

of the psychotherapies covered will obviously have to study the original literature, but he will find this book a useful introduction as well as a convenient overview.

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**Experiential Psychotherapy within Families** By WALTER KEMPLER. New York: Brunner/Mazel. 1981. Pp 288. Price \$20.00.

The author has many years of experience in teaching and pioneering the development of family therapy theory and practice. This fascinating book presents a very personal and refreshingly clear and honest approach to the subject. Kempler believes that the involvement of the therapist as a *person* within the group is a powerful tool for eliciting change, and that what matters is not whether but *how* the therapist includes his self-awareness within therapy sessions, constantly integrating it into his current behaviour.

Experiential psychotherapy within families has as its goal the clarification of each encounter within the here-and-now of the therapy session. The primary goal of interventions is to alter behaviour to make it more functional, rather than promoting insight or understanding. There are many illustrative case vignettes and dialogues illustrating strategies for intervention, and the second part of the book is devoted to a detailed account of a family therapy case with commentary.

Dr Kempler skillfully illustrates and explains the relationship between structure and process in family therapy and his style is lucid and attractive. All professionals involved in working with families would do well to read it; practising family therapists may well find their habits challenged by it.

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**Philosophy, Religion and Psychotherapy: Essays in the Philosophical Foundations of Psychotherapy.** Edited by PAUL W. SHARKEY. Washington: University Press of America. Pp 227. No price stated.

This is not a good book. It is a compilation of twelve essays of uneven quality, written by one psychiatrist (Thomas Szasz), four psychologists and five philos-

ophers from a variety of American universities. The book reflects a trans-atlantic scene where 'psychotherapy' refers mainly to the flourishing variety of growth-orientated therapies associated with the 'humanistic psychology' movement; and discussion of concepts such as 'growth', 'wholeness' and 'self-actualisation' is characterised more by dewy-eyed enthusiasm than by critical reflection.

A major theme in these essays is that psychotherapy is an activity embodying personal and social values which need to be made explicit. The various ways in which values enter psychotherapy are usefully classified in a paper by Ruth Macklin. One of the best contributions, by Robert Solod, argues lucidly that the psychotherapies are not applied sciences but traditional religious forms with new secular contents. Szasz takes the idea further, and writes with more gusto than discrimination that all psychotherapy is in fact "religion, rhetoric and repression" (he uses the terms interchangeably-), and its 'medical' label masks a potentially sinister political force. Other essays by Jacob Needleman, Joseph Rychlak and Maurice Friedman discuss the concepts of nature, teleology, and the human image implicit in psychoanalysis and the new psychotherapies; and Roger Sullivan highlights the differences in the anthropologies of humanistic psychology and the Christian tradition. Charles Scott contributes a "phenomenological description" of "commonality", in a paper full of statements so obscure that they cease to be intelligible—(eg, "wholeness is not an object of awareness, but is a dimension of awareness that is immediately and non-personally self-aware"). Joseph Morris writes two essays on the central concepts of humanistic psychology and their relation to Christianity. He misuses technical philosophical terms in an inexcusable way—(eg, linking Brentano's concept of 'intentionality' with "purposes in life");—and his treatment of theology is equally crass—(God is credited with being "the first humanist", Jesus is likened to a Rogerian therapist, and theologians are advised to jettison myths, symbols and metaphysics from theological discourse).

As a work partly concerned with the relationship between psychotherapy and religion, the book has major omissions. It lacks any theological contribution; metaphysical questions (which are central) are largely ignored; and much important literature goes unmentioned. There is not even a reference to Freud's 'The Future of an Illusion', with its historic argument that religious concepts are merely projections of human wishes; a claim which, in one sense, turned on its head the Judaeo-Christian idea of man as created in the *imago Dei*, and raised important issues both for theologians and psychotherapists. Overall, the book does a disservice to its subject and cannot be

recommended. In comparison, the critical study of psychoanalytic concepts and the brief discussion on religion contained in Harry Guntrip's book, 'Personality Structure and Human Interaction', although written over twenty years ago, remains much more stimulating and illuminating.

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**Advances in Human Psychopharmacology: A Research Annual. Vol. 2.** Edited by GRAHAM D. BURROWS and JOHN S. WERRY. 1981. Greenwich, Connecticut: Jai Press. Pp 341. \$38.50.

This book is one of a series of publications designed to keep the research worker in psychopharmacology abreast of current developments. This particular volume concentrates on certain expanding research areas; dopamine and opioid receptors and their clinical significance, the management of severe psychiatric disorders in children and the measurement of psychological functioning in psychopharmacology. There are also chapters on the genetic aspects of response to lithium (Mendlewicz), the psychotropic effects of anticonvulsant drugs (Trimble and Richens), sex hormones (Dennerstein and Burrows) and a review of the regulations effecting research in psychopharmacology in the United States (Reatig).

Most research workers are blinkered experts rather than polymaths and will only be interested in one or two chapters of the book. Each chapter really stands alone and covers the subject in the same way as the articles in *Pharmacological Reviews*. Those by Fulton and her colleagues on dopamine and schizophrenia, Hindmarch on the difficulties in measuring and interpreting the effects of psychotropic drugs on brain function, Werry's review of the childhood psychoses and Trimble and Richen's chapter are admirably comprehensive and carry authority. Reatig's chapter maps the minefield of hazards that need to be overcome before any psychopharmacological research can take place in the United States, but will be of limited value to non-American readers.

The strengths of this type of book are also its weaknesses. By concentrating on a few small areas of research the editors and contributors can write well referenced detailed reviews that are not available elsewhere but, by doing this, they have to neglect a great deal of equally relevant research endeavour.

Perhaps if the series continues to be published annually as planned this lack of integration may be remedied.

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**Age and the Pharmacology of Psychoactive Drugs.** Edited by ALLEN RASKIN, DONALD S. ROBINSON and JEROME LEVINE. New York: Elsevier North-Holland. 1982. Pp 212. US \$48.00.

**Non-Tricyclic and Non-Monoamine Oxidase Inhibitors.** Edited by H. E. LEHMANN. Basel: S. Karger. 1982. Pp 212. SFr. 115.

The first of these books concerns the pharmacology of psychotropic drugs at the extremes of age. The earlier chapters concern basic pharmacological topics and the later deal with clinical aspects. The basic chapters are well-researched and well written. I particularly enjoyed the chapter on drug entry into the brain. The clinical section in addition to pointing out the hazards and difficulties of drug treatment in the aged discusses the use of psychotropic drugs in children. It is refreshing to find a series of articles on such topics in which the defects as well as the merits in the available evidence are freely discussed and the conclusions drawn do not at all exceed the material presented. Those who may be inclined to the view that while the mechanisms of the differing effects of drugs at different ages are of theoretical interest, the practical issues of dose adjustment to take account of age are surely well understood and generally practised, will be shaken by the clear evidence presented in the last chapter that this is certainly not the case in Sweden. This book therefore provides practically useful as well as theoretically interesting information and I consider it a worthwhile purchase.

The opening chapters of the second book describe the actions and effects of a wide range of new antidepressant drugs. It is inevitable that some of this information is already somewhat dated but it seems regrettable that the drugs are presented in so uniformly favourable a light. One chapter in particular is written in style reminiscent of the advertising copy of the cosmetics industry. I should be interested to know how some of the authors reconcile the views they express here with their clinical experience. The later chapters are more balanced and some are good. Despite the value of some of the information this book contains I could not, in the present financial climate, recommend it for purchase.

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