

The Borderline: Current Empirical Research. Edited by THOMAS H. MCGLASHAN. Cambridge: Cambridge University Press. 1986. 116 pp. \$15.00.

This little book is part of a new American Psychiatric Series, designed to bring selected material from the APA Annual Meetings to the attention of a wider audience (topics covered in similar publications include premenstrual syndrome and affective disorders in the elderly). It contains five chapters covering such areas as diagnosis, biological markers, outcome, transitional objects, and the relationship between psychodynamics and symptoms.

The individual papers are of interest, and should be read by researchers in the field. Together they remind one yet again of the persistent confusion in this area between 'borderline' as a specific psychological constellation, and 'borderline' as a phenomenological diagnosis. The case for the latter may be waning. Unlike many conference proceedings this book is attractively packaged and well printed, but nevertheless suffers from the common problems of appearing very late (three years!) and being very expensive. Psychiatrists with access to the major journals may not need to buy this book.

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Psychiatry in Medical Practice. By DAVID GOLDBERG, SIDNEY BENJAMIN and FRANCIS CREED. London: Tavistock Publications. 1987. 322 pp. £12.95.

This handsomely produced paperback might be called the 'Manchester text'. It was written by three senior academic psychiatrists, with contributions from six other academic and NHS colleagues. Part 1, the clinical approach to the patient, includes history and mental state, concepts of diagnosis and aetiology, a well-written long chapter on treatment, and a particularly good guide to the formulation. Part 2 describes the syndromes of psychiatric disorder and their treatment. Part 3, concerned with disorders peculiar to stages of the human life cycle, covers mental retardation, child and adolescent psychiatry, sexual and reproductive disorders, and psychogeriatrics. Part 4 consists of two chapters: an interesting one on psychiatry for the houseman, and another on legal aspects. Finally, there is the card, a glossy five part *aide-mémoire* that includes the CAGE questionnaire, a short mood scale, the Newcastle dementia scale, and the headings of the history and mental state.

The book is aimed at the newly qualified doctor as well as the medical student, and claims to offer more guidance on treatment than the usual undergraduate text. It also claims to offer an up-to-date account of the sciences basic to psychiatry, neurochemistry (mostly

pharmacological), epidemiology (well done, as you would expect from the senior author), and psychology (not very extensively dealt with). These topics are not given chapters to themselves, being discussed where appropriate in the text.

The style is generally terse but always clear, with illuminating clinical illustrations. The order in which topics are considered is unusual and interesting. The book is stimulating, and students will like it.

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Forty Two Lives in Treatment: A Study of Psychoanalysis and Psychotherapy. By ROBERT S. WALLERSTEIN. New York: The Guilford Press. 1986. 784 pp.

This large tome is the 69th publication which has come out of the Meninger Foundation's Psychotherapy Research Project. In the preface to the book the project is described as probably the most comprehensive as well as the most ambitious psychotherapy research programme ever conceived and carried out. From the outset it must be stressed that the Meninger Foundation is a psychoanalytic institution, that the project is concerned exclusively with psychoanalysis, and that to fully appreciate the book the reader needs to be well versed in, and sympathetic towards, the theory and methods of psychoanalysis.

The 42 analysands, upon whom the project is based, were divided, in a non-random allocation, into 22 who were to receive classical psychoanalysis, involving the establishment and ultimate resolution of a regressive transference neurosis, and 20 who were to receive expressive or supportive psychoanalytically-based psychotherapy which did not evoke a full transference regression. In the event, six of the original psychoanalysis patients were subsequently transferred to one of the two psychotherapy categories and a further six received only modified psychoanalysis. The outcomes of the different treatment modalities were broadly similar, approximately 40% of each being reported as having made "really good improvement".

The author of the book was one of the originators of the project, and he has been associated with it throughout. He has an overall grasp of the project and a familiarity with each of the 42 patients, to whom he makes recurrent reference. Here the reader is at a disadvantage, and can only gradually accumulate a picture of each patient by working through the issue-related chapters.

The study was intended to be 'uncompromisingly naturalistic' in that neither the analysands nor the analysts knew at any time throughout the course of therapy that it was in progress. The patients, who were amassed between 1954 and 1958, were considered to be difficult and challenging, requiring long-term therapy. Duration