

## Book Reviews

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**Adult Development: A New Dimension in Psychodynamic Theory and Practice.** By CALVIN A. COLARUSSO and ROBERT A. NEMIROFF. New York: Plenum. 1981. Pp 290. \$22.50.

In 1932 Freud expressed the view that the therapeutic effectiveness of psychoanalysis would be adversely affected by the psychical rigidity present in the ageing patient. This view then underwent hierarchical promotion in the years that followed so that many considered psychoanalysis to be contraindicated in the ageing patient. However, what may have been overlooked was that Freud in the same lecture on the same issue said "All too often one seems to see that it is only the treatment's lack of the necessary motive force that prevents one from bringing change about".

In the last twenty years a number of psychoanalysts, Erikson and King among others, have made major contributions to our understanding and therefore to the treatment of the middle-aged and elderly patients.

It is therefore timely that Colarusso and Nemiroff offer a well written and easy to read book introducing and developing concepts of adult development and their application in psychotherapeutic practice. The authors propose that the nature of the developmental process is basically the same in the adult as in the child and continues as an ongoing dynamic process influenced by the adult as well as the childhood past. They also consider the importance of the body and physical change and finally the recognition and acceptance of the finiteness of time and the inevitability of personal death.

The authors offer a good selection of clinical material to illustrate the applications of their concepts. As a minor criticism, it might be said that the older age range was a bit neglected insofar as only two case studies of patients over the age of fifty were presented.

This book will be without doubt a useful addition to the libraries of those psychotherapists who are considering, or are concerned with, the treatment of the older patient.

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**Revision Notes on Psychiatry (2nd edition).** By K. T. KOSHY. Sevenoaks: Hodder & Stoughton. 1981. Pp 241. £3.65.

Sixty-three chapters in 235 small pages may fulfil the aim of *Revision Notes*, but in practice read more like an extended glossary. This impression is heightened by the alphabetical arrangement of the chapters, the consequent lack of coherent plan and the idiosyncratic choice of topics. The weight given to different subjects is surprising; for example, "Child Psychiatry" is three and a half pages long, only half a page more than "Anaemia in Mental Disorder". It is very difficult to write a short psychiatric textbook without over-condensing material to the point of inaccuracy; I think there are several places where the author has failed to avoid this trap. The foreword suggests that it is a useful text for students of many disciplines including medicine and clinical psychology, but it is written almost entirely from a nursing standpoint and as such is unsuitable for medical students. It would be helpful if the title clarified this point.

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**Prevention and Treatment of Depression.** Edited by THOMAS A. BAN, RENE GONZALEZ, ASSEN S. JABLENSKY, NORMAN A. SARTORIUS and FELIX E. VARTANIAN. Lancaster, Lancs: MTP Press. 1981. Pp 300. £19.50.

This volume consists of a series of 31 papers which were presented by authors from 19 different countries at a Symposium on the Prevention and Treatment of Depression organized by the W.H.O. Only one contribution came from the U.K. and for the English reader some contributions will be much more meaningful than others. Inevitably the standard of the papers varies greatly, with significantly better contributions in the sections dealing with Classification, Nosology and Epidemiology. An undoubted spur to the conference was the 9th edition of the *International Classification of Diseases (ICD-9)* and the 3rd edition of the *Diagnostic Statistical Manual of the American Psychiatric Association (DSM-III)* reflecting a change of emphasis in the United States towards a nosological