

In the U.K. nurse therapists are being trained to carry out behaviour therapy under supervision, and on reading this book it is clear why this has not been possible in the U.S.A.

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An Outline of Psychology as Applied to Medicine. By JOHN WEINMAN. Bristol: John Wright. 1981. Pp 274. £5.00.

This is the latest of a number of books specifically concerned with psychology in relation to medicine and it is by far the best. The author shows a very wide and critical understanding of psychology combined with a very detailed knowledge of medical practice and training. The book is packed with useful information presented in a well organized manner. An admirable balance is achieved between depth and breadth of material. It is easy to read. The style, although concise, is such as to provide clear presentation of interesting information, yet avoiding misleading over-simplification. The relevance of material is constantly made apparent by the use of examples that are thoughtful and not forced. Despite the abundance of information, the reader is well directed throughout and clear conclusions are drawn. Overall, I have no doubt that this is the best psychology text available for basic medical training and for training associated professions such as nurses and physiotherapists. It will also be of value in post-graduate medical training. My only criticism is that interesting references are often not cited when they would have been helpful, though I suspect the fault lies with the publisher.

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Understanding and Helping the Schizophrenic: A Guide for Family and Friends. By SILVANO ARIETI. London: Penguin. 1981. Pp 222. £2.75.

The author of this Pelican book on schizophrenia is an American professor of psychiatry and a psychoanalyst: a Maudsley psychotherapist has adapted the American text for the British reader. The book commences like a Harold Robbins' novel; what follows is all too predictable. A lopsided account of the schizophrenic disorder by an author heavily biased towards psychodynamic views on aetiology, who pays only lip service to the enormous amount of recent biological research which has so changed the concepts about the nature of schizophrenia. The reviewer could not recommend the book to patients, 'family or friends', seeking an up-to-date layman's review of

schizophrenia, since unbalanced and sometimes even distorted views would be obtained. It is difficult to understand why the publishers should choose to produce a book intended for a wide readership written by an author of psychodynamic persuasion from across the Atlantic when there are so many authorities in this country who could write a more balanced and up-to-date review of this important topic.

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Crises and Special Problems in Psychoanalysis and Psychotherapy. By LEOPOLD BELLAK with PERI FAITHORN. New York: Brunner/Mazel. 1981. Pp 249. \$17.50.

This book is a valuable contribution towards extending the boundaries of dynamic psychotherapy and psychoanalysis, not by advocating their use as a panacea, but by a careful examination of deviations from orthodox practice in order to suggest when these may be appropriate or even desirable. The authors appear to base their book on the premise that treatment must be adjusted to fit the patient rather than vice-versa.

Although there is an undercurrent of Freudian structural theory throughout the text, the approach is fairly eclectic and the presentation refreshingly clear and free from jargon.

The author divides his work into four sections. The first, entitled 'Basic principles' presents a systematic approach to the assessment of ego function. This is coupled with chapters on therapeutic techniques and the treatment of specific ego function deficits.

The second section, 'Intrinsic problems' concentrates on the management of problems within therapy including chapters on 'panic', 'acting out', 'dissociative phenomena', 'depression' and 'suicide'. The third section 'extrinsic conditions' is a particularly welcome examination of the impact and management of life crises during therapy. These include physical illness, violence, pregnancy, divorce and bereavement.

Finally a short fourth section concentrates on similar crises in the life of the analyst and their possible implications for his patient.

In spite of the emphasis on psychoanalysis rather than psychotherapy I feel I can recommend this book as a useful and readable account, of particular value to those whose 'less than ideal' NHS practice necessitates a widening of the orthodox psychoanalytic approach.

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