

ethical aspects of research in psychotherapy and on statistical issues. The actual evidence of the effectiveness of treatment is then dealt with, in terms of modality, e.g. individual, marital and group, and in terms of diagnosis, e.g. schizophrenia, depression, neurosis, and the medically ill.

Who should read this book? Certainly anyone embarking on research in the field of the psychotherapies will achieve a helpful orientation to many of the methodological issues facing him. The person sceptical about the value of the psychotherapies will do well to look at the body of research knowledge assembled here, in order that he can contribute to the debate more constructively.

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Projective Identification and Psychotherapeutic Technique. By THOMAS H. OGDEN. New York: Jason Aronson. 1982. Pp 236. \$25.00.

It is now more than fifty years since Melanie Klein first published her revolutionary observations of children's play from which she was able to infer the existence of unconscious sadistic phantasies involving attacks and invasions into the inside of the mother's body. Play could no longer be seen in a sentimental light or even merely as an attempt to master the external environment but rather as the symbolic expression of an unconscious phantasy world. Later she used the term 'projective identification' in order to describe the phantasied projection of split-off parts of the self or even the whole self so as to injure and control the mother from within.

The nature of the subtle interplay between the mechanisms of projective identification and identification by reintrojection was responsible in Klein's view for the development of the child's internal world, the quality of its internal objects and the strength and character of its ego. These ideas together with the new developments introduced by Wilfred Bion with his notion of "attacks on mental functions" (including those which make thought, phantasy and symbol formation possible) and "container and contained" form the core of understanding, out of which contemporary psychoanalytic technique in the British School has evolved.

In the United States however Kleinian thought has been as suspect to the mainstream of psychoanalysis as psychoanalysis itself has been to the mainstream of British psychiatry! Ogden's book, which is the second in a series published in America and edited by Robert Langs to deal with projective identification, must therefore be welcome, even if he is at pains to reassure

his readers that the concept:— "has no inherent connection with any aspect of specifically Kleinian meta psychology or clinical theory". It seems sad that an author who draws so heavily on the work of Bion should present the clinical technique for the containment of projective identifications, which analysts working in the Kleinian tradition have done so much to develop, in caricature, so that it appears to do just the opposite. In fact the exposition of other people's psychoanalytic approaches is probably the weakest section of the book. The case presentations however, which illustrate different modes of psychological auto-destruction leading to what Ogden calls the schizophrenic state of non-experience, and its gradual modification through hours of patient analysis, are the book's greatest strength.

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Behavioral Medicine: Assessment and Treatment Strategies. Edited by DANIEL M. DOLEYS, R. L. MEREDITH and ANTHONY R. CIMINERO. New York: Plenum. 1982. Pp 628. \$42.50.

Behavioral Medicine is a term used to describe the applications of behavioral and psychological techniques to medical problems. In the first part of the book general assessment and intervention procedures are described including cognitive learning approaches, relaxation training, biofeedback and social skills training.

The second part considers therapeutic approaches to specific disorders such as essential hypertension, chronic headache, epilepsy, chronic pain, urological disorders, asthma, and sleep disorders to name but a few. It is fascinating to read that a package treatment has been developed for the treatment of insomnia, based on the observation that many insomniacs reported obsessive thoughts while lying in bed. The package treatment involved the addition of stimulus control to stop these thoughts, and was more effective in treating insomnia than relaxation alone.

The third section covers wider areas of application, and leads to a serious criticism. What are the boundaries of behavioural medicine? Does it include all areas of medicine where psychological principles can be applied, which many would state includes the whole of medicine? In addition, as with so many multi-author books, repetition of some material occurs and the style is uneven.

However, most chapters provide some thought provoking material, for example, Dennis Turk's chapter states: "Although the cognitive learning approaches appear promising, a number of questions