

Comprehensive Group Psychotherapy. Edited by HAROLD I. KAPLAN and BENJAMIN J. SADOCK. Churchill Livingstone, for The Williams and Wilkins Company, Baltimore. 1971. Pp. 911. Price £13.00.

There are thirty-four contributors to this book, of whom no less than twenty-four are professors. One expects thorough expositions of the theories and techniques of all styles of group psychotherapy, and one is not disappointed. Nothing is omitted: the reader will learn about such items as bull sessions, dance therapy, encounter group gimmicks, existential therapy, karate-chop experiences, Esalen massage, nude marathons, pillow-beating and mattress-pounding, roll and rock groups, salesmanship training and wild therapy. The book can be recommended to every psychiatrist who practises or intends to practise group psychotherapy.

The book is in four parts:

(a) Basic Principles, which properly starts with a history, from which must be quoted: 'It is difficult to say whether the bewildering situation to-day in the field of group psychotherapy reflects the primitive phase of its development or the disturbing nature of the world. Perhaps both.'

(b) Specialized techniques, which includes sections on Behaviour Therapy, Family Therapy, Psychodrama and Co-therapy.

(c) Groups for Special Categories such as homosexuals, children and adolescents, neurotics, psychotics and alcoholics.

(d) Training and Research, a vital section for an extensive field which presents many unsolved problems, for instance the extent to which patients should be screened and the question of homogeneous (by age, sex, diagnosis, kinship, cultural level, etc.) or heterogeneous groups? How much should the therapist be passive, participative, didactic, authoritative, interpretative? How far should group therapy be combined with individual therapy? Is psychoanalysis in groups possible? Should sessions last one to four hours or are marathons of eight to seventy-two hours or even a whole week worthwhile? Are there reliable evaluative techniques for any of the styles or treatment?

The psychiatrist will not find definitive answers here, but he will be stimulated to ponder, and in the end will choose a style that best suits his own personality.

I. ATKIN.

Aspects of Psychotherapeutic Processes. By ERIK GÖTLIND. Stockholm: Almqvist and Wiksell. 1971. Pp. 132. No price stated.

Dr. Götlind, philosopher and research worker at Uppsala, bases his monograph on a review of recent literature, discussions with leading Swedish psychotherapists, and personal experience of meditation. His text moves from the appraisal of some basic analytic concepts, through valuable excursions into work (by G. Benadetti, J. N. Rosen and others) on psychotherapy of the psychoses into a survey of the theory and practice of therapeutic meditation. Leuner's method of guided affective imagery gets special notice. An account of the author's autotherapy by meditation forms the second and shorter part of the book. The earlier chapters of this unusual monograph contain obscure speculations, but are in parts brilliant.

DENIS PARR.

THERAPIES

Behaviour Modification in Social Work. By DEREK JEHU, PAULINE HARDIKER, MARGARET YELLOLY and MARTIN SHAW. John Wiley. 1972. Pp. 193. Price £3.75.

Reinforcing Productive Classroom Behavior. By IRWIN G. SARASON, EDWARD M. GLASER and GEORGE A. FARGO. Behavioral Publications Inc. 1972. Pp. 43. No price stated.

The first part of *Behaviour Modification in Social Work*, a behavioural approach in social case work by Derek Jehu, is a modified version of his earlier book which was a rather simpler introduction to learning theory as applied in social work. He outlines problem behaviour and then discusses in considerable detail various techniques of modifying the difficulties. Since the book is written for social workers rather than for doctors only passing reference is made to the more specific medical techniques such as desensitization, particularly using drugs. He outlines a number of treatment programmes and comments on the need for assessing results of treatment systematically. In general this is a useful account of the range of situations in which behaviour modification may be appropriately applied. It is a little unfortunate that the style is somewhat turgid and not always easy to read, since the material is of value.

The second part, written by his colleagues, discusses a number of issues of importance. A topical subject, the definition of what constitutes a problem, is particularly relevant, while the sections on insight and the helping relationship are also useful.

In short, the book is one which has a number of topics of interest to psychiatrists as well as social workers and well merits a place in a personal and a hospital library.

The other booklet by Sarason *et al.* gives a very