

represented (Edelson): "Psychoanalysis is a body of knowledge that is important to a wider intellectual and scientific community than that comprised by psychoanalytic practitioners. In its documentation it should follow the scholarly practices, and accept the standards, of that community."

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Advances in Therapies for Children. By CHARLES E. SCHAEFER, HOWARD L. MILLMAN, STEVEN M. SICHEL and JANE R. ZWILLING. San Francisco: Jossey-Bass. 1986. Pp 450. £34.00.

If you want a quick, helpful and fairly current reference to specific treatment for a wide variety of child and adolescent disorders such as nightmares, shyness, temper tantrums, restlessness or overdependent relationships with adults, look no further. This is the latest volume in the series of reference books on treatment of emotional and behavioural problems in children and adolescents. Readers familiar with the earlier volumes will recognise the basic structure. There are six chapters devoted to classes of clinical problems, including neurotic behaviours, habit disorders, and disturbed relationships with children. Each has an introduction followed by sub-sections dealing with more specific clinical problems such as school phobia, temper tantrums, fire-setting, and social isolation, among many others. Every sub-section has an introduction followed by a brief but informative account of published reports describing different treatment techniques for the particular problem. These specially written accounts are the core of the book; they provide sufficient information to guide the implementation of treatment, and are accompanied by a commentary that draws out some of the important features of the treatment. The selections are unbounded by theoretical constraints—indeed, the eclecticism is intentional. Finally, each section ends with annotated references to yet other treatment approaches or to issues related to the same problem.

The authors give a number of reasons for eclecticism. One is in response to an increasingly widely recognised phenomenon in treatment: that treatment has to be specific to the problem; neither psychoanalysis on its own or behaviour therapy on its own will suffice to treat the diversity of child and adolescent problems. Instead, practitioners must be eclectic, choosing treatment to match problem and circumstances. Furthermore, recognising that treatment effects do not generalise, increased attention must be given to involving parents. Finally, they have been influenced by the trend towards community-based prevention and education. The selections reflect these views.

The danger of collections such as this is that they encourage technique-centered clinical practice. Although this has some uses, it also has many limitations. These dangers apart, this volume and its predecessors

should be useful to trainees and others early in their careers. Experienced clinicians will also find it enormously helpful as a way of keeping up with current approaches to treatment. It is, after all, difficult to peruse the diversity of journals that publish treatment reports in order to keep up to date. With periodic updating this series will continue to provide an important service to clinicians. At this sort of price, however, it will be a candidate for departmental rather than individual budgets.

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The Psychotic Core. By MICHAEL EIGEN. Northvale, NJ: Jason Aronson. 1986. Pp 387. \$30.00.

Eigen's focus is not limited to those individuals who are psychiatrically diagnosed as psychotic or borderline. Rather, this book is a rich phenomenological and psychodynamic exploration of "the mad dimension of life", a discussion which has both breadth and depth. He argues that "overtly psychotic individuals make up a relatively small proportion of both the general and patient population, but psychotic attitudes and states can be components of a broad range of emotional states and mental disorders".

Drawing on a variety of analytic theorists' contributions, especially Bion, Eigen considers various dimensions of psychosis: hallucination, mindlessness, disturbances of boundaries, domination of mind by hate, and disturbances of epistemology, of knowing and the sense of knowing. Eigen demonstrates the links between these disturbances in overtly psychotic subjects and their more subtle manifestations in 'normal' life—that psychotic individuals are struggling with issues that concern us all, that are an inherent part of being alive, for example such as pain.

The psychotic hate which Eigen addresses is often directed not only against an external world perceived as threatening or ungiving, but also against the self, its needs, and its love because these are a source of pain. However, while hate is destructive, even more devastating in their anti-life aims are the self-erasing functions described by Bion, denoted by a minus sign: —K, —L, —H refer to the psychotic individual's tendency to attack the linking activities of knowing, loving, and hating. Eigen gives descriptions of attempts to omnipotently annihilate emotional life in order to avoid emotional pain. For example, one patient spoke of a 'shredder' which operated to obliterate any emotional meaning that threatened to arise. She conveyed how therapy became the major source of pain in her life because if only she could obliterate the therapist she would not need to know how alone she felt: "she and shredder would live in peace".

Eigen argues that a sense of catastrophe may lie at the origin and core of mental life, in healthy development