

interspsychic do not exist independently of each other. On these grounds he criticises drive theory for its failure to appreciate that inner reality is continually transformed by our interaction with real others in the external world. He likewise accuses development arrest theories of underestimating the way in which inner reality determines one's perception of and reaction to external objects. His book leads to the conclusion that there is a third alternative – the relational–conflict model, in which the interpersonal and the intrapsychic are understood to “create, interpenetrate, and transform each other”.

The book is scholarly and informative, but yet it is readable, and enjoyably so. Mitchell does a wonderful job in bringing together the relational concepts embedded in the work of Bowlby, Klein, Winnicott, Fairbairn, Kohut, and others. Brought together in this way, the case against Freud's drive theory seems impressively self-evident. For Freud, object relations provide the means by which instincts can be satisfied. For the relational theorists, the exact opposite is the case: sexuality provides the medium in which relationship with others can develop. Psychopathology is not a covert way of obtaining forbidden gratification but a learnt way of searching for and maintaining connectedness with others.

In his final chapter Mitchell examines the therapeutic relationship and the process of change. He lays to rest, or tries to, the classical conception of the analyst as a blank screen onto whom the patient transfers his past experiences. From an interactional standpoint the therapeutic relationship always involves two people, and both of them have an unconscious. In drive theory, transference was regarded as a manifestation of the past. In the new paradigm, figure and ground have been reversed, and accounts of the past are now regarded as communications, either conscious or unconscious, about the therapeutic relationship. This has far-reaching effects on technique; in particular, countertransference and the patient's perception of it take centre stage.

This is an excellent book which brings together the relational concepts that now characterise psychotherapy. This is the leading edge of psychoanalysis, and Mitchell's work certainly helps it to advance.

C. R. WHYTE, *Psychotherapy Department,  
Humberstone Grange Clinic, Leicester*

**Counselling in HIV infection and AIDS.** Edited by JOHN GREEN and ALANA McREAMER. Oxford: Blackwell Scientific Publications. 1989. 331 pp. £12.95.

The flourishing literature on HIV infection and AIDS is perhaps a reflection of the public anxiety and private fears that the subject awakens. The fast pace of new discoveries in this rapidly advancing field, however, makes most publications often out of date by the time

they are published. On the other hand, the pressure to produce new information often leads to publishing despite poor scientific content.

New terms have been created and old ones adapted to describe the complexities of a disease with so many ramifications, often obscuring their meaning. In this context, this book tries, in a direct and readable fashion, to guide the ‘uninitiated’ medical and non-medical reader through the maze of psychological issues likely to be encountered when dealing with people with HIV infection and disease.

After the first two chapters, in which basic epidemiological and biological facts are dealt with clearly, the book gives a comprehensive account of areas to be covered in counselling people before and after an HIV test, people with AIDS, and their partners. A particularly interesting and useful chapter follows, giving practical insight in helping people with HIV encephalopathy.

The section on haemophiliacs, drug users, children, and pregnancy widens the scope of the book outside its main emphasis on gay men. Suggestions are given on how to deal with more specific psychological problems likely to occur, such as anxiety and depression, as well as the inevitable emotional toll of facing death and dying.

The last few chapters outline interesting areas such as community care, legal and ethical aspects, the role of voluntary organisations, and the problems of counselling in the developing countries.

The book is easily readable, and draws its strength from the considerable practical experience of its authors and editors. It is written with the uninitiated and mostly non-medically (and certainly non-psychiatrically) trained in mind. The term ‘counselling’ has been given such prominence in the HIV literature that one is often led to believe that a magical meaning has been attached to it, and this book attempts to place it in context by offering an understanding of the practical aspects of counselling in its broader sense. It unfortunately fails to draw attention to its limitations, in terms of both the need for supervision of the counsellor, and the highlighting of in what instances more specialised help may be needed.

MASSIMO RICCIO, *Lecturer and Honorary Senior Registrar, Department of Psychiatry, Charing Cross Hospital, London*

**Through the Night: Helping Parents and Sleepless Infants.** By DILYS DAWES. London: Free Association Press. 1989. 274 pp. £12.95 (pb), £27.50 (hb).

Since most recent popular books on sleep problems in young children have been written from a behaviourist viewpoint, this contribution from the Principal Child Psychotherapist in the Tavistock Clinic in London is an interesting and welcome addition to the literature.

Daws' aim is to describe her own method of brief psychotherapy, developed mainly in a general practice clinic setting, but she also makes a determined effort to develop a theory of sleep problems as psychosomatic disorders largely related to attachment and separation difficulties.

The writing on the therapy provides the highlights of the book. Lively case vignettes are followed by some beautiful writing on therapeutic process. The therapy is largely orientated towards the parents in the presence of the child; she does not mention Malan, but could be said to draw on his model in her 'active analytic' stance, and the linking of parents' current behaviour in child-rearing with their past (childhood) experience by means of transference interpretations within the session. She draws on the recent research into the intergenerational transmission of attachment relationships to support her case that parenting behaviour is profoundly influenced by childhood experience. It is this linking and the focus on emotionality and the meaning of anxiety which mark her approach out from a behavioural one and would make her book valuable impressionistic reading for a wide range of professionals, including psychiatrists. Many parents would, I am sure, find the descriptions echoing some of their deepest anxieties and confusions.

The theoretical discussion is not nearly so good. Daws makes a discursive review of infant development, sleep research, and attachment theory, along with psychoanalytic theories of dreaming and personality development. Her thrust is to argue that parent/child rapport profoundly affects physiological development, including arousal, and separation anxieties (in both parents and child) can disrupt infant sleep. These ideas are interesting, but the case is spoiled by the method of argument: an uncritical mixture of speculation, dogma, and over-generalisation from selected research. Areas of convergence between developmental psychology and psychodynamic theory are of profound interest, but need a more rigorous exposition than this. This matters practically because the mentalist bias of her account may underestimate some of the practical and biological roots of sleep disorder.

Daws has made no study of the efficacy or indications for her method: she guesses at a success rate of 50%, which she generously recognises is probably less than many behavioural approaches. I would guess that the efficacy is lowered by her theoretical bias, and by the predominant emphasis on parental issues. However, this is also her strength: in the end her argument stands or falls on the face validity of her clinical descriptions, and as a powerful and sensitive way of working with parents in the context of young families, these will be absorbing and instructive reading for many professionals.

JONATHAN M. GREEN, *Consultant Child and Adolescent Psychiatrist, Booth Hall Children's Hospital, Manchester*

**Genetic Analysis of Complex Traits. Part II: Affective Disorders.** Edited by JOHN P. RICE, NEIL RISCH and LYNN R. GOLDIN. New York: Alan R. Liss. 1989. 170 pp. \$48.00.

This book contains the proceedings of the Genetic Analysis Workshop held at Chantilly, France, in September 1987. The workshop was the fifth in a continuing series focusing on statistical problems in genetics, and brought together many of the leading experts in a field which is still regarded by some as suspiciously esoteric but which is assuming ever-increasing importance in the understanding of affective disorders and other common familial diseases.

This book has an advantage over many other conference proceedings in that all of the papers have been subject to peer review and have been accepted for separate publication in the journal *Genetic Epidemiology*. The quality is therefore uniformly high. The subjects covered include the use of complex segregation analysis, linkage analysis as applied to traits with an uncertain mode of transmission, and regressive logistic models.

The papers on linkage analysis are perhaps of the most immediate relevance to current research, given the intense interest generated by recent studies using DNA polymorphisms to investigate the genetic aetiology of affective disorders and schizophrenia. However, having said that, most of the papers presented in this book are technically demanding and have a high mathematical content which may not be attractive to the general reader.

Nevertheless, for those with a more specific interest in psychiatric genetics, particularly its quantitative aspects, this book is both informative and instructive. Most workers in the genetics of mental illness will certainly find Rice & Risch's overview chapter a worthwhile read, and the remaining chapters provide a useful source of reference. The book has a definite place in the personal library of the specialist and on the shelves of any more comprehensive psychiatric library which aims to have an up-to-date section on genetics.

PETER MCGUFFIN, *Professor of Psychological Medicine, University of Wales College of Medicine, Heath Park, Cardiff*

**Epilepsy.** By GRAHAM SCAMBLER. London: Routledge. 1989. £20.00 (hb), £8.95 (pb).

In recent books on seizure disorders relatively scant attention has been paid either to the consequences of a diagnosis of epilepsy being made, on the patient, parents, and relatives, or to its stigma and social effects. The present book starts where many other texts finish. It therefore demands the attention of those of various disciplines working with such patients. The volume forms one of a series on 'The experience of illness',