

which stays commendably close to the practical realities of everyday practice. Weighing in at 2lb 10oz and with 90 pages of references it may initially appear disconcertingly heavyweight but is none the less lucidly written and carefully designed to enhance its readability and usefulness. Propositions, definitions and models are all clearly described, the evidence in support of each is critically evaluated and reviews are helpfully punctuated by succinct summaries and conclusions – including the limitations of the evidence itself.

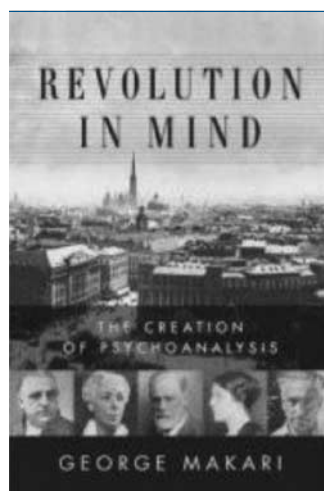
It centres on the needs of people with severe mental illness in ten basic life domains including work, housing, education and family. Alongside well-shaped reviews of familiar topics, such as case management and medication, are challenging areas including managing aggression and people with dual diagnosis. These are usefully extended into emerging areas of collaborative practice such as self-management and peer-provided services.

They have sought to produce an evidence-based text where the research speaks for itself, unembroidered by speculation or opinion. But it is never really possible to serve up theory-free facts or value-free observations and they appear to show a little of their otherwise invisible editorial hand in dismissively lumping psychoanalytic considerations with mesmerism and phrenology as historical artefacts that 'have no utility in understanding disabilities and yielding no benefits in addressing the needs of people with serious mental illnesses'.

This is probably the best account of the evidence base for contemporary rehabilitation practice to date and a commendable starting place for further study or research. In building their book upon the twin foundations of empowerment and recovery they have produced a text which is highly complementary to *Enabling Recovery* (a title I co-edited for Gaskell in 2007) and a welcome contribution to the redevelopment of rehabilitation in the context of recovery-oriented practice. But I do hope that their neologistic identification of consumers who also provide services as 'prosumers' does not survive the voyage across the Atlantic.

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Revolution in Mind: The Creation of Psychoanalysis

By George Makari.
Duckworth Press. 2008.
624pp. £25.00 (hb).
ISBN: 9780715637593

Is there room for yet another book on the history and development of psychoanalysis? I was doubtful at first, but my initial scepticism was overturned after reading this book. George Makari sets a very effective boundary around his vast subject: he tries to cover not only

the history of psychoanalysis, but the history of ideas throughout the formative period of modern Western thought, from about 1870 to 1940, with a brief epilogue about the post-War years.

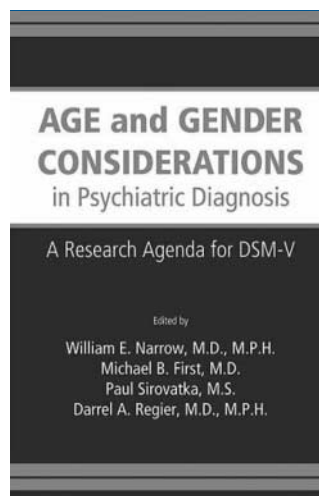
Makari is of his time: he reflects a current preoccupation in the US of going back to the 'founding fathers'. He describes Freud's ability to generate original thought from a synthesis of the important ideas of the 19th century. He also shows the ruthless, Machiavellian side to Freud's character in maintaining control of psychoanalysis as a distinct body of ideas. In modern terms, Freud was managing a brand name and fighting to maintain ownership. However, after this initial period, Freud shows flexibility in superseding his own theories with new ideas, keeping psychoanalysis from being merely a dogmatic school of acolytes.

Admittedly, the book covers familiar ground but it does that through some beautifully researched material on the political development of psychoanalysis. This is one of the clearest accounts I have read of this period. Makari's ability to situate the inter-necine struggles of psychoanalysis within broader history of Europe made me look at his sources to check the accuracy of the connections. I did not find a single mistake and the excellent endnotes and index made the task simple. Makari adopts the modern style of having extensive endnotes and index (nearly a fifth of the whole book in all) but with no intrusive references or footnotes in the text to distract the reader. He writes in a style that makes his book equally absorbing as a holiday book and a textbook and it will attract non-clinicians as much as practitioners.

Inevitably, some sections could be expanded. For instance, the account of the crucial controversial discussions was succinct but a little too brief, whereas the development of ego psychology in North America is covered in detail. These individual preferences are unavoidable in a book of this type, but overall I recommend it to anyone who wants to understand Freud in his historic context. It is salutary that current arguments about technique and theory have their roots in these arguments from over a century ago.

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Age and Gender Considerations in Psychiatric Diagnosis: A Research Agenda for DSM-V

Edited by William E. Narrow,
Michael B. First, Paul Sirovatka
& Darrel A. Regier.
American Psychiatric Association.
2007. 382pp. US\$55.00 (pb).
ISBN: 9780890422953

The fifth edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-V) is due to be completed in 2011 and this volume, while not part of the official DSM revision process, is intended as a source document for the DSM-V Task Force as well as to provide guidance and recommendations for the longer-term

revision of psychiatric classification in general. The book comprises 26 chapters by mostly American contributors and is divided into three parts. The first focuses on gender and examines differences in susceptibility, phenomenology, prognosis and the effects of both biological and sociocultural variables on the presentation of psychiatric disorders in women and men. Arguments for and against the inclusion of separate diagnostic categories for illnesses presenting in women and men are considered. The second section, on early childhood, presents a compelling case for an extensive overhaul of the way psychiatric illnesses in children are currently defined and diagnosed. It recommends a far greater emphasis on developmental considerations, using disorders of mood, anxiety, attachment, feeding and post-traumatic stress disorder as examples. The final section on older people highlights the importance of organic brain pathology in the genesis of a variety of psychiatric conditions, most notably depression, and exposes the inadequacies of current diagnostic systems' abilities to accommodate the impact of physical illness on psychopathology in this population.

Throughout the book the various authors lay emphasis on the changing nature of psychiatric classification and its tendency to become more aetiopathologically, rather than descriptively, based, though there is a pragmatic acceptance that given the imminence of DSM-V's publication it will still be largely categorical in nature, like its predecessors. This is not to say that descriptive psychopathology has had its day. Far from it. For, as one author points out, the precise elucidation of phenotype becomes even more important as the ability to determine aetiology becomes more accurate.

This book will be of value both to specialists in the fields of women's mental health, child psychiatry and old age psychiatry, for whom it provides a useful summary of current research, and to non-specialists who are interested in psychiatric classification and the direction in which it is heading. On the evidence of this book, this direction seems to be an encouraging one.

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to detect patterns of relationships and functioning. There are many lively illustrations of this in the book, but the most memorable is the genogram depicting patterns of conservatism and wildness in the British Royal Family.

It isn't only royalty who are used to illustrate key principles. In parts, this book is like a *Who's Who* of namedropper families. Theories and practical application are explained with colourful genograms of the great, the good and those gossiped about – the rich family dynamics of the Brontës, the Jungs, the Eriksons and the Fondas are offered as scaffolding for learning. Through the genograms of Mia Farrow, Bill Clinton and Louis Armstrong, McGoldrick and co-authors track family patterns through space and time. It is compelling reading and the text is peppered with pertinent questions to ask families and practical therapeutic skills.

Since the first edition was published in 1985, systemic thinking has evolved, as has family life and composition. The text has been updated for the 21st century. Readers accustomed to McGoldrick's authority, insight and compassion will not be disappointed. The inside front cover has familiar looking symbols for male and female, but there are also those less familiar for pets, immigration, secret affairs and transgender. Other societal structures including socio-economic status, sexual orientation, ethnicity and spirituality are given as much thought as kinship relationships.

Genograms are predominantly used by family therapists; however, in this book McGoldrick and colleagues do much to broaden their appeal. General adult psychiatrists will be interested in the practical applications of community genograms. Similarly, genograms mapping relationships with work colleagues have broad appeal, from junior doctors struggling to manage inevitable multidisciplinary rivalries and tensions to managers introducing organisational change.

Frida Kahlo painted her own family genogram and the reproduction in these pages means this book would not be out of place on your coffee table. There are few scholarly books that entertain, delight and educate in equal measures. This is one of them.

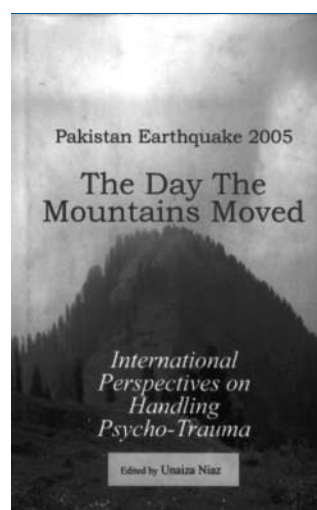
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Genograms: Assessment and Intervention (3rd edn)

By Monica McGoldrick, Randy Gerson & Sueli Petry. Norton Professional Books. 2008. 400pp. US\$27.00 (pb). ISBN: 9780393705096



Pakistan Earthquake 2005. The Day The Mountains Moved: International Perspectives on Handling Psycho-Trauma

Edited by Unaiza Niaz. Sama. 2007. 275pp. US\$12.00 (hb). ISBN: 9698784527

Monica McGoldrick, godmother of genograms, has triumphed again with this third edition of her classic text. Genograms are simple, pictorial representations of relationships and networks used to elicit information and track stressors and resources. Perhaps their most effective application, however, is being able

On 8 October 2005 the mountains moved in northern Pakistan and Kashmir, to cause human tragedy unparalleled in the history