

Book Reviews

Psychiatry and Ethics: Insanity, Rational Autonomy and Mental Health Care. Edited by REM B. EDWARDS. Buffalo, New York: Prometheus Books. 1983. Pp 609. \$29.95, \$12.95 (paperback).

In this book, Rem Edwards, Professor of Philosophy at the University of Tennessee, has compiled a series of previously published papers on ethical and legal issues relating to psychiatric practice in the United States. The collection was prepared to provide background reading for the University's doctoral programme in medical ethics. The thirty-six papers are arranged in ten sections covering a wide range of subject areas, including the concept of mental illness, therapist and patient rights, consent, involuntary hospital commitment, controversial treatments, criminal responsibility and the insanity defence, and de-institutionalisation. Each section is preceded by an introduction giving a balanced appraisal of the issues raised in the varied contributions that follow, and additional bibliographies are provided.

Apart from a few rather journalistic and polemical articles on psychosurgery and ECT, this is an impressive and useful collection, reflecting American thinking and practice. Highlights include Michael Moore's dissection of the logical flaws in the anti-psychiatrists' view of mental illness; Alan Meisel *et al's* discussion of the legal doctrine of informed voluntary consent; Teodora Ayllon's paper on the ethics of imposing behaviour modification programmes on detained patients; and James Robitscher's contribution, which gives an account of the court cases in the United States which have upheld the right of involuntarily detained patients to receive an adequate level of psychiatric treatment, and not just custodial containment, in exchange for their loss of liberty. It is worth reflecting on whether such legal judgements, in which courts order hospitals to improve standards of patient care, are a more effective means of changing bad institutions than the reports of Committees of Inquiry in this country.

There is a focus throughout this book on the constructive role of the law in protecting patients' rights, and the civil libertarian case is argued with persuasive clarity. In its emphasis and range of subject matter this volume is an interesting contrast to Bloch

and Chodoff's book *Psychiatric Ethics* (Oxford University Press, 1981), and should be bought to stand next to it on the shelf of the psychiatric library.

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Behavioral Psychotherapy: Basic Principles and Case Studies in an Integrative Clinical Model. Edited by HERBERT FENSTERHEIM and HOWARD I. GLAZER. New York: Brunner/Mazel. 1983. Pp 245. \$25.00.

This book sets out to demonstrate that the psychodynamic model, with its versatility and flexibility, can be usefully integrated with the pragmatic behavioural model to produce a sophisticated and effective approach to the treatment of a wide range of psychological problems. Although such a proposal is by no means original, this book differs from others on this subject by concentrating on how the two schools might complement each other in clinical practice.

The main argument put forward is that, whereas behavioural techniques are the most powerful tools available to the psychotherapist, significant change will not occur unless they are properly applied. The psychodynamic model enables the clinician to understand the complex relationships between problem behaviours in a given case, and to decide the order in which each of these should be tackled.

The second part of the book comprises a selection of case studies to illustrate this thesis. Of particular interest are the examples of patients who failed to improve following a direct attack on their presenting symptoms. When the cases were subsequently reassessed the inadequacy of the original problem formulations became apparent. Alternative behavioural programmes were then implemented which proved to be significantly more effective. The contributors to this section of the book are to be complimented, not only on the clarity of their presentations, but on their honesty in reporting treatment failures as well as successes.

Although this volume will be read with great interest by behavioural psychotherapists, many of them will