

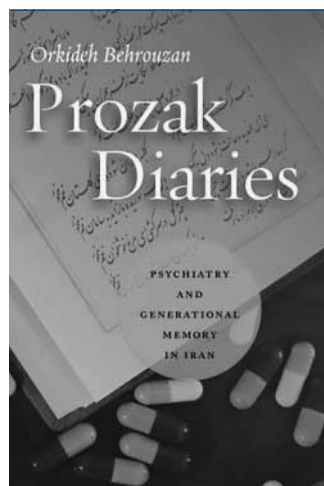
conative tendencies such as positive and negative self-feeling, curiosity, fear, disgust etc' (Mitchell 1913 – a century pre-Panksepp).

Here were the potential founders of a British school of psychotherapy, integrative, scientifically sceptical, influenced by psychoanalysis but not prepared to swallow it wholesale. Malan, Ryle, Hobson, Bateman, Fonagy are their heirs. Enter Ernest Jones, brilliant, controlling, ingratiating; quick to plug the gap created by Freud's expulsion of Jung; Freud's official biographer; founder of the British Psychoanalytical Society; Anna Freud's suitor; host to Melanie Klein. Jones, always ready to bend history to his own ends, is Kuhn's *diabolis ex machina*. Claiming to be the first to bring Freud to the English-speaking world, he shows how by 1906 psychoanalysis had already been championed by Hart, Eder and Mitchell. Jones' flight to Canada following accusations of sexual abuse of two adolescent girl patients was shamefully glossed over.

Kuhn's historical research is convincing and detailed. This is a story that needed telling. Jones set the tone for the elitism and sequestration of psychoanalysis within British psychiatry. The continuing uncertain status of psychoanalytic psychotherapy within psychiatry is in part due to his arrogant disparagement. Sadly, Kuhn's book itself is a mess: no clear narrative structure; tententiously lapsing into speculation; replete with typos. The reader is left to pick the wood from the trees. The whole enterprise needed a good editor with well-honed polemical skills – a latter-day Jones perhaps?

Jeremy Holmes School of Psychology, University of Exeter, Exeter EX4 4GQ, UK.
Email: j.a.holmes@btinternet.com

doi: 10.1192/bjp.bp.117.203851



Prozak Diaries: Psychiatry and Generational Memory in Iran

By Orkideh Behrouzan.
Stanford University Press. 2016.
328 pp (pb). \$27.95
ISBN 9780804799416

Politics and medicine remain uncomfortable bedfellows, especially in psychiatry, where social and anti-psychiatry theories have led to seismic shifts in practice and teaching. In *Prozak Diaries*, Orkideh Behrouzan, a physician and anthropologist, gives an informative account on how socio-historical contexts – post-1979 revolution and the 1980–1988 Iran–Iraq war – shaped psychiatry and in turn a social discourse on mood and affect in Iran.

Prozak Diaries offers a cultural critique of trauma theories in psychoanalysis as well as narrative psychiatry, by exploring generational memories of the Iranian youth and asking how generations are shaped in relation to an emerging biomedical model. The book combines clinical and anthropological outlooks in order to offer a historical analysis of shifting cultural

interpretations of *feeling states* into medicalised modes of thought, cultural remembering, media discourses, and about the unwritten history of modern psychiatry in Iran. French-trained psychiatrists who returned to Iran at the turn of the 20th century had introduced mainly neurobiological theories, with psychotherapeutic theories being later arrivals. During the Iranian Cultural Revolution (1980–1983) most universities closed and biomedical models became further entrenched. Shifting mental healthcare policies of the 1980s then contributed to a public psychiatric discourse in the media as well as several pedagogical milestones within academic psychiatry.

Psychiatric nomenclature has now become part of everyday discourse, pervasive among ordinary Iranians as well as the political and clerical hierarchy. *Depreshen*, with related symptoms and treatments, despite early antagonism and stigma, is set as the main example; this is poignant, given Gallup's recent ranking of Iran with highest negative emotions in the world second to Iraq! *Prozak Diaries* also looks at the diagnosis of ADHD and high rates of antidepressant prescription with pervasive over-medicalisation, in order to provide a critique of the DSM in different historical and cultural contexts. Behrouzan researched the Persian blogosphere and cultural and artistic productions, in particular the publications of the '1980s generation'.

The book will interest doctors at all levels of training, especially those interested in cross-cultural, historical and political aspects of psychiatry. As a UK-trained Iranian psychiatrist, and an immigrant of the 1980s generation, I specially related to *Prozak Diaries*. The book is a valuable adjunct in assisting the management of patients affected by the recent Middle Eastern conflicts.

Cyrus Abbasian Springfield University Hospital, 61 Glenburnie Road, London SW17 7DJ, UK. Email: cyrus.abbasian@nhs.net

doi: 10.1192/bjp.bp.117.205609



Transgender Children and Youth

cultivating pride and joy
with families in transition

Elijah C. Nealy



Transgender Children and Youth: Cultivating Pride and Joy with Families in Transition

By Elijah C. Nealy.
WW Norton & Co. 2017.
£21.00 (hb). 448pp.
ISBN 9780393711394

Introduced as a comprehensive guide to the medical, emotional and social issues of transgendered children, this new book by Elijah C. Nealy provides a thorough introduction to issues in transgender health, regardless of age group. It goes on to identify and contextualise many of the pressing issues facing transgendered patients including harassment, physical violence, adverse employment status, HIV infection rates, inequitable access to medical care and high lifetime rates of mental illness. For a non-specialist

audience, it surveys the social and cultural context of gender and identity, and provides a framework of understanding for all clinicians who may encounter transgendered patients.

The author's deeply personal introduction is an insight into the experience of growing up with, living with and ultimately embracing a gender identity that may not be readily understood by the world. There is a real sensitivity to patients and families who 'struggle to understand everything or perhaps aren't entirely sure its truly OK to be transgender'. The author places his professional practice in the context of his own loss and a desire to help families and young people remain connected. This personal approach is used to invoke the reader's own experiences. He calls on us to reflect on our own gender identity, how this developed and the influence exerted by our family. He ultimately argues that such an approach encourages healthy exploration and discourages shame.

Much of the later sections' content is predicated on the reader providing specialist therapy to young transgendered people and their families. It provides an outline of the author's own practice,

following roughly the phases of a young person's life (initial understanding, medical aspects of transition, establishing school and family supports, and ultimately making a transition to higher levels of education and work). Throughout there are brief prompts for reflection and vignettes drawn from clinical experience. The models of care, style of practice and resources are firmly rooted in North America.

There is much to be gained from a work such as this. It fundamentally humanises a population that has been long been pathologised. It presents a stark image of the damage that can be done to young transgendered individuals. More importantly, it stands as a positive framework to nurture young people and celebrate diversity in all its forms.

Daniel Mogford Psychiatry ST6, Royal Edinburgh Hospital, Edinburgh, UK.
Email: daniel.mogford@nhs.net

doi: [10.1192/bjp.bp.117.202895](https://doi.org/10.1192/bjp.bp.117.202895)