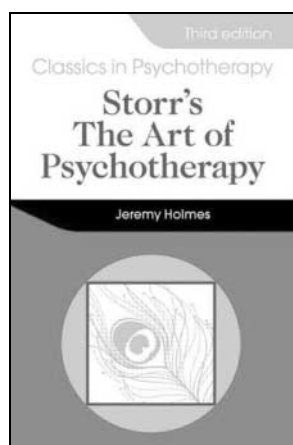


## Reviews

### Storr's *The Art of Psychotherapy* (3rd edn)

By Jeremy Holmes  
Hodder Arnold, 2012, £24.99, pb, 256 pp.  
ISBN 9781444144109



In the third edition of *Storr's The Art of Psychotherapy*, Jeremy Holmes seeks to bring this 1979 classic up to date for the modern practitioner. Included in several additional chapters are a revised section on the classification of personality types and a chapter on the science of psychotherapy. Despite some sizeable additions to the text, Holmes manages to retain the original spirit of the book and his admiration for Anthony Storr's work is clear from the beginning.

*The Art of Psychotherapy* sets out to de-mystify the process of psychodynamic psychotherapy and takes a very practical approach to answering the question 'What does a psychotherapist actually do?' The initial few chapters focus on the beginnings of therapy and I was delighted to see the book address a list of nervously posed questions that I once asked myself when starting my first psychodynamic case: 'Am I supposed to make "interpretations"? If so, what exactly is "an interpretation", and how does one make one?' One of the strengths of this book is the way in which it meets with the reader's everyday concerns.

The middle section deals with important areas such as transference and counter-transference, interpretation and the therapeutic relationship. These chapters are punctuated with case material which allows the reader to visualise something of therapeutic process taking place within the consulting room.

In a welcomed chapter on dreams, Holmes correctly asserts that it can be rather 'alarming' for psychotherapists in training when a client discusses a dream. This chapter does much to assuage these fears in setting out some very clear advice. The revised sections on depression, anxiety and patterns of personality, although certainly interesting and readable, felt perhaps a little less practical than the previous chapters. That said, one of the final chapters, 'The end of therapy', does provide useful insights on what a 'good' client outcome may look like and offers strategies for meeting with issues that can sometimes arise in the 'ending'.

This book is concise, practical and written in an accessible and dynamic way. As such, it would appeal to anyone

interested in psychotherapy, but may be especially useful as an introductory text to core trainees and higher trainees undertaking psychodynamic cases.

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### 'How Many More Questions?': Techniques for Clinical Interviews of Young Medically Ill Children

By Rochelle Caplan & Brenda Bursch,  
illustrated by Amara Leipzig  
Oxford University Press USA, 2013, £32.50, pb, 304 pp.  
ISBN: 9780199843824

Child psychiatry trainees starting out in their training in paediatric consultation liaison care often face a steep learning curve when acquiring and mastering the skills of interviewing toddlers and children. The different developmental phases pose significant and varying challenges as do the behavioural, emotional and cognitive difficulties of the children. The learning process can be eased by working in a good clinical team.

Now a book that aims to better prepare our trainees even before they see their patients has been produced by professors Rochelle Caplan and Brenda Bursch. The authors have drawn on their 30-year clinical experience to present an overview of communication with toddlers and young children in clinical settings. The book provides readers with a progressive understanding of developmental approach to both speaking with young children and understanding their communication, communicating with children particularly when they talk about their feelings in the context of adversity and medical illnesses, and finally understanding how distress commonly encountered in epilepsy, chronic pain and other conditions influences communication in children. The book's final chapter is a concise summary of putting into practice good interviewing skills for specialists in training to become expert interviewers.

The book is well structured, beginning with chapter overview and ending with summary points at the end of each section, making it concise and focused. This is an excellent text for paediatric and child psychiatry residents in consultation liaison service, and child-life specialists starting out their training.

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