

psychiatry'. This includes a short description of current brain-imaging techniques such as magnetic resonance imaging, positron emission tomography, and regional cerebral blood flow.

The section on psychiatric disorders is generally of a high standard, although there are some deficiencies. There is an excellent contribution on schizophrenia, with a comprehensive review of the epidemiology and aetiological theories. The chapter on anxiety disorders is to be recommended, particularly the contributions on panic disorders and post-traumatic stress disorder. There are some interesting personality disorders, such as "avoidant personality disorder" and "self-defeating personality disorder". Whether these concepts will cross the Atlantic remains to be seen. I was disappointed in the contribution on alcohol dependence/alcohol abuse. There is no mention of the famous Rand reports; nor is there any discussion about the current thinking on 'controlled drinking'.

The section on treatment was fully comprehensive and reflected some of the medico-legal constraints in the USA. The psychotherapies are particularly well covered. In the 'Special topics' section I would recommend the contributions on suicide, ethics and community care. I was fascinated to read that Nevada has one of the highest suicide rates in the United States. Could this have anything to do with the casinos? There is a good review of community care in the United States, and the author makes the valid point that "the dollar does not follow the patient". In other words, when the patient moves out into the community few resources move with him. It was a pity that little reference was made to the international scene, such as the Italian experience.

Overall, this is an excellent textbook of psychiatry which certainly should meet the editor's goals and expectations. Psychiatrists on this side of the Atlantic will find it an invaluable up-to-date reference book. It is attractively bound and well laid-out, and is excellent value at £40.00.

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Essential Papers on Countertransference. Edited by BENJAMIN WOLSTEIN. New York: Columbia University Press. 1988. 359 pp. \$31.00 (pb), \$69.00 (hb).

The centenary of Breuer & Freud's early observations of transference and countertransference in *Studies on Hysteria* will take place in 1995. The essays in this book could be said to celebrate that crucial discovery. Each essay has been selected to represent a significant change in the concept and clinical study of countertransference, and therefore in the evolution of psychoanalysis, between 1910 and 1983.

As a historical summary of the changes that have taken place in the concept of countertransference, Wolstein's first chapter is particularly helpful. He traces the development of new insights derived from the early and direct Freudian interpretive work on the patient's oedipal material, which excluded direct consideration of the countertransference, to the present variety of perspectives arising from the development of ego psychology, object relations, interpersonal relations theories, and the exploration of the transference and countertransference in self-psychology. His final chapter on the pluralism of perspectives on countertransference, a subject of considerable evolutionary interest and complexity, I found at times to be somewhat labyrinthine. One of the issues he affirms, as I understand it, is that with the move from an id to an ego interpersonal model of psychoanalysis, the patient who has been helped by a psychoanalyst to work through his transference problems may benefit by explicitly facing the psychoanalyst with what he considers to be his psychoanalyst's own countertransference distortions. The therapist at this point will have to decide whether to end therapy or to continue the exploration into his own assumed distorted perceptions (perceptions that had previously been accepted by his peers as objective and reality-based) in the hope that a further level of maturative development, whatever it may be, can be achieved for his client and possibly for himself. Wolstein's development of this view will, I imagine, evoke an interesting debate.

Between these two chapters lie 17 essays which move in a developmental sequence showing different points of emphasis. They make impressive and sometimes fascinating reading. They have been selected to typify the changes in the perception of countertransference over time, and include insights from Freud, Ferenczi and Rank, Reik and Clara Thompson, Racker and Searles, Winnicott, and Gill.

I can warmly recommend this book to all psychodynamically interested psychotherapists, and particularly those in training. Some may already have read a number of these essays, but most are of a calibre that benefit from a second or third reading.

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Feminist Counselling in Action. By JOCELYN CHAPLIN. London: Sage. 1988. 131 pp. £7.95.

The core of Chaplin's book is a systematic account of what she is trying to achieve as a feminist counsellor, how she defines the role, and how she prepares for different stages of the counselling relationship. She relates her values, aims, principles, and techniques to the processes and outcomes of counselling, using effective case illustrations.