



their contributions, I became quite baffled as to what the Committee had in mind when planning and preparing the book. The selection of subjects is not only arbitrary but fails to address many contemporary ethical matters that warrant our attention. Indeed, some of the material covered seems of much lesser relevance. For example, why is there a chapter devoted to gifts, particularly when these are partially dealt with in the chapter on boundary violations? Presentation of material is another problem: the chapter on consultations and second opinions is particularly nebulous.

Further difficulties arise when one tries to detect a common aim. The author of the chapter on children, adolescence and families offers a personal view about the range of issues that arise in this area, whereas the writer of the chapter on involuntary hospitalisation highlights controversies. In another pair of chapters, the authors apply the APA guidelines specifically in dealing with the ethical quandaries on which they focus. After a careful reread, the nagging question remained as to whether this book is intended to be prescriptive, descriptive, a mixture of both, or something else.

Similar criticisms apply to the bibliographies. Some chapters have none; in others they are scanty or dated. A suggested reading list is offered but by only one author. Again, I wonder what lay behind the editors' thinking when commissioning the contributions.

Having been a proponent of highlighting psychiatric ethics in the professional life of psychiatrists for over two decades, I am always excited about new contributions. Alas, I cannot respond in this way on this occasion and suggest that should the APA consider a second edition it be done with substantially more preparation and planning.

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Comprehensive Guide to Interpersonal Psychotherapy

By Myrna M. Weissman, John C. Markowitz & Gerald L. Klerman. New York: Basic Books. 2000. 488 pp. £42.50 (hb). ISBN 0 465 09566 6

Interpersonal therapy (IPT) has established itself as a highly effective psychological treatment for most forms of depression. It is a very researchable and teachable one too. Developed within mainstream US psychiatric practice, it works within a traditional diagnostic model. Its range of applications is continuing to expand. Interpersonal therapists need an ability to formulate, to empathise and to facilitate emotional self-expression. This makes IPT an attractive and useful model for nearly all psychiatrists to learn, irrespective of previous psychotherapeutic experience.

Prior to the publication of this excellent volume, the key text was Klerman *et al's* (1984) detailed practical guide to IPT technique. Nearly all of it is to be found here, comprising about half the present book. Additional material is of three kinds. First, there is some new material on basic methods, including an extended survey of techniques for use in work with couples. Second, there are detailed practical notes on additional clinical applications, including its use in the elderly and adolescents; dysthymia and bipolar disorders; depression associated with childbirth and HIV; and substance misuse, anxiety and eating disorders. Third, the use of IPT in new formats is discussed, including brief counselling, maintenance treatment, groups and telephone contact. Notes on training resources are also updated.

The notes on IPT technique are always clear and relevant. They are illustrated with case examples, several of which are new.

One questionable revision is the now perfunctory discussion of combined treatment with IPT and antidepressants. This assumes that combined treatment presents no significant problems to either patients or therapists and omits basic advice on how combined treatments should be timed. The implications of research seem insufficiently explored here, while a complex clinical issue is excessively simplified. In general, relevant research is introduced without obscuring the book's eminently practical focus, ensuring a long shelf-life. Production maintains the high standards customary in the USA. This 'comprehensive guide' lives up to its name and is now *the* book to have on IPT. No psychiatric library can be without it.

Klerman, G. L., Weissman, M. M., Rounsaville, B. J., et al (1984) *Interpersonal Psychotherapy of Depression*. New York: Basic Books.

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Brain Imaging in Schizophrenia: Insights and Applications

By Tonmoy Sharma & Xavier Chitnis. London: ReMedica Publishing. 2000. 74 pp. £15.00 (pb). ISBN 1 901 346 08 0

