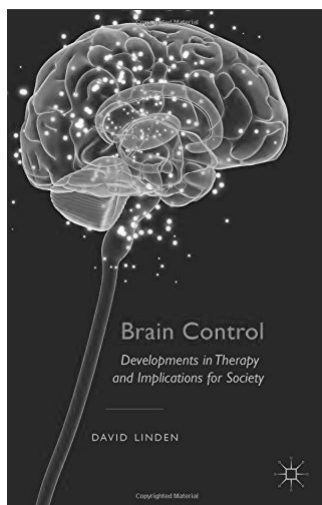


This phenomenon is governed in part by cultural mores and has been widely explored in many disciplines – Plato discusses the Apollonian cult of sexual indulgence with prepubescent boys and the protocols for this in the context of marriage.

Robert Montagu's frank, honest and brave account should not be missed, especially by victims, therapists and doctors. Here is tragedy, but also justice, possibly forgiveness and redemption – and vital lessons for modern society.

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Brain Control: Developments in Therapy and Implications for Society

By David Linden.
Palgrave Macmillan, 2014.
£58.00 (hb). 208 pp.
ISBN: 9781137335326

The sun was high in the sky and the sand of the arena was boiling hot that afternoon in 1963 when a man and a raging bull faced each other in a ranch near Cordoba, Spain. The man was not an experienced *torero*, but a visionary neurophysiologist called José Delgado (1915–2011), and the bull had been implanted with a brain chip – an electronic device that can manipulate brain activity by receiving signals from a remote controller and transmitting them to neurons. In breath-taking footage which stood the test of time, the daring scientist was able to control the charging bull's actions by pressing buttons on a handheld transmitter, forcing the animal to skid to a halt only a few feet away from him by sending electrical signals to its caudate nucleus. The account of the event made the front page of the *New York Times*, which reported it as 'the most spectacular demonstration ever performed of the deliberate modification of animal behavior through external control of the brain'. This and several other interesting breakthroughs feature in David Linden's most recent book, which is devoted to the multifaceted aspects of brain control, from its historical backgrounds to clinical applications and ethical issues.

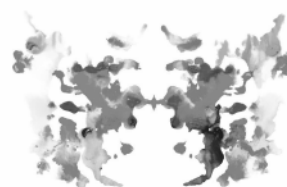
The introductory chapter discusses brain–computer interfaces, sophisticated devices that have significantly improved quality of life in patients with complete paralysis (e.g. locked-in syndrome and motor neuron disease) by enabling communication and control. There is an overview of innovations to influence brain and behaviour through neurosurgical procedures and electrical stimulation, encompassing both cortical and subcortical stimulation techniques. Over the past few decades, deep brain stimulation has replaced the lobotomies of the 1940s and 1950s as the largest programme of invasive brain control in terms of the number of

treated patients (Parkinson's disease and other movement disorders, especially tremor and dystonia). This chapter also outlines the modern history of psychosurgery through its applications to severe refractory psychiatric disorders (obsessive–compulsive disorder, depression and addiction) and conditions at the interface between neurology and psychiatry, such as Tourette syndrome. The author also outlines biofeedback and neurofeedback as new treatment options for neuropsychiatric disorders that enable patients to self-regulate their brain activity, including case histories from the successful neurofeedback programme which he developed at Cardiff University. The final chapter, on the ethics and politics of brain control, is equally informative and thought provoking: Linden explores the understandable fear that techniques for brain reading and control could violate privacy and be used to manipulate people's thoughts and behaviours.

David Linden's work is an accessible and beautifully written introductory book on the past, present and future of the technologies of brain stimulation and brain reading. At the end of this fascinating journey, readers cannot help but hope that the author's competence and compassion could serve as a model for anyone working with the growing number of patients who require brain control interventions.

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Breaking Down is Waking Up: Can Psychological Suffering be a Spiritual Gateway?

By Russell Razzaque.
Watkins, 2014.
£9.99 (pb). 272 pp.
ISBN: 9781780286662

**BREAKING DOWN
IS WAKING UP**

Can psychological suffering
be a spiritual gateway?

Dr Russell Razzaque

Psychiatry is experiencing an identity crisis. The recent publication of DSM-5 has revealed professional uneasiness and public anger regarding the subjectivity and arbitrariness of psychiatric diagnoses. The effectiveness of drug treatments is being questioned, funding for psychological therapy is evaporating and community services provision is being squeezed to such an extent that in places it is disappearing. Professional morale has dropped so low that, at one end of the spectrum, few medical students are entering the profession and at the other, many are looking forward to early retirement.

The subject of 'service provision' is often talked about. However, against this background one has to ask the question: what, exactly, is this 'service' which psychiatry now provides?

In this book, Dr Russell Razzaque offers an answer to this question. Razzaque himself is an NHS consultant psychiatrist of