

competencies that a trainee clinical psychologist will acquire with the question in mind, “how would a scientist-practitioner think and act?” (p. 3). The chapters of the book are organized around core competencies and do not necessarily need to be read in order. The book largely accomplishes the goal of bringing together science and practice with regular emphasis of the role of the clinical psychologist as a scientist practitioner. One of the major strengths of the book is that it outlines clinical skills with clarity (aided by useful case examples) yet it constantly reminds the reader of the wider empirical framework that is required.

The book covers a diverse range of issues, which reflects the multiple skills required by clinical psychologists. Where in-depth detail is lacking on a particular issue the authors typically provide useful references where the topic can be followed-up further. However, there were a couple of omissions. Although the emphasis on core competencies is a useful one, a couple of short chapters detailing the unique challenges and skills required for different client groups would have been valuable. Another pertinent omission was the failure to mention neuropsychological testing.

The book should be of interest for trainees across different courses as it covers many skills that all psychologists need to develop regardless of therapeutic orientation. However, where specific therapies are discussed the focus is on those that are empirically supported. It describes the basics of behaviour therapy, dialectical behaviour therapy, cognitive therapy and interpersonal psychotherapy.

The book begins with a theoretical chapter that discusses the science-informed model of clinical psychology practice. The following five chapters are more skills-focused and provide useful information on relating with clients, assessing clients, case formulation, treating clients and group treatment. Much of the information in these chapters should be invaluable to trainees when they first start to see clients. These chapters might also remain a useful reference for those later in training and may provide a source from which to reflect on clinical practice. The use of case examples in these chapters is invaluable as they help to consolidate the information provided and assist in applying skills in practice.

Chapter 7 covers programme evaluation and is likely to be a useful reference when trainees are planning their service evaluation projects. The following chapter on case management covers professional issues and provides useful information on record keeping, confidentiality, and assessing and managing risk. Chapter 9 covers supervision and might be useful both to trainees and clinical psychology supervisors. The following three chapters cover the more specific issues of treatment non-compliance, cross-cultural and ethical aspects of practice and working in rural and remote settings. Each of the chapters helpfully discusses the unique issues that might arise and strategies for dealing with these. The final chapter places the psychologist in the wider political and social context and discusses psychologists as health-care providers. Although the authors are Australian, the book should be highly relevant for trainees from different countries. However, I felt this limited the final chapter, as reference to a country's particular health-care system is important in order to achieve this wider understanding and to develop ways of working accordingly.

In conclusion, this book should provide an invaluable resource for all clinical psychology trainees, especially those early in training, and also for those considering or attempting to embark on a career in clinical psychology. It is novel in being written specifically for clinical psychology trainees and provides a lot of diverse and useful information within one source.

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By Their Own Young Hand: Deliberate Self-harm and Suicidal Ideas in Adolescents. By K. Hawton and K. Rodham (with E. Evans). (Pp. 264; £17.99; ISBN 9781843102304 pb.) Jessica Kingsley: London. 2006.

This very helpful book combines research findings, a review of the international literature and accounts of the views of adolescents themselves. There is also practical guidance for those who would like to gain a better understanding of the phenomenon of adolescent self-harm and who

would like to know how to intervene in their own work context.

The authors describe their own school-based study into adolescent self-harm and suicidal ideas in 6000 15- to 16-year-olds. The methodological description might be a little more detailed than some readers would require but this is not a major problem and those less research-minded will easily skip forward to chapters they find more relevant. Research findings cover the nature, prevalence and impact of deliberate self-harm; how these adolescents differ from others; and adolescents' help-seeking and coping strategies. There was much that I, as an National Health Service (NHS) child and adolescent psychiatrist, found fascinating and relevant. I was, for instance, very interested and somewhat concerned to read that only 12.6% of those who had engaged in self harm in the previous year reported that they had presented to a general hospital after this act. This puts a different perspective on the emphasis my own department has been placing on ensuring that all those who present to the Accident & Emergency (A&E) department following an act of deliberate self harm, get an adequate assessment. What about the other 87.4%, those who do not present to A&E?

The second section moves beyond the authors' own research and covers the crucial clinical issues of prevention and treatment. Chapters in this section are helpfully organized by sector. The first chapter focuses on education and on primary, secondary and tertiary prevention in this context. The point is well made that rather than focusing on suicidal behaviour alone, which some believe may actually increase self-harm behaviour, preventative programmes might more usefully raise awareness of mental health issues in general. Further fruitful areas might be to enhance adolescents' coping skills and also the abilities of peers to be of help. The next chapter covers assessment and intervention by the health service particularly the general practitioner and the general hospital emergency services. A useful framework is provided for assessment and risk management. The third chapter in this section looks at other sources of support including the role of self-help books and telephone helplines. We are reminded of the importance attached by adolescents to confidentiality. My own clinical work is with young

people with eating disorders so the next chapter describing the negative effects of media portrayal and of websites which encourage suicidal behaviour was uncomfortably familiar though nonetheless disconcerting.

The book concludes with a number of helpful appendices. These include a list of useful contact numbers and websites which adolescents themselves, or their friends and relatives might access. Also guidelines and information sheets to assist school staff, plus a section on further reading.

I found this to be a most helpful and well-written book. It contains a wealth of information that will be useful to everyone who has an interest in self-harming adolescents. If there is something missing then for me it is the lack of emphasis on the importance of the family. It is all too easy to see the family as inadequate and as the seat of pathology, and adolescents themselves tend to emphasize the importance of peer rather than family relationships. Nonetheless, for many young people it is the family, imperfect as it is, that alongside significant others, provides the long-term support that gets them through their difficulties. I would like to have read more guidance for parents and siblings but maybe that is the next book and I would not want to detract from the major achievement of this one. I commend it to you.

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Melancholia. The Diagnosis, Pathophysiology, and Treatment of Depressive Illness. By M. A. Taylor and M. Fink. (Pp. 560; £85.00; ISBN 0521841518 hb.) Cambridge University Press: Cambridge. 2006.

Finding the 'true depressions' in the mass of human unhappiness is a difficult task. Few clinicians are happy with the present state of affairs where major depression dominates the classification but appears to comprise a wide range of conditions.

The authors present their view that melancholia is *the* depressive illness and have gathered evidence from a wide variety of sources to support this. They comprehensively review the