treating all problems from encopresis to schizophrenia.

In this country, family therapy and psychoanalysis have their own separate institutes and training, with minimal creative exchange between the two. Object relations family therapy has developed over the past 30 years to offer a unified approach which deserves serious consideration. In a section devoted to the integration of individual and family therapy, Robert Winer succinctly outlines the hazards of both therapies in isolation: "Family therapy may become preoccupied with interactional process and lose sight of the person; individual therapy may become immersed in the intersubjective intensities of the transference and countertransference and lose track of the life being lived".

Drawing largely on the work of Fairbairn, Klein, and Bion, transference and countertransference remain at the heart of object relations family therapy and insight is seen as essential to change. The concept of projective identification is fundamental to the understanding of intrafamilial psychopathology, whereby intrapsychic conflict in an individual is transformed into interpersonal conflict. Paradoxically, many of the concepts taken from psychoanalysis have greater meaning and relevance as applied here to the family. The authors are therefore quite clear about their theoretical basis, and those willing to accept it will be led into a wealth of convincing clinical illustrations.

Many of these are taken from a group of over 50 adolescent in-patients and their families treated on a residential unit at the National Institute of Mental Health. In fact, half the book deals with issues relating specifically to adolescence. Regarding adolescent development, the primary task of the family is seen to be the promotion of relative ego autonomy and identity formation, leading to individuation and separation which may be impaired by the family's unconscious fantasies. Role allocations for the collusive playing out of these fantasies are then communicated and evoked in the family members by projective identification. Such theoretical considerations are not only clearly described but brought to life with transcripts from family sessions.

Separate sections view marital interaction within the same integrated framework, and also sexuality within the family. David Scharff gives an excellent example of the authors' ability to link theories by developing Fairbairn's libidinal and anti-libidinal ego, with recognition of the techniques of Masters & Johnson, to understand sexual difficulties as somatically expressed failures in fit between internal object relations.

A single chapter looks at sexual abuse, and offers an important approach to the understanding of the loss of appropriate boundaries within incestuous families. For those who find a psychoanalytic approach unhelpful with regard to sexual abuse, Winer's chapter on the role of transitional experience based on Winnicott's work is particularly recommended.

Mindful too of Winnicott, the editor devotes the final chapter to play and the therapist's holding capacity, nicely defined as "the ability to listen thoughtfully, to

engage, to be affected, to tolerate anxiety, to reflect upon experience, and to communicate understanding intent". For any therapist who aspires to such standards in either individual or family therapy, this substantial text has much to offer.

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Recent Advances in Clinical Psychiatry, No. 6. Edited by KENNETH GRANVILLE-GROSSMAN. Edinburgh: Churchill Livingstone. 1988. 249 pp. £29.50.

In this volume organic issues dominate (HIV, dementia, the biology of anxiety and schizophrenia, and tardive dyskinesia). Child psychiatry is well represented (the psychology of chronic childhood illness, and sexual abuse in childhood). Of other topics, the environment of the psychiatric ward stands out for its novelty; however, personality disorders scarcely merit inclusion on the criteria of recent advances; seasonal affective disorders do merit their chapter, though.

The chapter on HIV is comprehensive and will be a useful reference source in relation to the physical, social, and psychological aspects of HIV. However, I would have liked the author to have touched on the role and organisation of psychiatric services in relation to HIV, as well as developing the ethical issues that are merely touched upon.

Reviews of topics where new findings conflict can be a challenge to author and reader alike. The problem is well handled in the chapters on dementia, where a clear review of cognitive impairment in relation to a range of disorders is presented; and on schizophrenia, where recent findings about structural changes are clearly summarised. It is less well handled in the chapter on biological markers for anxiety states, where lists of conflicting findings and insufficient conclusions make for lack of clarity. The chapter on tardive dyskinesia is well presented, giving an informative update.

Child psychiatry contributes a topical chapter on sex abuse. It reviews relevant research findings, and includes thoughtful reflection on clinical observations, procedures, and management, including legal management. The chapter on chronic childhood illness gives valuable insight into a common problem (5% of children have chronic illness) which may affect parents seen by adult psychiatrists.

The chapter on the effect of ward environment on patients is useful in the way it draws together the familiar physical, social, and therapeutic factors involved. It also fills a gap in readily available reviews of this topic.

Less a part of everyday clinical life are the seasonal affective disorders. This review covers all aspects of these disorders, including their atypical features, their classification, and current thinking about causation. The section on light therapy and its suppressant effect on the melatonin which in other mammals governs breeding habits captures the imagination. There is a useful reminder of seasonal factors in the onset of depression generally and suicide in particular, the month of May being the peak at-risk time.

There is a chapter on personality disorders, but the field remains as evasive as ever, with the certainties of the old classification scheme further discredited but little useful offered to fill its place.

A final plea about the layout: this is uninspiring, and I would like to see greater use of diagrams, tables, and summaries.

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Relational Concepts in Psychoanalysis: An Integration. By STEPHEN A. MITCHELL. London: Harvard University Press. 1989. 323 pp. £19.95.

This is a marvellous book. Mitchell argues that over the past few decades psychoanalysis has undergone a paradigm shift. The change is nothing short of a revolution in thought which radically alters our understanding of the mind and human relationships. The new paradigm has not been systematically proposed by one school of thought. Instead, the revolution has come about piecemeal as new ideas have come first from one and then from another author.

Mitchell is a persuasive writer who skilfully draws together the central ideas from object relations theory, interpersonal psychoanalysis and the self-psychologies. He argues that despite their many differences these 'newer' traditions have one central theme in common – they all stress the central importance of personal relationships and human interaction. In the new paradigm the focus of psychoanalytic study shifts away from the vicissitudes of the instincts to persons in their interactions with others. Attachment to others is now understood to be the central motivating force in human affairs. Furthermore, it operates from the cradle to the grave, and not just in infancy. Relationships with others are central because they both form and express whom we are.

Mitchell has chosen Escher's 'Drawing hands' for the picture on the cover of the book. It shows two hands in the process of drawing each other. The fascinating thing about the picture is that each hand is being drawn by the very hand that it itself is drawing. This, Mitchell suggests, depicts the complex and continuous interaction between our inner and outer worlds. Internal objects and actual relationships with external objects continually and simultaneously form and influence each other.

Mitchell objects, and rightly so, to the polarisation that is a feature of so many theories. The intra- and the