

to demonstrate cases where psychotherapy proved valuable. While these add interest for the reader clear and explicit links with the extensive literature provided are not always made.

This book would be of great value to organisations lobbying to set up or expand services focusing on particular patient groups. However, although mention is made of the use of psychotherapy services for client groups with mixed presentations as would be typical in most mental health settings, no emphasis is placed on the use of therapeutic intervention for individual clients who present with multiple co-morbid mental health problems. It is true that there is a dearth of research in this area as research is easier to conduct with homogenous groups of participants. However, some information on the use of psychotherapy with this diverse group would certainly add to the practical use of this volume, particularly given the prevalence of co-morbid diagnoses among psychiatric populations.

The authors of this volume are aware of the various issues which need to be held in mind when lobbying for the use of psychotherapy including balancing cost-effectiveness with clinical effectiveness and other less easily quantifiable societal values. However, they do make a clear assertion about the value of this mode of intervention based on a comprehensive review of recent literature. The reader is left in no doubt as to the fact that, at least from the perspective of cost-effectiveness, psychotherapy is worth it.

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## Clinical Manual for Treatment of Alcoholism and Addiction

**Avram H Mack, MD, Amy L Harrington, MD and Richard J Frances, MD. Publisher: American Psychiatric Publishing, Inc. ISBN 978-1-58562-373-0**

This book has a practical way of dealing with topics that are especially interesting for a junior doctor on call in psychiatry. An on call doctor has to make quick but appropriate decisions in various scenarios such as: how to deal with a patient, who is admitted for surgery, denies alcohol abuse but appears to be in the early stages of delirium tremens; behaviour towards somebody being assessed in casualty for substance abuse. This book aids the on call doctors in such situations. Other treatment settings, such as general practitioners surgery and outpatient departments are also targeted suitably by this book.

This book is organised into 14 chapters which include basic topics like epidemiology, neurobiology, evaluation and assessment, definition, presentation and diagnosis, treatment modalities and approaches. However other important issues such as addiction in children and adolescents, women, elderly and minority population, behavioural addictions and forensics are also included. The introductory chapter lists

some of the therapist's attributes, which are helpful in working with patients with substance use disorders (SUD). This is followed by a chapter on statistics relevant to substance use in the United States of America. Such concise statistics is of particular relevance to health care planners. The next chapter on neurobiology and genetics of addictions explores the dynamics between familial factors, environmental influences, psychosocial issues and personal choices. A later chapter on evaluation and assessment gives an exhaustive list of rating scale and instruments useful for research purposes and also for identifying alcoholism in primary care scenarios. This chapter also includes laboratory evaluations useful for substance specific assessment. Following chapters go on to talk about the presentation, evaluation and diagnosis, history and treatment of substance use disorders. Additionally the chapter on behavioural addictions makes an interesting read. The book concludes with focused chapter on public health issues and dealing with addiction in the workplace. Furthermore, each chapter has a summary at the end which lists key points. This summary helps in clearly expressing the take-home message of the relevant chapter.

It is important to point out that the book offers an excellent overview of treatment of alcohol use disorders and addictions. The book also handles each substance separately in a concise manner. Wherever required case vignettes are included and relevant websites cited. The clarity in demarcation and good referencing gives the book an accessible style and is also suitable for quick reference. Such clarity is often required by an on call doctor who has to make rapid but correct judgment.

However some topics could have been improved. Especially there is a need to highlight alcohol use and addiction in context of the family. The topic of support groups needs to be explored more, eg. more information on the concept and working of Alcoholics Anonymous and other support groups such as Lifering, Women for Sobriety and Able and NEw Women (ANEW). It would have been preferable to have some more information on the treatment of doctors and allied health professionals with substance use disorders. The book should also have dealt about the emerging problem of "Head Shop" products and how health care professionals should best tackle this issue. In summary, the book is a practical yet stimulating read. It is of technical value, if one can make allowances for its apparent US centredness.

Thus this book is recommended for use by trainees in psychiatry as well as therapists. Experienced clinicians can use this book as a quick reference and also use it for supervision and training of junior doctors. Moreover, the book is a valuable resource for multi-disciplinary teaching. Hopefully it will serve to make clinicians better trained, more informed and better prepared to deal with people having substance use disorders.

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