

pharmacotherapy of hallucinations in schizophrenia and other disorders, but also looks at psychosocial theories of causation and possible psychological treatments in drug-resistant cases. Although rather brief in content, it manages to include an extensive coverage of the available literature on the subject, paying particular attention to the occurrence of hallucinations in healthy individuals, and suggesting that all forms of sensory deception lie on a continuum with 'normal' mental states.

The authors propose an integrative aetiological model which presents hallucination as a deficiency of reality discrimination and refers to much of the recent research into metacognition. This model attempts to explain how various factors, such as stress-induced arousal, sensory deprivation, reinforcement, and expectancy, may cause a person to fail to discriminate the real from the imagined under certain circumstances, and thereby hallucinate.

Overall, the book is clear and concise, without using too much psychological jargon, and there is a great deal to stimulate the reader. Unfortunately, the authors are somewhat dismissive of the wealth of research into the genetic and biochemical theories of schizophrenia (and by inference, hallucinations), citing methodological faults in the numerous studies previously undertaken. However, when advocating the case for psychological treatments, which they strongly favour, they mostly quote single-patient studies as evidence for their efficacy. This seems a biased approach but, nevertheless, it is a useful and enjoyable book which will interest psychiatrists and other mental health workers.

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A Casebook in Time-Limited Psychotherapy. By JAMES MANN and ROBERT GOLDMAN. Washington, DC: American Psychiatric Press. 1987. 179 pp. £11.95.

Time-limited psychotherapy, well illustrated in this paperback edition of the original casebook, offers a brief psychotherapeutic model revolving, like Euclidean geometry, on acceptance of two principles (or axioms): (a) consistent emphasis on the time limit of 12 sessions, thereby heightening key transference issues of separation and loss which are addressed later in therapy; and (b) clarification of and presentation to the patient of the 'central issue' (a lifelong painful self-perception) whose antecedents and maintaining factors are discovered and worked through in therapy by linking it with the first principle.

Contrasting their system with that of Sifneos and Malan, the authors make an unsubstantiated claim to be able to reach a wider clientele having more severe and pre-Oedipal conflicts. The first four chapters deal with the treatment model, connecting time-related factors and case and central issue selection. This is a coherent synopsis of Mann's *Time-Limited Psychotherapy* drawing on a wide, if eclectic, range of theories, and threatening occasionally to become a mish-mash rather than a synthesis, with a relative inattention to countertransference and short-circuiting of transference issues.

This is offset by the following six chapters, which are excellent, if predictably teleological, case illustrations including phobic and hypochondriacal reactions, hysterical conversion, and character neuroses. Hysteria is over-represented, however, at the expense of other conditions.

I would recommend the book, especially to trainees interested in brief psychotherapy, with the proviso that the advantages of this particular method are something which only time will tell.

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Psychosomatic Medicine Past and Future. Edited by GEORGE N. CHRISTODOULOU. New York: Plenum. 1987. 380 pp. \$65.00.

This volume of selected contributions to the 16th European Conference on Psychosomatic Research (1986) should be full of riches. They are hard to find, due to a limited and inaccurate subject index. Other criticisms are the typeface presentation, with superscripts overlapping the line above, and the fact that no attempt has been made to correct widespread errors of written English, which would have been perfectly acceptable in the spoken context of an international conference (... "we are studying since many years...").

The collection contains some readable and interesting historical reviews, and judicious dipping in also gives a sense of international perspective in this complicated subject. It is interesting that some papers still retain the traditional psychosomatic medicine approach wherein some conditions are perceived as more 'psychosomatic' than others. I do not feel this volume is worth its price, except for the large departmental library with a special liaison interest.

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