

change, and longer term adaptive attitudinal and behavioural alteration.

The simple, common-sense, theoretically integrative approach of this book may be seen by some psychodynamic purists as superficial and overly simplistic and by cognitive-behavioural purists as excessively interpersonal and emotionally focused. I would argue that these are exactly this book's strengths, in a psychotherapeutic culture that is overly dominated by jargon, abstruse theory and ideological isolationism.

I recommend this book warmly to trainees and supervisors interested in unifying theories and integrationist approaches to psychotherapy.

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### Schizophrenia and Related Syndromes

By P.J. McKenna. Oxford: Oxford University Press. 1994. 418 pp. £50.00 (hb)

Recently there has been a spate of well advertised multi-author books in which the great and good of schizophrenia research regurgitate permutations of the same chapter which has appeared in the last five such volumes. This book is quite different. Firstly, its existence is a well kept secret: I have yet to meet anyone who recalls any advertising. Secondly, it is by a single practising clinician, not by a professor who no longer sees patients or a sociologist who has never seen any. Thirdly, it deals with the essential clinical material of the disorder: its presenting symptoms and natural history. Curiously, most modern books on schizophrenia avoid this core, presumably on the basis that it is too elusive to comprehend, let alone explain to others. Instead, they concentrate on applying some other discipline to schizophrenia: neurochemistry, neuropathology, imaging, genetics, or even economics. Finally, most authorities are uneasy about whether the disorder exists as a discrete entity. Peter McKenna delights in going against all these trends, most conspicuously in believing more in the disorder itself than in the disciplines which researchers have applied to it.

In short, although books on schizophrenia are ten a penny, this one is worth having. It is the best British book I have read concerning the core abnormalities in schizo-

phrenia. The descriptions of the cardinal symptoms are clear and memorable, and Dr McKenna provides an excellent account of phenomenology; clinical tutors should substitute this book for the incomprehensible chunks of 'Jaspers', or the endless lists of obscure phenomena in 'Fish', which remain on too many reading lists. As one might expect from McKenna's own interests, the chapter on neuropsychology is exceptionally good and brings the complicated psychological theories of schizophrenia well into the grasp of almost all MRCPsych candidates and most examiners.

Dr McKenna has no time for fashion. For example, the dopamine hypothesis is awarded a whole chapter to itself, just when many await its burial after 30 years of unproductive binding and grinding. Furthermore, he fails to chant the mantra term "multidisciplinary team", and there is not even a mention of health service research. Nevertheless, the book gives a picture of a clinician who knows his subject and his patients very well. Those readers who work near Cambridge should send their most difficult schizophrenic patients to Dr McKenna; the rest of us must content ourselves with buying this book and applying his insights to our own patients.

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### Understanding the ICD-10 Classification of Mental Disorders. A Pocket Reference

By Norman Sartorius. London: Science Press. 1995. 96 pp. £95 (pb)

This is a useful and pleasantly brief 'spin-off' publication from the ICD-10. The book shows how large an edifice the ICD now is – the ICD-10 is proudly called a "family of classifications" – and how its everyday clinical applications in psychiatry are but one component of it. A variety of topics pertaining to the mental disorders chapter of ICD-10 are covered in the book, including a history of its evolution from ICD-9, the differences between the clinical and research diagnostic criteria, the triaxial scheme, the primary care version, and the ICD-10 diagnostic instruments. Although much of this information can be found elsewhere, it is helpful to have it brought together in this concise fashion.

It is not part of the book's brief to discuss the validity of the diagnostic categories in

ICD-10, though the issue of reliability is mentioned. Regarding its utility, to state (p. 13) that the ICD-10 is "conservative and theoretically unenterprising so as to remain attractive or at least acceptable to a wide variety of people of different orientations and knowledge" certainly makes a virtue out of necessity. One might also add that it has the attraction of relative simplicity and uniformity, eliminating at least some of the unnecessary complexities and incongruities of its predecessors.

Appreciating the full scope of ICD-10 emphasises how close it has become in philosophy and organisation to DSM-IV. It remains to be seen whether it can recapture some of the research terrain from DSM-IV to accompany its undoubted clinical applications. Anyone undecided about which of the two diagnostic systems to use will gain a useful perspective on the pros (if not the cons) of the ICD-10 from this volume.

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### Current Diagnosis and Treatment – A Quick Reference for the Clinician

Edited by R. Pounder and M. Hamilton. Southampton: Pearson Professional Limited. 1995. £40. ISBN: 0443 055998

This book deals with a number of general medical conditions but does not lend itself to being read from cover to cover as I soon discovered; rather it should be dipped into when the need arises. It is logically divided alphabetically into the main specialities such as cardiology, dermatology and endocrinology and a separate section deals with psychiatry. Individual chapters are further sub-divided into a number of different medical conditions and these are reviewed by 'experts' in the field. Each disorder is allocated two pages and includes pertinent background information and details about symptoms, signs, diagnosis, differential diagnosis, aetiology, investigations, complications and management. There is also a useful section dealing with diet and lifestyle, follow-up, patient support and key references. This standardised format is backed up by excellent use of bullet points, clear tables and figures and colour photographs of clinical conditions. The book covers a wide range of topics but does require some knowledge of each of the various conditions before information can be readily accessed.