

Yet it is a flawed work. It rests on one of those simple truths that are neither simple nor really truthful—that psychotherapists should rely on their human intuition and day to day judgment and not be blinded by ideology. By ideology the author means theory. But the author has a cartoon vision of theory as something which is necessarily hidebound dogma—he cannot envisage theory as an act of the imagination, a pathway for the explorer rather than a boundary wall for the prisoner. Nor does he seem to realize that the difference between the theorist and the eclectic is most often the difference between someone with an acknowledged intellectual framework and someone with a submerged, and thereby often unexamined, set of assumptions. Lomas argues fairly against the dominance of techniques (behavioural or whatever) in psychotherapy. But the alternative to applying dictatorial techniques can be to offer *to the client* tools for his or her own use within the framework of the wide therapeutic relationship.

The whole case has been more broadly and incisively argued in David Smail's *Psychotherapy: A Personal Approach*.

Any psychotherapist faithfully following Lomas' guidelines would achieve a composed, perceptive and helpful approach to their work. They would occasionally find themselves with nothing more than an amiable platitude as ground for their endeavours.

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**Psychiatric Research in Practice: Bio-behavioural Themes.** Edited by E. A. SERAFETINIDES. London: Academic Press. 1981. Pp 244. £13.80.

This book provides highlights of current psychiatric research in selected areas of major interest, and indicates useful implications for clinical practice. It is edited by Professor Serafetinides, who is well known for his pioneer studies at the Maudsley in the 60s, on psychopathology in temporal lobe epilepsy.

There are 13 papers, either up to date and well referenced accounts on topics of organic psychiatry, or stimulating discussions of relevant themes as socio-cultural issues and psychosomatics. While the book could do without 2 or 3 among the last papers, most of the rest are very informative and readable, and each one could be read independently. They include a fascinating re-evaluation of 'learned helplessness' as a model of depression, in the light of recent studies, and excellent sections on cytogenetics, psychopharmacology, affective disorders and lithium, neuroendocrinology and neurophysiology, the latter written by Professor Serafetinides himself.

The book contains enough interesting material to merit a place in every library, and on the bookshelf of those wishing to update their knowledge of recent developments, and trainees preparing for exams.

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**Adult Sexual Interest in Children, Personality and Psychopathology: A Series of Monographs, Texts and Treatises. No 22.** Edited by MARK COOK and KEVIN HOWELLS. London: Academic Press. 1981. Pp 275. £16.40.

This book is the direct result of a psychology conference which, to the alarm of its organizers, suddenly found itself the focus of national indignation and anger. The conference on Love and Attraction held at Swansea in 1977 gained notoriety when the Paedophile Information Exchange chose to use it to further their campaign of 'coming out'. It was largely the strength of the public reaction to this that led the authors to feel there was a need for a detached account of adult sexual interest in children.

Two main themes run through the book somewhat overlapping the formal divisions. The first concerns clinical aspects of paedophilia and paedophiles. The standard of the presented work is high; chapters are well researched and up-to-date. Those by Howells on aetiology and Crawford on treatment are particularly good. The second theme is that of the reaction of 'normal' adults to paedophilia and childhood sexuality. This is an uncomfortable area. I found myself violently objecting to many statements, but then being forced to examine whether I could really justify my own views on rational grounds or just had to accept them as pure prejudice. This is a useful book which could be read with profit by all interested in psychosexual issues or child psychiatry. With the sombre nature of the subject matter I leapt with glee on almost the only note of light relief, a straight faced comment by Mohr that "even Freud had a low opinion of paedophiles".

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**The Premenstrual Syndrome.** Edited by PIETER VAN KEEP and WULF H. UTIAN. Lancaster, Lancs: MTP Press. 1981. Pp 121. £8.95.

"Despite the plethora of theories, premenstrual syndrome (PMS) has remained an enigma". Thus opens the preface to this book which consists of papers presented at a special workshop devoted to the subject at the Sixth International Congress of Psychosomatic Obstetrics and Gynaecology. The inescapable conclusion, after reading the papers, is that this