

Advances in Psychotherapy, Evidence-based Practice: Bipolar Disorder

Authors: Reiser RP, Thompson LW
Hogrefe & Huber, 2005.
US\$24.95; pp112; ISBN: 0-88937-310-8

Bipolar Disorder is the first in the series titled *Advances in Psychotherapy, Evidence-based Practice*, developed by the Society of Clinical Psychology (American Psychological Association, Division 12) and is intended for a home-based continuous education readership.

The book's title suggests an emphasis on quantitative research. At the same time, the authors clearly define 'psychotherapy' early on in the Preface section. This immediately clarifies to the reader that the book covers psychosocial treatment and not conventional psychotherapies.

The book is divided into 7 chapters. In keeping with the aim of the series, this book begins with a chapter covering definitions and diagnoses. Chapter 2 deals with the theories and models of psychosocial treatment and could have been more aptly titled "Theories and Models of Psychosocial Treatments" rather than "Theories and Models of Bipolar Disorder". Chapter 3 details the treatment indications that impact on the rehabilitation phase of the illness. Chapter 4, the longest chapter, details various aspects of cognitive behavioural therapy such as collaborative engagement, charting and monitoring, activity scheduling complemented by psychoeducation, motivational techniques for insight and treatment adherence, social orientation, family management, and identification of warning signs. Throughout this chapter, case vignettes are provided for demonstration purposes.

Further Reading, References and Appendix comprise the remaining chapters. The Appendix is particularly noteworthy since numerous charts and forms are provided to assist therapists with their sessions and for patients to follow as homework.

This book does not provide a comprehensive coverage of bipolar disorder as the title would have us believe, and the section in Chapter 4 that focuses on demoralisation and psychic re-integration of the recovering bipolar patient could have been further elaborated on.

To summarise, I found this book easy to read, informative, and user-friendly, albeit for an audience well versed with psychology, with much of the text being didactic and confined to the psychosocial aspects on bipolar rehabilitation. I would recommend it as supplementary reading for psychiatric trainees who are preparing for their membership examination. Clinicians who are oriented towards the cognitive behavioural paradigm will also find this book useful, especially if the bulk of their work is day hospital-based or involves outpatient settings.

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Seminars in Child and Adolescent Psychiatry. Second Edition

Editor: Gowers SG.
Gaskell (Royal College of Psychiatrists), United Kingdom, 2005.
US\$60.00; pp370; ISBN: 1-904671-13-6

This book serves as both a practical guide to help trainees through their first association with the subspecialty of child and adolescent psychiatry in their rotational training schemes, as well as a textbook to serve as a study aid.

This edition consists of 22 chapters that are grouped into 5 main parts. The first part is an introductory section covering the history of child and adolescent psychiatry, normal child development, developmental theories, and influences on development. The second part discusses assessment,

classification, and epidemiology as well as the importance of diagnostic implications in the early stages of life. The third part consists of chapters covering each of the main specific disorders — developmental disorders, conduct disorders, disorders of attachments, anxiety and adjustment, depression, psychosis, substance misuse, and eating disorders. However, child psychiatric disorders are not described in a comprehensive manner and are only discussed briefly. Thus, supplemental texts or materials on the various

disorders will have to be referred to by psychiatric trainees preparing for the MRCPsych examinations. The fourth part of the book provides information on the major risk factors for child psychiatric disorders. The fifth and final part covers the main methods of treatment including pharmacological and psychosocial approaches and psychotherapy.

It has been 12 years since the publication of the first edition of *Seminars in Child and Adolescent Psychiatry*. Since then, the United Kingdom child and adolescent mental health services and postgraduate medical education have undergone considerable change. The second edition of this book has been extensively updated and extended, with a number of new chapters covering the major disorders and the range of service provisions. These include extensive discussions on the law in relation to children, principle of service delivery, and inpatient service provision. All of these issues are extremely important, particularly to the overseas psychiatric trainees preparing for the United Kingdom examinations. This information is not readily accessible in the existing literature, but is well addressed in this book.

The supplemental colour photographs showing paintings by children of various ages are particularly impressive. Vivid case scenarios are used throughout to illustrate the message of the text. The key points are highlighted in boxes, displayed lists, tables, and figures. These are organised in

a user-friendly format that enables the reader to access information readily.

The authors have succeeded in providing a highly comprehensive introduction and practical guide to the assessment and management of children with psychiatric disorders. Trainees in psychiatry, pediatrics, and general practice will find it useful as an assessable introduction to the subject when they first start working with children with psychiatric disorders; as a continuing source of practical and conceptual guidance when assessing and treating children with unfamiliar disorders; and as a comprehensive textbook when preparing for professional examinations. Trainees from other disciplines — psychology, nursing, social work, and education — will find that this book meets their needs when working with troubled children and helps them understand psychiatric perspectives on problems that often require interdisciplinary working. Finally, for established professionals in many fields, this book should be an easy way to keep abreast of the current opinions, and a convenient source book for preparing teaching sessions and for references.

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