

Changing Patterns in Residential Services for the Mentally Retarded. (Report of the President's Committee on Mental Retardation.) Edited by ROBERT B. KUGEL and W. WOLFENBERGER. Department of Health, Education and Welfare, Washington. Pp. 435. No price stated.

While there has been marked progress in the United States of America in the provision of day centres and employment for the mentally retarded, education of the public and research in the field of mental handicap, the facilities for institutional care are widely recognized as still inadequate and have been described as a disgrace to the nation. 'Changing Patterns in Residential Services for the Mentally Retarded' is a compendium of useful and informative papers compiled as a contribution to the planning of future services for the mentally retarded in the United States.

The first section of the book describes the current situation, the second introduces suggestions and examples for constructive change, and the last part puts forward specific recommendations for action. The history of the large state institutions is seen as a result of at least one hundred years of misconstrued ideas about mental retardation. The need to protect society from such deviancy and the deviant from society resulted in the practices of segregation, sterilization, non-rehabilitation and—in short—dehumanization. The institutions still functioning today are memorials of this misguided thinking and are only gradually being altered as the current model of services is conceptualized in accordance with contemporary perception of the nature and role of the retarded person within the community.

Papers are included from Sweden, Denmark and England and serve to highlight the progressive policy of normalization for the mentally retarded within a continuum of services appropriate to their needs. Mistakes have been made and are being made not only in America, and this book reminds all those who are involved in the planning of future services to learn from each other so that the mentally retarded may take their rightful place in the community.

JOAN BICKNELL.

In the Service of Old Age: The Welfare of Psycho-geriatric Patients. By ANTHONY WHITEHEAD. Harmondsworth, Penguin Books. 1970. Pp. 160. 5s.

Elderly ill people often improve with treatment, but are then left with more or less disability. They and, where present their families, then need care, assistance and support. Such needs can be met only

by a well organized comprehensive service which effectively uses resources of medical, nursing, social and voluntary workers in community and hospital. Description of the establishment and smooth operation of the service in Essex based upon Severalls Hospital is the subject matter of this book, which is not concerned with clinical matters as such.

It is excellent. The elements are lucidly detailed—emergency service, day hospital, in-patient care, local authority facilities, boarding out—and there is sound advice on practical matters, not least the co-ordination of effort and support for families. The whole is tempered by realization of the difficulty of assessing the value of what is done; to the reviewer, the arrangements for caring at home for emergencies certainly seem unwieldy and to carry too far the avoidance of hospitalization.

Certainly recommended for anyone caring for old people.

L. K. HEMSI.

DYNAMIC PSYCHIATRY

Psychotherapy: A Dynamic Approach. By P. A. DEWALD. Oxford: Blackwell Scientific Publications, 2nd edition. (1969). Pp. 322. Price 75s.

Ernest Jones is credited with the saying that there are two kinds of psychotherapy: psychoanalysis and suggestion. The statement is justified in that the distinction between the trained and the self-appointed psychotherapist is the possession of a theoretical background in a dynamic school of psychology. Dewald has attempted to apply the unifying concepts of psychoanalysis to the interactions between psychotherapist and patient in a setting that is wider than that of formal psychoanalysis. He has been successful in conveying his experience and wisdom in, for example, the chapters dealing with the patient's and the therapist's role.

The book will be useful to the post-graduate student as an accompaniment to practical supervised training, and it will provide others with a clear understanding of what psychotherapy is all about.

The first edition appeared in 1964, and in the present edition the author has included a chapter on the implications for community psychiatry.

J. H. KAHN.

The Technique of Psychotherapy (2nd Edition). By LEWIS R. WOLBERG. In two parts. London: Wm. Heinemann Medical Books, Ltd. 1967. Pp. 1411. Price 224s.

This book deserves to be better known among psychotherapists, particularly teachers of psycho-