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#### BOOK REVIEWS

Thanks in particular to the introductory chapter by the Editor, the neurologist may broaden his outlook on the organic mental disease.

I. JANOTA, *Consultant Neuropathologist, Department of Neuropathology, Institute of Psychiatry and the Royal Bethlem and Maudsley Hospitals, London*

**Lithium in Medical Practice.** Edited by F. N. JOHNSON and S. JOHNSON. Lancaster: MTP Press. 1977. Pp 459. No price stated.

The strategy of using proven or partly proven therapies to try to gain information on the aetiology of various conditions has found increasing use in psychiatry in recent years, despite the fact that in theory this approach has distinct disadvantages and may be of doubtful applicability in some circumstances. One problem is that it is impossible to say in advance whether a treatment is acting directly on a pathological process or is exerting its influence on some opposing or complementary system unaffected by the disorder. An example here is Parkinson's disease, where anticholinergic drugs are acting on normal cholinergic neurones, not the malfunctioning dopaminergic pathways.

Alternatively, the treatment chosen for study may be acting on the abnormal system but at so many steps removed from the abnormality that tracing the links between therapeutic action and pathological process may not be easy. Finally, we have the phenothiazines to remind us that where there is a wide spectrum of effects on biochemical and physiological mechanisms, it may be not so much a case of finding the needle in the haystack as identifying one out of a whole haystack of needles.

Despite these objections, there are some signs that this approach may be bearing fruit. Certainly, heuristically useful patterns of information may be emerging from studies of electroconvulsive therapy, the phenothiazines, tricyclic and other antidepressant drugs and, more recently, the benzodiazepines.

It may be too early to say whether we can look with similar expectation to studies of lithium, which seem to be at a stage at which there is an increasing body of knowledge with no unequivocal pointers as yet as to which are the more significant findings. At such a stage of development of the subject, the Drs. Johnson organized the first British Lithium Congress in the University of Lancaster in July 1977, and invited contributors from many countries to summarize the main areas of enquiry on the clinical use and pharmacological actions of this drug. It proved to be a conference of outstanding breadth and

interest and the proceedings have now been published with admirable promptitude in this volume. The result is an extensive coverage of the main areas of research and as such should prove to be a useful summary and reference work on lithium for some years to come.

DAVID M. SHAW, *Member of the External Scientific Staff of the Medical Research Council, Department of Psychological Medicine, Welsh National School of Medicine, Cardiff*

**Psychotherapy: A Personal Approach.** By D. J. SMAIL. London: Dent, 1978. Pp 150. £5.95.

**To Have or to Be.** By ERICH FROMM. London: Cape. 1978. Pp 215. £4.95.

Both these books advocate a humanistic approach to the problems facing contemporary society: Fromm calls for basic changes in the way we conduct our lives while Smail contends that psychotherapy must be stripped of its mystique and undue emphasis on technique and be recognized as a 'fundamentally personal relationship'.

According to Fromm's thesis, man has a choice between two modes of existence—the having mode characterized by acquisitiveness, material possessions and selfishness, and the being mode which is based on altruism, love and the 'productive use of our human powers'. He cites evidence from a variety of sources—linguistic, philosophical, religious, historic and anthropological—to support his contention that the having mode has brought the world close to catastrophe and that only by adopting the being mode can Man save himself. A description of the New Man is provided as well as the means whereby his transformation can be accomplished.

For more than three decades Fromm has played an impressive role in writing, with a characteristic blend of wisdom and compassion, on the psychology of human nature. This most recent contribution, while full of interesting insights and a challenge to the reader, is somewhat disappointing—there is too much of a preaching quality in his central thesis and too little elaboration of the arguments behind it.

Smail's book comes as breath of fresh air to the laboured, turgid dispute that has prevailed in British psychotherapy circles since Eysenck's blistering attack in 1952. Psychotherapists have tended to close ranks and consolidate their defences. Unfortunately the chief victim has been psychotherapy itself, entrenched in inflexible, doctrinaire positions. Smail courageously asserts that we should be honest with ourselves by examining psychotherapy critically and



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shedding the authority and mystique with which we envelop it. This he does himself; the result is a series of valuable observations and one main conclusion, which we may not necessarily agree with (but this is not the point), that the psychotherapist 'in the last analysis (can) rely on little more than his

personal resources'. The book should be read by anyone with an interest in psychotherapy.

SIDNEY BLOCH, *University Lecturer and Honorary Consultant Psychiatrist, Department of Psychiatry, University of Oxford*

## Books Received

### PSYCHIATRY

- Multiple Choice Questions in Psychiatry.** By GEOFFREY GLEW. *Butterworths*. £2.95 (paperback).
- Psychiatry Observed.** By GEOFF BARUCH and ANDREW TREACHER. *Routledge & Kegan Paul*. £4.75.
- The Therapeutic Self: Developing Resonance—Key to Effective Relationships.** By JOHN G. WATKINS. *Human Sciences Press*. \$19.95.
- Toward a Theory of Psychosomatic Disorders.** Edited by W. BRAUTIGAM and M. VON RAD. *S. Karger AG*. \$43.75.
- Clinical Quantitative Methods.** By RICHARD W. J. NEUFELD. *Grune & Stratton*. £10.30.
- The Treatment Techniques of Harry Stack Sullivan.** By A. H. CHAPMAN. *Brunner/Mazel*. \$13.50.
- Practical Psychiatry in Medicine.** By JOHN B. IMBODEN, JOHN CHAPMAN URBAITIS and A. McGEHEE HARVEY. *Prentice/Hall International*. £6.65.
- On Schizophrenia, Phobias, Depression, Psychotherapy, and the Farther Shores of Psychiatry.** Selected Papers of S. Arieti. *Brunner/Mazel*. \$20.00.
- Critical Issues in Psychiatric Diagnosis.** Edited by ROBERT L. SPITZER and DONALD F. KLEIN. *Raven Press*. \$30.00.
- Alternatives to Mental Hospital Treatment.** Edited by LEONARD I. STEIN and MARY ANN TEST. *Plenum*. \$33.00.
- Clinical Uses of Dreams: Jungian Interpretations and Enactments.** By JAMES A. HALL. *Academic Press*. £14.60.
- Reasoning About Madness.** By J. K. WING. *Oxford University Press*. £4.50.

### STRESS

- Society, Stress and Disease. Vol. 3. The Productive and Reproductive Age.** Edited by LENNART LEVI. *Oxford Medical Publications*. £14.00.
- Stress at Work.** Edited by C. L. COOPER and R. PAYNE. *John Wiley*. £9.95.

### THE THERAPIES

- The Couch: Its Use and Meaning in Psychotherapy.** By HAROLD STERN. *Human Sciences Press*. \$13.95.
- Current Psychiatric Therapies.** Edited by JULES H. MASSERMAN. *Grune & Stratton*. £21.00.
- Therapist Disclosure: The Use of Self in Psychotherapy.** By MYRON F. WEINER. *Butterworths*. £8.25.
- Emergency Psychotherapy and Brief Psychotherapy.** 2nd Edition. By LEOPOLD BELLAK and LEONARD SMALL. *Grune & Stratton*. £12.00.
- Handbook of Rational-Emotive Therapy.** By ALBERT ELLIS and RUSSELL GRIEGER. *Springer Publishing Co*. \$22.50, \$14.95 (paperback).
- Psychotherapy for Better or Worse.** By HANS H. STRUPP, SUZANNE W. HADLEY and BEVERLY GOMES-SCHWARTZ. *Jason Aronson*. No price stated.
- Crisis Intervention as Psychotherapy.** By CHARLES P. EWING. *Oxford University Press*. £2.75.
- Behaviour Therapy in the Psychiatric Setting.** By MICHEL HERSEN and ALAN S. BELLACK. *Williams & Wilkins*. \$15.95.
- The Therapeutic Interaction: A Synthesis.** By ROBERT LANGS. *Jason Aronson*. No price stated.
- Family Therapy: Full Length Case Studies.** Edited by PEGGY PAPP. *John Wiley*. £10.75.
- Psycho-Sexual Problems: A Directory of Agencies Offering Therapy, Counselling and Support.** Edited by FRANCIS TAYLOR. *British Association for Counselling*. £1.50.

### DRUGS AND ALCOHOL

- Alcoholism and Addiction.** By R. P. SWINSON and DEREK EAVES. *Woburn Press*. £8.50.
- Problems of Drug Abuse in Britain. Papers presented to the Cropwood Round-Table Conference, December 1977.** Edited by D. J. WEST. *Cambridge, Institute of Criminology*. £3.00.
- Drinking: Alcohol in American Society—Issues and Current Research.** Edited by JOHN A. EWING and BEATRICE A. ROUSE. *Nelson-Hall*. \$8.95.