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Reference

1. Allen JG, Fonagy P, Bateman AW. (2008). *Mentalizing in Clinical Practice*. American Psychiatric Publishing: London, 2008

Recovery from Disability: Manual of Psychiatric Rehabilitation

Liberman RP Prof. American Psychiatric Publishing, Inc.; 1 edition. June 30, 2008. ISBN: 9781585622054

There has been a renewed interest in the development of rehabilitation mental health services in Ireland in line with the mental health strategy *Vision for Change (2001)*. This book outlines the core principles and practice of rehabilitation psychiatry underpinned by the 'recovery philosophy'. It provides practical guidelines with illustrated clinical examples of the range of rehabilitation interventions required in the provision of rehabilitation psychiatry. For example, illness management, functional assessment, social skills training, family interventions and vocational rehabilitation.

Community-based mental health services are poorly developed in Ireland, for example, lacking a range of specialist community mental health services and true multidisciplinary input which would meet the needs of individuals with enduring mental health disorders and in turn optimise their ability to function in the community with a good quality of life. Models of personal support services are outlined in the book and include examples of personal support services such as assertive community treatment.

The concepts, principles and practices of biopsychosocial rehabilitation are equally applicable to all patients with disabling mental health disorders, including the full range of special populations: persons from minority cultures,

individuals with dual diagnosis, persons with treatment-refractory illness, mentally ill offenders, aggressive individuals, persons with borderline personality disorder, and older and very young people. Professor Liberman highlights the need for the development of specialist rehabilitation services to meet the needs of patient groups with distinctive needs.

'Recovery from Disability' is a comprehensive yet practical manual of rehabilitation psychiatry and it is designed for the full spectrum of mental health professionals, as well as being a very useful educational and training guide for both mental health professionals and trainee psychiatrists. This book outlines new developments in the field of psychiatric rehabilitation as well as providing scientific evidence-based techniques involved in rehabilitation clinical practice. The book provides a solid foundation and practical tools to guide mental health professionals in the development of a range of comprehensive rehabilitation services.

The prospects for recovery from schizophrenia and other disabling mental health disorders are now more positive than in the past. New and effective modes of treatment and rehabilitation are being developed and validated, eg. cognitive-behavioural therapy for psychotic symptoms has shown value in reducing intrusiveness and disruption caused by hallucinations and delusions.

Prevention of disability and relapse through early intervention and better treatment programmes although still in the experimental stage are spreading throughout the western world. Professor Liberman provides a vision outlook on how modern rehabilitation services can evolve by outlining new developments and research in rehabilitation psychiatry. This book is a welcome addition to the existing literature for those professional mental health groups interested in the area of rehabilitation psychiatry.

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Appreciation

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John Case Nemiah (1918-2009)

John C Nemiah, editor of *The American Journal of Psychiatry*, died in May 2009 aged 90 years. A native of Connecticut and the son of a classics professor at Dartmouth College, JCN qualified MD at Harvard in 1943. After a period in the US Army Medical Corps he trained in psychiatry and psychoanalysis in Boston. In 1967 he became Chief of Psychiatry at Beth Israel Hospital (still in Boston) and Professor of Psychiatry in

Harvard. In 1985 he became Professor of Psychiatry at Dartmouth (Emeritus in 2002). A prolific writer, a great teacher, a sympathetic and helpful editor, and a man whose door was always open for genuine help with a problematic diagnosis, JCN was still able to transmit warmth and humour. He was a giant of American psychiatry.

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