

- C. EGGERS (Ed.): *Bindungen und Besitzdenken beim Kleinkind. Forschung Psychologie*. Urban & Schwarzenberg, Munich (1984). 289 pages.
- W. SEITZ (Ed.): *Kriminal- und Rechts psychologie. Ein Handbuch in Schlüsselbegriffen*. Urban & Schwarzenberg, Munich (1983). 324 pages.
- H. KATSCHNIG (Ed.): *Die andere Seite der Schizophrenie. Fortschritte der Sozialpsychiatrie 2. Patienten zu Hause*. Urban & Schwarzenberg, Munich (1984). 240 pages.
- H. A. HARTMANN and R. HAUBL (Eds): *Psychologische Begutachtung. Problembereiche und Praxisfelder*. Urban & Schwarzenberg, Munich (1984). 418 pages.
- A. FRANKE: *Gruppentraining gegen psychosomatische Störungen. Materialien für die psychosoziale Praxis*. Urban & Schwarzenberg, Munich (1984). 112 pages.

These five books, all published by Urban & Schwarzenberg, are relevant in their various ways to behaviour therapy. This is most obviously true of the book by Alexa Franke which is concerned with the treatment of psychosomatic disorders. It is oriented towards a very practical programme and gives detailed instructions on aims, methods and practical considerations as to how the therapist can best produce relaxation etc. For student training this book could be of considerable help and interest.

The Hartmann and Haubl volume deals with the multifarious problems of psychological assessment, in the clinic, at law, in education etc. Much of it is concerned with practical considerations which have little to do with science, but much with the successful execution of the applied psychologist's duties. Some of the advice is of course mainly applicable to German conditions, but much of it is of wider interest. There is not, to my knowledge, a similar book in English.

Much of the same might be said about the book edited by Seitz, which deals essentially with forensic psychology. Here too practical considerations assume an important place, and again much of what the authors have to say is of general application. In England there is still little taught about forensic psychology, and for German-speaking psychologists interested in the subject this book would be of considerable usefulness.

The volume edited by Katschnig is the second edition of a book which pioneered, in many ways, concern with the within-family treatment of schizophrenics. It would be of considerable use to people who have to deal with a schizophrenic relative at home, and similarly it might be useful to psychiatrists having to advise people in such a situation.

Finally, the book by Eggers, also edited, deals with the social development of humans, in particular the learning by the infant of interaction with objects. The authors are from a wide variety of fields (ethology, developmental psychology, education, psycholinguistics, psychoanalysis, anthropology etc.) and this of course produces an incredible variety of approaches, and also makes the reader wonder which of these aspects have scientific validity and which are merely literary excursions. On the whole this is probably the least successful of the five books reviewed, although some of the papers are interesting and useful.

H. J. EYSENCK

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J. B. W. WILLIAMS and R. L. SPITZER (Eds): *Psychotherapy Research: Where Are We and Where Should We Go*. Guilford Press, New York (1984). xiv + 424 pages. £41.65.

This book reports the proceedings of the 1983 Annual Meeting of the American Psychopathological Association. About 20 original papers are reproduced as well as contributions from formal discussants and edited informal discussions. The latter provide insight into what must have at times been a lively debate. I was particularly taken by the closing discussion on public policy about psychotherapy, which for U.K. National Health Service workers might provide a foretaste of a debate which could occur here should the general trend of privatization continue.

Readers of this journal will find valuable summary papers by Kazdin on the treatment of conduct disorders, by Barlow and J. G. Beck on psychosocial treatments of anxiety disorders and A. T. Beck's Paul Hoch Award Address entitled "Cognitive therapy, behavior therapy psychoanalysis and pharmacotherapy: the cognitive continuum" There is also a review of psychosocial treatments for schizophrenia by Keith and Mathews. In addition to these reviews of psychological treatment efficacy for prescribed problem domains, there is an interesting section on the technology model of psychotherapy. This indicates that the tension between those who advocate well-specified replicable techniques and sequences of actions in treatment, such as those defined in training manuals, and those who suspect that the relationship between the therapist and client is pre-eminent, is still alive. The argument about specificity versus generality in treatment is nothing but lively and certainly far from solved.

In summary, I greatly enjoyed this book although at times I wanted to disagree vehemently with certain contributors. I suppose that is one of the disadvantages of vicarious conference attendance.

S. MORLEY

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R. S. LAZARUS and S. FOLKMAN: *Stress, Appraisal, and Coping*. Springer, New York (1984). 445 pages. \$31.95.

This is a long and detailed treatment of the topic, which will undoubtedly be of interest to all those working in the field of stress reduction, counselling and treatment. Those familiar with Richard Lazarus's 1966 book *Psychological Stress and the Coping Process* will no doubt know the direction of the argument, and will not be disappointed in finding the same views elaborated, developed and referenced in a very lengthy bibliography. One might have hoped that the authors of this book would have dealt in some detail with alternative theories, and would have tried to look at the large literature which

has developed around such topics as behaviour therapy. However, such a hope would be in vain. Mentions of behaviour therapy are very brief and fleeting, and betray no knowledge of the processes involved. Thus on p. 339 systematic desensitization is mentioned, but no mention is made of flooding with response prevention, or modelling. The whole concept of Pavlovian conditioning is dismissed in one curiously muddled paragraph, which seems to identify it with Freudian theories! The term 'extinction' is not even mentioned in the subject index. This extreme one-sidedness seriously devalues the book as an introduction to the whole field of stress and coping.

Other topics which are for all practical purposes missing are the very important subjects of genetics, individual differences and personality. For all the authors seem to care, neither personality nor heredity might exist as important causal factors in defining stress or producing coping behaviours. Individual differences are mentioned, but not in the way they are normally conceptualized as related to personality variables. Altogether, then, a disappointing book which, while showing a reasonable appreciation of one approach to stress, fails to integrate this with many other ways of investigating and looking at the problem. It is this extreme one-sidedness that has prevented psychology from developing paradigms, or becoming a unified science. As long as every author is apparently permitted to ride his own hobby horse, and disregard well-established facts and theories related to the area he is supposed to cover, so long will extreme subjectivity and odd idiosyncrasy prevail.

H. J. EYSENCK

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G. J. DE VRIES, J. P. C. DE BRUIN, H. B. M. UYLINGS and M. A. CORNER (Eds): *Sex Differences in the Brain (Progress in Brain Research, Vol. 61)*. Elsevier, Amsterdam (1984). xiii + 516 pages. \$134.75.

Many aspects of the sexual differentiation of behaviour and psychology remain mysterious. I defy anyone, for example, to produce a coherent model, well-supported by existing data, of the aetiology of human homosexuality or even normal gender identity. As to those socially divisive issues of the causation of the sex differences (well-established) in mathematical or visuospatial ability, mere opinion continues to hold the ring. But if light is ever to come, it will be from the kind of careful analysis of the factors affecting the sexual differentiation of the brain that is well-represented in this new volume in Elsevier's *Progress in Brain Research* series.

The details of the plot are thickening fast. Testosterone can now be seen to cause its mysterious transmutation of the brain (simplistically, from female to male), in not one but (at least) two ways: after enzymatic reduction that leaves this hormone as an androgen, or after its aromatization to an oestrogen. The changes wrought in the detailed patterning of the tissue in several different brain regions, in both mammals and birds, by testosterone acting via these two routes are lovingly described in several of the chapters. There are now so many known paths of change that one begins to see all kinds of tantalizing possibilities for how a slight biochemical oddity in just one brain region could give rise to one or other of the varieties of gender, normal and abnormal, that come the way of the clinician.

Possibilities, alas, is all for the while they remain; in contrast to the rapid progress in unravelling the sex of the rat's brain, advances on the human front remain painfully slow, as intrepid observers hunt around for the right material to observe. Nonetheless, whether you have to treat gender deviations or wish to contribute something more than dinner-party conversation to the discussion of feminism, you ignore this book at your peril. While the after-dinner talk follows its appointed circular path, neurobiology marches—slowly, yes—but on.

J. A. GRAY

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D. P. B. GOLDBERG: *Depression*. Churchill Livingstone, Edinburgh (1984). 61 pages £1.75.

This book belongs to the Churchill Livingstone series of *Patient Handbooks*. Its aims appear to be to help patients and their families identify the patient's clinical depressive illness, to explain the origins of affective disorders, and to instruct sufferers about what to do until the treatment works. Does it achieve these aims? In the reviewer's opinion, it succeeds best with the first aim but becomes progressively less successful and more perfunctory thereafter. An example of the extreme perfunctoriness is the author's dismissal in a single sentence (p. 24) of the increasingly recognized possibility that sensitivity to foods may contribute to some people's depressions. The discussion of treatment is limited to drugs, ECT, cognitive therapy, and something which is called 'bereavement therapy' but is described as the opposite of the way it is actually done. Meanwhile, the lay reader is subjected to a detailed description of the neuroanatomy thought to be involved in the production of affective symptoms. The suggestions for further reading include numerous technical references and a depression self-help book which is unlikely to be very helpful. For its size, depth, and potential benefit to patients and their families, the book seems overpriced. For 25p less, they could obtain Stanway's (1981) much more comprehensive paperback on depression, which would give them much more.

V. RIPPERE

#### Reference

Stanway A. (1981) *Overcoming Depression*. Hamlyn, London.