

violence and the effect of domestic violence on children.

The findings suggest that the women in battering relationships are relatively normal in psychological terms but there are high levels of sociocultural and educational disparity in the relationships and it is concluded that alcoholism and pathological jealousy in the male partners are highly significant factors in battering. This would suggest that these relationships are comparable to those described in studies of morbid jealousy and murder with the consequent conclusion that separation is the only safe method of dealing with the problem. It is therefore unfortunate that all information about the male partner was obtained indirectly through the female partner with inevitable bias. However this book is a useful source of information and references for all those involved in marital and family therapy.

C. BARBARA BALLINGER, *Consultant Psychiatrist, Dundee Psychiatric Service*

Handbook of Emergency Psychiatry. By NANCY HANKE. Tunbridge Wells: Castle House Publications. 1984. Pp 262. £15.55.

Emergencies should be infrequent in an ideal psychiatric service but the prevailing poverty of facilities in several parts of the world ensures that many psychiatrists spend a great deal of their time dealing with crises. Indeed the vogue for treating people outside hospital might have increased the importance of clinical emergencies so all psychiatrists need to become familiar with this area of practice during their training.

Dr Hanke has written a guidebook which aims to provide a framework on which to base clinical assessment and management. The first part of the book is devoted to a description of the initial assessment of the patient. This is very clearly written and each section incorporates a list of headings which could enable the trainee to follow a systematic approach. There then follows a large section describing the particular types of emergency situations, the chapters include consideration of the suicidal patient, the violent patient and the management of alcohol intoxication and drug reactions. In a final section special problems are discussed including the management of subjects exposed to acute stress and violence, and strategies to be followed in dealing with difficult patients, among whom the author includes V.I.Ps.

This book is written with an unusual degree of clarity. It is an excellent practical guide for the clinician because problems are tackled in a logical

manner and treatment is described clearly. It would be particularly useful for trainee psychiatrists whose work involves duties in a psychiatric emergency clinic or in the accident and emergency department of a general hospital. Its main drawback is its parochialism. Nearly all the references are of American origin and there is no mention of those aspects of the legal system which impinge on emergency psychiatry in Britain. This is a major drawback for readers who need to be familiar with the working of the Mental Health Act. Apart from this reservation, this book can be recommended as a valuable guide to the problems of emergency psychiatry,

GEOFFREY LLOYD, *Consultant Psychiatrist, The Royal Infirmary, Edinburgh*

Counseling and Therapy for Children. By JIM GUMAER. New York: The Free Press. 1984. Pp 373. \$20.00.

This book is a pleasure to read. It describes a variety of different techniques of therapy and counselling for children. Each chapter has a section on key concepts in the particular therapy and a description of the use of the technique. The theory is well outlined and the descriptions of techniques are sufficient to enable them to be used for practice. Often a plan of therapy with goals and programmes for each session is described.

The breadth of approaches is helpful, including both individual and group work and incorporating nondirective, operant behavioral, and relaxation therapies. There are good chapters on art and music therapies, and on the use of bibliotherapy. There are also descriptions of some less well-known types of therapy. The book ends with a chapter on consultation. The omission of social skills training and cognitive problem solving is a pity.

The diversity means that descriptions of both theory and therapy are of limited length, but there are good references to more substantial works on particular subjects.

The book is practical rather than scientific. Its author works as a school counselor and it is probably in a setting such as this that such an eclectic approach would be most appropriate.

It is a well written and stimulating book. Its excellent theoretical and practical descriptions make it a good introduction to alternative approaches for the beginner with some useful ideas for the experienced.

JOHN BARCROFT, *Consultant Child Psychiatrist, Department of Child and Family Psychiatry, Cambridge*