

unwanted drug effects and interactions, is well written. One of the section editors writes an afterword in which he cites various anecdotal reports that might help mitigate some of the untoward effects mentioned by his authors.

It appears that the editors chose the six topics and then the section editors. They in turn chose authors to write appropriate chapters. This makes for exhaustive inclusiveness and for the expression of all possible points of view, but not for any uniform outlook. As the section editors of the first section say, "An edited volume exposes the reader to a variety of different perspectives . . . on the other hand, the level of integration and synthesis possible in a book authored by one or two individuals simply cannot be achieved in a collection of chapters . . . conceived and written largely independently of one another". Well said!

J. L. GIBBONS, *Emeritus Professor of Psychiatry, University of Southampton*

Essential Psychology for Medical Practice. By ANDREW MATTHEWS and ANDREW STEPTOE. Edinburgh: Churchill Livingstone. 1988. 171 pp. £7.50.

The authors, psychologists involved in teaching medical students, have aimed to "develop a single concise source that would convey the essentials of psychological knowledge required for medical practice". The book is written in a textbook fashion rather than in note form. There are liberal numbers of headings and sub-headings, tables, and diagrams. The breadth of coverage is quite impressive, ranging from the function of the brain to more clinically-orientated chapters on the psychology of the pain and communications between doctors and patients. This is the main strength of the book. Other endearing qualities are the use of highlighted areas of clinical importance and study questions at the end of chapters to facilitate learning. The book is very readable, but postgraduates may find it more useful than undergraduates.

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Ethical Issues in the Psychotherapies. By MARTIN LAKIN. Oxford: Oxford University Press. 1988. 174 pp. £20.00.

This lucid and readable book uses an adjective which neither I nor the Oxford English Dictionary had previously encountered. In a section dealing with psychotherapists whose interventions are determined by their own needs, whose responses are excessively aloof or intrusive, who seek personal gratification at their patients' expense and display inconsistent and exploita-

tive behaviour, Lakin refers to these therapists as "psychonoxious", and it seems to be an excellent and necessary term. That it needed to be discovered, however, does indicate the difficulties inherent in this subject. While people have long been preoccupied by the issues surrounding ethical behaviour, the investigation of such issues within the context of the therapeutic alliance is necessarily recent. It is to the author's credit that to read his book is to be left with more questions than answers. Psychotherapy is neither a religion nor a business, but its ethical concerns pertain to both. Optimally, it requires of the patient a preparedness not only to trust the judgement of his therapist but also to trust in him or her to the extent of permitting an intimate relationship to develop; yet there is also the awareness, implicit or explicit, of a contract between patient and therapist, with all that that implies in terms of expectations, obligations, profits, losses, and risks on both sides. Most readers will readily have distanced themselves from the "psychonoxious" therapists described above; however, as Lakin painstakingly illustrates, few therapists, after a little guided reflection, would be prepared to cast the first stone. When does 'confrontation' cease to be therapeutic and become abusive? When is a paradoxical intervention honest and not deceitful? When is a family therapist active and when is he directive? In the context of a treatment which regards psychic pain as part of the process, how much pain is it acceptable to inflict? When is an employee maladjusted and when is he simply out of favour with his boss? When is treatment unethical and when is it simply incompetent and is there a difference?

In order to illustrate the ethical problems with which he deals, the author interviewed 100 or so practitioners who specialised in various therapeutic treatments. What struck him most forcibly in the course of analysing his results was the 'garden variety' of ethical dilemmas encountered in daily practice. He outlines these in his first chapter, and then moves on to a general consideration of the negative effects of the psychotherapies and the effects on the therapists themselves of the ideologies and value systems inherent in their professional training. There are separate chapters on the ethical dilemmas peculiar to family therapy, group work, and individual treatment and an attempt is made to draw some comparisons between these various approaches. This is the least successful part of his book, since in the attempt to reduce the complexity of his subject he comes close to falsifying it. What is important about his argument, however, is that no therapeutic treatment can be value-free; the issue is whether the values are those of the patient or the therapist. Here Lakin is thorough in his attention to the difficult issues raised by matters of religious faith, cultural affiliations, and traditional values.

The strength of this book is that, like good therapy, it promotes understanding of the dilemmas faced by all concerned. It is anxious that the patient should be

protected, and yet gives full consideration to the vulnerabilities of the therapist. The author reminds us of the growing preparedness of patients to sue for negligent or improper treatment, but asks whether a genuine attempt to obtain a patient's informed consent may not, necessarily, undermine or render impossible the subsequent course of therapy. Lakin ends with a chapter entitled 'Where we are now, where we go from here'. The best preventive measure to deal with the possibility of unethical conduct by psychotherapists is, he states, personal therapy as an integral part of their professional training. While endorsing that, I also recommend that they read this book.

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Current Issues in Clinical Psychology 1986. Edited by NADINE EISENBERG and DAVID GLASGOW. Aldershot: Gower. 1988. 218 pp. £25.00, \$50.00.

This volume presents the proceedings of the 1986 Annual Merseyside Conference of Clinical Psychology. Thus there is a variability of standards within the contributions. However, most of the chapters are readable and informative and all are short.

The four topic areas selected for this volume are: 'Rehabilitation of the head injured'; 'Giving psychology away'; 'Riots, war and the bomb'; and 'Psychiatric rehabilitation'. All five chapters in this first section highlight the failure of acute medicine to cope with the chronic problems of the head-injured and the paucity of services for these patients.

The next section highlights the current dilemmas within clinical psychology: should psychologists maintain a closed shop, train everyone else in psychological methods, or become managers? Those who thought clinical psychology was a homogeneous profession may be surprised to find we may be in danger of tearing ourselves apart.

The section on riots and war, although uneven, did raise important issues. The chapter by Ayalon on the effects of terrorism on the civilian population in Israel is especially worth mentioning.

The section on psychiatric rehabilitation is perhaps the patchiest, but of interest is the chapter by Birchwood & Smith, who describe a joint-funded programme run by clinical psychologists. This programme provides an integrated service for sufferers from schizophrenia and their families, including family intervention and management; identification of prodromal signs of relapse and low dose medication; and finally training for patients in self-control of persistent symptoms.

In summary, this is a good book of its kind.

NICHOLAS TARRIER, *Top Grade Clinical Psychologist, Prestwich Hospital*

Early Prediction and Prevention of Child Abuse. Edited by KEVIN BROWNE, CLIFF DAVIES and PETER STRATTON. Chichester: John Wiley. 1988. 315 pp. £9.50.

The term 'child abuse' is increasingly being used to describe any act of commission or omission on the part of a parent or other 'carer' which society finds unacceptable and which is presumed to be harmful, whether or not it involves physical injury, neglect of basic necessities, or inappropriate sexual activities. Its moral and shameful connotations leads to concealment, so that its prediction and prevention are made particularly difficult.

This book, based on a conference, includes contributions from 22 authors with a wide range of interests and perspectives. The majority of them work in Britain. One or two of the chapters are noteworthy. Chapter 9, written by Jim Stevenson from the Psychology Department of Surrey University and his colleagues, describes a controlled trial of the efficacy of training health visitors to use behavioural management techniques. Although the attempt was unsuccessful, the design of their study and their discussion is well worth reading. Chapter 14, by Rory Nicol, Professor of Child Psychiatry at the University of Leicester, discusses the treatment of child abuse in the home in an interesting and informative way. The account of the Minneapolis mother-child project by Byron Egeland in chapter 6 is also a useful contribution, particularly in the implications for breaking the cycle of abuse across generations. Although some of the other chapters do provide helpful information and may be worth dipping into, I found most of the book unsatisfactory. There is a considerable variation in the 'hardness' of the research described, and some of the work reported is frankly controversial, such as the chapter by Helga Hanks, Chris Hobbs and Jane Wynne on signs of sexual abuse in the pre-school child.

There are many better books recently published on child abuse in general and child sexual abuse in particular. Except for the chapters described above, I would not recommend this one.

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Sensory Deception: A Scientific Analysis of Hallucination. By PETER D. SLADE and RICHARD P. BENTALL. London: Croom Helm. 1988. 285 pp. £22.50.

Psychiatrists tend to adopt a somewhat simplistic approach to hallucinations experienced by their patients – is it organic or functional in origin? one voice or more? heard through the ears or in the head? and so on. This book by two clinical psychologists seeks to present a more comprehensive account of the phenomenon. It reviews not only the traditional biological theories and