Although useful in some ways, the other chapters do not provide the information that a clinician needs to evaluate this new class of drugs. The index makes no reference to the principal side-effects of nausea, vomiting, diarrhoea, and headache; nor does the book give any clues as to the problems these drugs have had getting onto the market. No mention is made of the safety of these drugs in overdose and in patients with cardiac illness. I am using them in these situations because, logically, they should be safe, but data on these points should be presented and discussed. The drugs are not only selective inhibitors of 5-HT, they are also extremely potent. Consequently, their combination with lithium or MAOIs might produce unwanted effects. I have seen no problems with combining one of these drugs with lithium and there is a small literature on the subject of which clinicians should be aware.

Maybe the book is just a bit premature, and in a few years time someone will be able to edit the book we need on 5-HT uptake inhibitors.

STUART CHECKLEY, *Consultant Psychiatrist, Maudsley Hospital, London*

Illusion and Spontaneity in Psychoanalysis. By JOHN KLAUBER *ET AL.* London: Free Association Books. 1987. 197 pp. £27.50 (hb), £9.95 (pb).

This book contains four of Klauber's lectures prepared as a part of a series for the Freud Memorial Visiting Professorship at University College, London, which sadly he never delivered because of his untimely death. Together with these are three essays by former analysands of Klauber (Neville Symington, Roger Kennedy, and Patrick Casement) and three essays by close European colleagues (Nicole Berry, David Widlöcher, and Helmut Thomä), written in appreciation of the thoughts of Klauber.

The book, as its title suggests, is devoted to those two vital themes of thought within the Independent Group of British Psychoanalysis, illusion and spontaneity. To those unfamiliar with Klauber's earlier work, the most helpful essay is that by Symington, who writes more clearly that anyone else in this volume on Klauber. Klauber himself is more reticent in his style, and comes across as overcautious, perhaps because of his anticipation of a more general audience. He is concerned that the reality of the psychoanalyst's personality and private values should be taken more into account than is usual when considering the therapeutic interactions of psychoanalysis. He sees countertransference as including more than merely the psychoanalyst's responses to his patient's transferences. The capacity of the psychoanalyst and his patient to sustain and also to survive the illusion of the transference is at the heart of his concept of the therapeutic process in psychoanalysis. It is not so clear how he sees the analysts's capacity to be spontaneous in this process. Here I found the French psychoanalyst Berry, writing about the termination of an analysis, alive and illuminating. The contributions of Widlöcher and Thomä seem ponderous by comparison.

The problem of illusion in psychoanalysis is much broader than this book implies. It is surprising that such a text should contain so little reference to transitional phenomena, let alone the enormous difficulties that some patients have in arriving at a capacity for illusion when they enter a psychoanalysis.

PETER SHOENBERG, *Consultant Psychotherapist, Joint Department of Psychotherapy, University College Hospital and Middlesex Hospital, London*

Aggression and War: Their Biological and Social Bases. Edited by JO GROEBEL and ROBERT A. HINDE. Cambridge: Cambridge University Press. 1989. 237 pp. £25.00 (hb), £8.95 (pb).

In a world that appears to be saturated with the rhetoric of violence, my approach to this book was one of enthusiasm in a search for some clear-headed perspectives. I had another reason for hoped-for enlightenment: a good deal of my work in retirement is with staff who supervise those who have committed serious acts of violence and in whom there is considered to be a propensity for them to do so again. For both these reasons I found this book, edited by two distinguished academics, an enlightening and enjoyable read. Its origins are in work that was done to formulate a short statement on violence. The statement was produced in Seville in 1986, and was signed by 20 experts from 12 countries.

The editors have drawn together a group of well-known workers from a variety of disciplines – animal ethology, zoology, psychology, physiology, biology, genetics, education, and politics. Their contributions are grouped into six sections: 'Agression: the reality and the myth', 'Biological mechanisms in the individual', 'Individual aggression and pre-social alternatives', 'Communication and group processes', 'The macro level: societies and nations' (an extrapolation to the study of warfare), and a concluding section. Each section is prefaced by a carefully written editorial making well-articulated links between the various expositions. In addition to these editorials, it is clear that the editors have put in a great deal of work to facilitate a uniform and refreshingly jargon-free presentation. Inevitably, there are minor weaknesses; there are areas of overlap and repetition, but in the main these are helpfully reinforcing rather than irritating. A little more editorial oversight of the citation of references and guidance for further reading would have facilitated a more consistent approach.

I imagine that readers of this *Journal* will find the chapters on biological, genetic, physiological, and social learning factors the most relevant to their day-to-day work. However, the contents as a whole afford a most useful guide to an area which is more full of myths than facts. In this connection the editors rightly state that, "In the long run, it is the myths that are largely responsible for both individual aggression and war". This book goes a long way towards helping dispel some of them.

HERSCHEL PRINS, *Lecturer on Social Aspects of Forensic Psychiatry*

Cognitive Behavioural Interviewing for Adult Disorders: A Practical Handbook. By PETER H. WILSON, SUSAN H. SPENCE and DAVID J. KAVANAGH. London: Routledge. 1989. 247 pp. £10.95 (pb), £25.00 (hb).

This book aims to be a practical guide to help student clinicians carry out the initial interview in the cognitive-behavioural treatment of psychological disorders typically seen in adult out-patients. Eight common psychological problems have been selected to illustrate the kinds of questions that need to be asked about these disorders before they can be appropriately and successfully treated: fear and anxiety; depression; obesity; interpersonal problems; sexual dysfunction; insomnia; headaches; and substance abuse. Surprisingly, how the trainee clinician decides whether any of these constitutes the patient's major reason for seeking help is seen as unproblematic and is not covered.

A chapter is devoted to each of these problems, each consisting of four main sections which, with few exceptions, follow the same format and sequence. The main features generally believed to characterise the disorder are discussed in the first section. This is done largely in terms of DSM–III and DSM–III–R where this is felt to be appropriate. The introductory section also provides a detailed and well-referenced summary of the current knowledge about the causes of the problem. The second section contains a large number of examples of the kinds of questions which may be asked to find out about such aspects as the history, the severity, and the factors associated with changes in the nature of the disorder. Some of the specific measures which have been developed to assess these disorders are outlined in the third section. The relevance and necessity of these measures for the cognitive-behavioural treatment of these problems, however, is never made clear. The final section is generally no longer than a page or two, and provides an all-too-brief indication of some of the techniques which may be used to treat these problems.

This book provides a useful and up-to-date summary of information about the aetiology and assessment of these specific problems. However, posing questions without adequately discussing the use to which the answers will be put is like asking for directions while not knowing where one is going. Consequently, the reader who is unfamiliar with cognitive-behavioural modes of treatment will find it difficult to judge the relevance and value of the questions provided.

DUNCAN CRAMER, *Lecturer in Social Psychology, Department of Social Sciences, Loughborough University of Technology, Loughborough*

Between Psychology and Psychotherapy: A Poetics of Experience. By MILLER MAIR. London: Routledge. 1989. 292 pp. £25.00 (hb), £9.95 (pb).

This book is an attempt to develop ideas for the project of keeping the personal relationship in view in psychological treatments, by balancing the reductionistic model of psychology as an applied science. It is structured like a sandwich, with the beginning and end containing collections of essays and lectures, and an intensely personal middle section of the author's own thoughts and feelings in poetry form, written over a ten-year period.

His declared interest is in developing an "intimate" rather than "distant" knowledge which can be used in the relationship with the patient/client, so that there can be "imaginative participation" between the two. He is not the first person to do this, and parts of the book reminded me of Robert Hobson's *Forms of Feeling*, to which he refers.

There is a good section on the use of metaphor as a tool for dynamic understanding, illustrated with case material.

I began this book with some trepidation, as I tend to feel suspicious of words like 'poetics'. However, because of the very personal way the book was written and the structure, I found myself actively caught up in the author's own struggle to develop and communicate his ideas, and in many ways found this matching of form and content one of the most satisfying aspects of the book. The atmosphere of struggle to capture the meaning of emotional experiences and how they are communicated is made vivid and exciting, and this way fulfils the author's hope of providing a counterbalance to an investigative mode, which by dissection often seems to destroy the subject of study.

This is not a textbook in the conventional sense, but the author, by staying with his own personal thoughts and feelings, vividly conveys the importance of the therapist's participation in the therapeutic process.

I would recommend this book to anyone who feels in need of refreshment in the battle to protect psychotherapeutic work with patients which does not fit into treatment "packages", so attractive to management and technocrats who, to quote the author, "believe we are simpler than we know we are".

RACHEL LEHEUP, *Consultant Child and Adolescent Psychiatrist, Nottingham*