

literary and psychoanalytic. Each essay is headed by a quotation, with others throughout the text. The authors of the quotations (all carefully indexed) are a catholic selection, from Bob Dylan to Ludwig Wittgenstein.

Adam Phillips works as a child psychotherapist, and the glimpses he gives of his interactions with children offer a tantalising view of what this book might have been. He is the author of the Fontana Modern Masters series on Winnicott, and there are many references to that great paediatrician and psychoanalyst. Winnicott himself could be obscure, almost mystical, in his writings, and maybe this has been internalised by Phillips. Several of the essays have a clinical problem at their core – the despondent boy, the provocative adolescent girl, or the bored child – and there are useful clinical insights to be found. The statement about transference in ‘Playing mothers: between pedagogy and transference’, that “the analyst cannot know beforehand what sex he is going to be” is useful, as is the reminder of the pitfall of always seeing psychoanalysis as akin to the mothering process.

This is not a book for a departmental library, nor I fear, for many individual purchasers. At times it treads a perilous line between erudition and parody, nowhere better illustrated than by the report of the “well-known Icelandic proverb” – “Every man loves the smell of his own farts”.

STEPHEN GLADWELL, *Consultant Psychotherapist, Uffculme Clinic, Birmingham*

The Art of the Psychotherapist: How to Develop the Skills that take Psychotherapy beyond Science. By JAMES F. T. BUGENTAL. London: W. W. Norton. 1993. 317 pp. £9.95.

This book is concerned with the art of life-changing or depth psychotherapy. Writing from an existential-humanistic perspective, the author has created a book which is refreshingly eclectic, jargon-free and original. Drawing on his considerable experience of practising psychotherapy (the author is writing at the age of 70), he attempts to describe the stuff of the human interchange between patient and therapist. In stating his purpose he writes; “I want to aid therapists of various orientations who intend doing depth, life-changing work, to extend the range and power of their own perspectives and styles.” He is principally addressing “experienced therapists who seek ways of broadening or deepening their sensitivities and skills.”

The author examines how the therapist can monitor the patient’s emotional engagement and how he/she can help the patient to deepen that engagement. He discusses how the patient may resist the therapeutic effort, and offers an idiosyncratic approach to working with this resistance. In his view, this task needs to be complemented by active mobilisation of the patient’s sense of

concern about his/her life. The closing chapters compare the work of the therapist with that of an artist and discuss how the therapist’s training could foster development of his/her artistic sensitivities.

Readers may find themselves put off by the fictional patient transcripts, which do not sound like real patients, and by the use of idiosyncratic technical terms such as ‘interpersonal press’ (the influence exerted by patient or therapist on the other). Readers immersed in the British tradition of psychoanalytic psychotherapy may be offended by the existential-humanistic underpinnings. However, there is much wisdom in these pages, which psychotherapists would do well to consider.

I recommend this book to libraries used by specialist psychotherapists. In contrast to Anthony Storr’s *The Art of Psychotherapy*, this is not a book that will help the general psychiatric trainee embarking on his/her first case.

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Lithium Treatment of Manic-Depressive Illness: A Practical Guide (5th edn). By MOGENS SCHOU. Basel: Karger. 1993. 56 pp. US \$14.50.

This is a compact book now in its fifth revision aimed primarily at patients suffering from manic-depressive illness and their families. It is written by a respected authority in the field and includes information that would also be useful to psychiatric trainees and nurses when explaining lithium treatment to patients. The book uses simple and easy to understand terminology and is comprehensive in its coverage of manic-depressive illness, and lithium treatment in particular.

The book includes a useful glossary that covers terms likely to be encountered by patients in relation to lithium. The main feature of manic-depressive illness (the term psychosis is avoided) and the principal treatment options are described. Lithium treatment is discussed in more detail including a brief history of its discovery and its mechanism of action. Questions frequently asked by patients in relation to lithium treatment are discussed under separate headings: “How long should lithium treatment continue?”; “Does lithium gradually lose its effect?”; “Can prolonged treatment damage kidney function?”; “What is the optimum dose?”; and “How often do blood samples have to be taken?”, to name but a few.

The benefits and disadvantages, including side-effects, are discussed in a balanced and positive way. The book also reviews other important areas such as lithium treatment in depression, prophylaxis, the importance of laboratory tests and the relationship of lithium to car driving. Symptoms and signs of toxicity are also discussed and the dangers of dehydration, salt deficiency and diuretics are highlighted.

Overall this is a useful practical guide for patients and their relatives in relation to lithium treatment of manic-depressive illness. It is readable and well presented and contains a wealth of information and useful advice. It also answers most of the questions commonly asked by patients. It will undoubtedly give patients and relatives a much better understanding of lithium treatment. This should contribute to better compliance and enable side-effects to be identified earlier.

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Advances in Personal Relationships (Vol. 4). Edited by DANIEL PERLMAN and WARREN H. JONES. 1993. London: Jessica Kingsley Publishers. 303 pp. £35.00.

This is the current volume in an annual series aimed at highlighting areas of research development in the field of personal relationships. There are nine invited reviews which discuss theoretical and methodological issues and present original work in the areas of individual and cognitive processes in close relationships, interactions and conflicts in marriage and the family, and social networks and life transitions. The contributors write primarily from the viewpoint of North American academic social psychology. The contributions are generally easy to read, although references occasionally get in the way of clarity.

The nature of social support is a theme linking several contributions. Carpenter reviews the evidence for a general factor – relational competence – as a determinant of individual differences in forming and maintaining relationships, de Jong Dijkstra *et al* discuss their theoretical model to explain individual variation in social network changes following life events such as divorce and unemployment, and Starker *et al* examine social network changes following a specific life event – moving house.

These chapters together thus propose methods for the measurement of individual differences in forming and maintaining relationships, and for measurement of changes in social networks related to life events. The apparently obvious conclusion that can be drawn from them, that social support depends on dynamic interactions between both the individual and the social environment, nevertheless has important implications for the interpretation of social support measures.

Other contributions focus on work examining cognitive or psychodynamic aspects of relationships. Shaver & Hazan's contribution is of interest and describes their development of a model of adult romantic attachments based on extrapolation of Bowlby's description of infant-caregiver attachments to adult relationships.

A helpful feature of the format is that the authors have been given considerable scope to discuss the development of their ideas and methods. However, there is relatively little discussion of the potential clinical

applications of the material and this is a relative weakness from the viewpoint of clinicians. Nevertheless, the contributions are thought-provoking and should help stimulate ideas for further research.

This volume will primarily be of interest to those with a research interest in social aspects of psychiatry. It will be of interest to other readers but its price will probably confine its purchase to academic libraries.

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What Constitutes the Patients in Psychotherapy: Alternative Approaches to Understanding. By RICHARD CHESSICK. 1993. New Jersey: Jason Aronson. 248 pp. US \$30.00.

There is a clear sense of purpose and scholarly drive behind this book. Richard Chessick enthusiastically explores contemporary European philosophical thought in order to understand, from other than a psychoanalytic perspective, the question of what it is to be human. He tells us that "this book is the result of many years and long evenings of intensive study, inspired by the exciting new work that has appeared over the past half-century in a number of disciplines, all seeming to converge on a new or 'postmodern' view of the human". The philosophers examined are Husserl, Heidegger, Foucault, Ricoeur, Lacan, Sartre, Merleau-Ponty, Federn, Lukacs, Patocka, and Gadamer. Two psychotherapeutic thinkers are also included: these are Laing and Kohurt.

As might be expected, alienation, bad faith, being, existentialism, desire, post-modernism, and hermeneutics are terms which crop up repeatedly in this book. Chessick moves towards a view that psychological phenomena can only be captured by a hermeneutical approach which attempts to capture the patient's own meanings. He argues for a phenomenological approach to patients, in an effort to avoid a naive psychologism based on a false subject-object (patient-therapist) dichotomy presenting the therapist as the final arbiter of reality. Therapy is therefore concerned with the understanding of maladaptive interactional behaviour and helping patients recognise how others experience them rather than being concerned with identifying underlying and malevolent representations carried about within the psyche. Chessick argues that this approach preserves the self-esteem and the humanity of the subject.

The finer sections of this book are the chapters on 'the self', which include chapters on Laing and Kohut. The author clearly knows his subject and writes succinctly and informatively, relating the ideas and theories discussed to the psychotherapeutic situation. The remaining chapters are, I fear, less successful and there is a sense that too much has been attempted in too short a space. Chessick's discussion of the often complex thought of contemporary philosophers seems unhelpfully abstract and condensed and there are few linkages to the clinical