

American ego psychology tradition. Even so, there are surprisingly large numbers of quotations from Balint, Guntrip and Malan. There are three extracts from Jung and two from Bion.

The entries are grouped under various topics and subheadings, none of which refer to the wit or wisdom of the title which might seem rather nudging and irritating. This, however, like the matter of the selection of quotations and whether or not you enjoy anthologies, is a question of taste.

I doubt if this will be many British readers' "golden treasury". Nonetheless the balanced selection and generally considerate tenor of the quotations suggests a humane editor who himself possesses these qualities.

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**Hypnagogia. The Unique State of Consciousness Between Wakefulness and Sleep.** By ANDREAS MAVROMATIS. London: Routledge. 1991. 360 pp. £12.99.

The author of this book is a psychologist who has a particular interest in various forms of imagery, their physiological and psychological significance. Hypnagogic states are well recognised but to understand the intended impact of the book it is necessary to couple this with the subtitle, as the author regards "hypnagogia" as a unique state of consciousness. The book is divided into three parts. The first, and most interesting, describes in detail the phenomena encountered in the interval between the asleep and the awake states. Many sensations occur in all modalities and their great variety is thoroughly documented both at the onset of sleep, the hypnagogic, and the entrance to the waking phase, the hypnapompic phenomena. As in other parts of the book there are many black and white illustrations and copious notes; a wide-ranging bibliography is also provided.

Part Two considers the relationship between hypnagogia and other phenomena, introducing the idea of a continuum from the normal through unusual experiences to those that are clearly abnormal: dreams, meditation, and psychic experience, as well as schizophrenia, are included. In relation to this, the author observes the phenomenological similarities between schizophrenia and hypnagogia, the latter giving "... some people at least an insight into the nature of insanity". The importance of 'loosening of ego-boundaries' in both states is emphasised. The section on creativity is of particular note because of the almost universal experience

of sudden flashes of insight during the sleep state and the reports by many creative individuals of the use of ideas recalled during dreams. It is therefore very convincing. More briefly, hallucinatory drugs and epilepsy are mentioned.

In the third part, the underlying neurophysiological substrates are discussed. This is amplified in the appendices where the experimental details of the studies quoted are given. In this part, the main theme that the author puts forward earlier in the book is developed, namely that the loosening of ego-boundaries in the hypnagogic state is crucial, indeed in his view essential, for the individual to gain and expand self-knowledge. Such a view is persuasive rather than totally convincing. A great deal of information over a wide-ranging field not readily available elsewhere recommends the book both to those with a specialised interest in sleep, and to others who will find it of considerable general interest.

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**Adult Art Psychotherapy: Issues and Applications.** Edited by HELEN B. LANDGARTEN and DARCY LUBBERS. New York: Brunner/Mazel. 1991. 204 pp. \$25.95.

The contributors present the use of art therapy in the context of a revision of psychopathology and art through existentialism and phenomenology, demonstrating how they use art to treat some of the pathologies of our era: suicide, eating disorders, borderline personality organisation, mothers of incestuously abused children, and AIDS.

The first chapter sets the philosophical background which takes into account the new movements in psychology, such as humanistic psychology, existential psychology or clinical philosophy, and while it may appear a little esoteric for practitioners, it does set the background for some excellent practical, down to earth, real examples of the specific value of art therapy in some of the most intractable problems of today.

Art therapy may have been seen as peripheral to any fundamental psychotherapy in the past – but this work lifts it into the forefront of treatment. It is a most valuable contribution for any who are engaged in treating patients who fall within the categories with which it deals.

It presents a real contribution both to art therapy and psychotherapy.

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