

DA2 receptors) should lead to new understanding of mental disorders, and their treatment and pathogenesis. More obscure and not really addressed in the volume is the way in which changes in one transmitter-receptor class affects other transmitters and receptors.

Here, 25 leading authorities review topics covering particular transmitters in relation to schizophrenia, affective disorders, anxiety, and stress. In addition to chapters on the transmitters mentioned above, here are others dealing with benzodiazepine receptors, the neuropeptides, CCK and neurotensin, and their ligands. There are also good reviews of endocrine studies of schizophrenia, of animal models of mental illness, and of the neuropathology of schizophrenia.

There is little mention of GABA and none of adenosine, both of which are likely to be important in the pathogenesis of anxiety, nor of glycine and the excitatory amino acids.

The volume is attractively printed, and the reviews are well written and as up to date as could be expected. It is a helpful source book for research workers in biological psychiatry.

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**Psychotherapy and the Creative Patient.** Edited by E. MARK STERN. New York: The Haworth Press. 1988. 174 pp. \$24.95.

This is a multi-author American textbook, apparently part of a series on special types of patient. The authors are mainly psychologists. The chapters cover various aspects of therapeutic techniques, and empirical research is also reported. Although the book purports to be about the "creative patient", in fact it ends up being rather muddled between patients whose profession is in the arts, psychotherapy as a creative process, and the therapist's own creativity.

Some of the individual chapters are good. In particular, the account by Natchez of the lives and marriage of the Mexican artists Diego Rivera and Frida Kohl makes poignant and fascinating reading. Unfortunately, the weak chapters predominate. There is a report of research into hemispheric specialisation, from which broad generalisations are made. However, there is no mention in the discussion of the possible implications of the fact that most of the subjects were Catholic priests. The opening chapter consists of a dialogue between Mark (the editor) and Virginia Stern, on creativity. It is replete with indigestible jargon and grammatical errors. Worst of all is the chapter by Zaraleya-Harari. She describes a patient doing secretarial work for her, a patient who gave her daughter a bizarre name which incorporates the therapist's surname, and becoming involved in the patients' professional lives. This sort of work should not merit a place in a textbook on psychotherapy.

There is much that needs to be said about the ways in which therapy can foster creativity, about the creativity of the process itself, and about the pleasures and pitfalls of working with patients who have special talents. This book does not do justice to the subject, and cannot be recommended.

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## *New editions*

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**Handbook of Clinical Psychopharmacology (2nd edn).** Edited by J. P. TUPIN, R. I. SHADER and D. S. HARNET. Northvale, NJ: Jason Aronson. 1988. 486 pp.

This edition of the *Handbook* contains 17 chapters by 23 contributors, and it is an exceptional volume. Far from being unemotionally chemical, it emphasises a broad view of psychopharmacology, the importance of precision in clinical practice, and the practical and caring management of patients. In keeping, plenty of space is given to diagnosis and differential diagnosis. The use of drugs is described with a sense of precise application, expectation, and outcome. Limitations are not concealed, but in the light of recent general experience more could be included about what might be called the natural history of using benzodiazepine compounds and about the substances which can alter the effectiveness of antidepressants.

The style of each of the chapters is similar. They are organised clinically, space being allotted according to prevalence in practice. The early sections cover psychoses, depressive disorders, fear and anxiety, and mania. Modern classification is used and explained. The chapters which follow provide an answer for many of the present-day practical pharmacological problems of the clinic and acute ward. Violence is considered as a possible product of the use of drugs, and then the chemical management of violence is described. Substance abuse is fully covered, and among the range of special problems discussed are memory disturbance and cognitive impairment in the elderly, children's disorders, eating disorders, atypical depression, adult hyperactivity, and treatment resistance. Further detailed help is given in chapters devoted to drug combinations, the use of serum levels, and the combination of psychotherapy with psychopharmacology. The latter is introduced with intriguing skill. The quotation "the implication is that psychotherapy joins pharmacotherapy in the ranks of biological therapies" should be read in context, and gives an indication of the breadth of view of the work as