Book reviews

The authors must have worked very hard to prepare this atlas which includes a series of colour photographs taken from a videotape during a variety of seizures together with the EEG possibly recorded simultaneously. At times, in addition to the EEG, an electro-oculogram records the movements of the eyeballs during an attack. When necessary a surface electromyogram and an electrocardiogram are recorded as well.

The authors not only mention that they are "great friends of Professor Henri Gastaut" from Marseilles but follow his ideas very closely and are very keen on his classification of seizures. The illustrations of the EEG events are well selected even if the celestial colour of the inking gives a less satisfactory contrast than black and white. Following the *Epilepsy Dictionary*, the presentation is didactic for each group of seizures describing (1) the clinical aspects of the attack (with motor, sensory, somatosensory, "vegetative" symptoms and mixed forms, (2) the EEG features during the attacks, (3) the EEG features between attacks, (4) the anatomical evidence, (5) the aetiology, and (6) the age of the patient. Such a scheme is clear at first but, later on, the clinical and EEG aspects become predominant, and the rest is no longer mentioned. This is understandable as the anatomical evidence is usually lacking and the aetiology is generally unknown.

Here and there, odd drawings are included to convince the reader of the mechanisms which are supposed to underlie the sequence of events during an attack or some of the patient's subjective impressions. What fun to illustrate with red stars and blue arrows some aspects described by the patients during "elementary visual attacks" and the colours are very striking and beautifully printed. Pity that on page 88 the sketch of salami and smoked ham is only in black and white!

Some of the drawings, such as the impression of micropsia, macropsia, or diplopia, are useful. A variety of sketches (some in colour) depict the visual hallucinations during an epileptic seizure or the musical aspects of auditory hallucination. The authors left out the drawings on "vegetative hallucinations" probably because they call their patient's attack "orgasmolesia."

The EEG features are presented throughout with an amplification appropriate to the size of the signals and a paper-speed of 15 mm per second. It is surprising that no artefacts appear during a variety of seizures while the EEGs are recorded through pad electrodes or "tripodes." I was unable to find any specification of the time constant employed or the high frequency cut. Towards the end of the text (page 307) there is the description of "anarchic epileptic attacks" which are said to constitute a variety of "unilateral attacks" but which occur during the first month of life. The concept of anarchy is obviously different in Spain from other countries and the reasons why these attacks are classified as anarchic is that the rhythmic discharges "vary in distribution from one region to another."

Only one page (313) is devoted to "unclassified epileptic attacks" (12% out of their 3000 patients with epilepsy in Barcelona). On this aspect the authors differ from Gastaut's figures of 23.5% of unclassified seizures. The desire for classifying seizures is widespread on both sides of the Atlantic and few people seem to be aware of the futility of such an exercise. The bibliography is very selective (three pages) and two pages are devoted to the many papers of Dr L. Oller-Daurella. A brief index is helpful to identify examples of each "class" of seizures. The publishers should be congratulated on the presentation of this substantial atlas which weighs kg 1.760.

G. PAMPIGLIONE

Epilepsy and You By Frank O. Volle and Patricia A. Heron. (Pp. 70; price not stated.) Charles C. Thomas: Springfield, Illinois. 1978.

Although this book is written by two American psychologists for American readers most of what it has to say is applicable internationally. It is designed to help people with epilepsy to cope effectively with their problems and, generally speaking, it succeeds in this aim.

Unfortunately, the first chapters dealing with the medical aspects of epilepsy leave something to be desired. For example, there is a lack of clear distinction between epilepsy and epileptic seizures and between auras and pre-ictal

phases. Furthermore, undue weight is given to the EEG as a diagnostic instrument, and the description of temporal lobe epilepsy is somewhat misleading.

The main portion of this book comprises six chapters dealing with such topics as doctor-patient relationships, the taking of medication, family and social relationships, employment, self-help, and future expectations. These matters are covered very adequately and contain much useful advice. The rules about taking medication are sound and clearly expressed with the aid of brief illustrative case histories. The authors very rightly stress the importance of what people with epilepsy think of themselves, as opposed to what other people think about epilepsy, when the problems of social adjustment have to be faced. The advice given to families is excellent, and the authors do well in emphasising the importance of adequate preparation before meeting a prospective employer. In matters of self-help commonsense rules are recommended, although the case histories quoted concern rather exceptional individuals. The long-term implications of epilepsy are discussed very briefly, and a guide to relevant American organisations is given in the penultimate chapter. The final chapter embodies a list of recommended additional reading material. Those books which are written specially for lay readers will be helpful but the recommended scientific books will probably make rather heavy reading for most, and the list of books of drugs seems a little out of date.

MAURICE PARSONAGE

Behavioural Treatment of Obsessional States By H. R. Beech and M. Vaughan. (Pp. 189; price not stated.) John Wiley and Sons: Chichester. 1978.

It has been said that although the behaviourists have successfully stolen the psychoanalysts' clothes they are no more able to wear them. The major exception to this statement lies in the treatment of obsessive-compulsive neurosis where the formerly gloomy prognosis has been significantly improved by behavioural means. This development stems from Meyer's suggestion in 1966 that if an obsessional patient could be prevented from carrying out his avoidance rituals his anxiety would eventually diminish and he would

learn that the consequences he feared would not take place. Meyer's method of response prevention augmented by modelling and flooding has been widely adopted with such success that it must now be considered the treatment of choice for obsessive compulsive patients. These treatments represent a radical departure from previous approaches, and as the authors of this book state "It must come as a surprise to well-seasoned psychiatric patients who have long experience of drugs, psychotherapy, and ECT to find that the therapist is prepared to run his hand round the inside of the toilet, eat biscuits laced with dust or, even more extraordinary, to prance around the ward with a dustbin lid on his head."

Beech and Vaughan, who are among the most renowned of British clinical psychologists, write with a scepticism unusual among behaviour therapists, and are clearly unhappy about the remoteness of the connection between the empirical treatments offered to patients and their conceptual basis in learning theory. Their book includes an excellent discussion of the relationship between obsessionality and depression, and a useful caution that obsessive-compulsives are rarely cured; even those who respond well to behavioural techniques are likely to require "booster sessions" in the future. The authors also point out that response prevention does not help those patients with ruminations rather than compulsions, and they are rightly critical of the quality of much of the research into alternative therapies such as satiation training and thought stopping. Although this book provides an exhaustive account of contemporary approaches to obsessional disorders, I am uncertain about its potential audience. It is far too detailed for the average psychologist or psychiatrist, and yet specialists are likely to wish to examine original papers. They may, of course, use this volume as a source book.

ROBIN M. MURRAY

Brain Systems and Psychological Concepts By John Boddy. (Pp. 461; £5.95.) John Wiley and Sons: Chichester and New York. 1978.

Dr Boddy has produced an interesting book which will give those planning

postdoctoral work in psychophysiology considerable food for thought. In the right hands it may well improve the quality of research in the grey area between neurophysiology, psychology, and cybernetics. As a text for students it is, as its author anticipates, open to criticism.

That a book which attempts to relate psychological events to brain structure should make little or no reference to the work of neuropsychologists such as Zangwill, Luria, Benton, Hécaen, or Macfie is surprising. When we find that Intelligence, let alone Artificial Intelligence, is listed neither in the contents nor the index, one begins to suspect that the publisher may have given this book a title which belies its author's intentions. Unfortunately, this does not appear to be the case. Dr Boddy specifically claims that his book is a suitable basic text for first and second year students of psychology. I disagree. Do students of psychology need a wide ranging hotchpotch of the latest fringe controversies—"speculative theories"—in physiological psychology? Will they believe that a comparison of the laboratory records of the *blood pressure* of a bitch during intercourse and the *pulse rate* of a female hysteric in a similar situation, is convincing evidence that women are the only female mammals capable of reaching and returning from a sexual climax?

In writing this book the author's admitted bias is that the neurological basis of behaviour is a set of systems which are so closely interwoven that it is difficult to disentangle them. It is doubly unfortunate, therefore, that he largely ignores a century and a half of neurological and neuropsychological research in which a systems approach has been applied with increasing success to the identification of the neurological substrata of a range of psychological functions.

ALICK ELITHORN

Introduction to Psychotherapy: An Outline of Psychodynamic Principles and Practice By Dennis Brown and Jonathan Pedder. (Pp. 228; £3.25.) Tavistock Publications: London. 1979.

It is now recognised and accepted that some skills in the field of psychotherapy

should be part of the armament of every psychiatrist who attempts to relieve discomfort, distress, and dis-ease in his daily practice. This textbook, long overdue, sets out simply, clearly, and succinctly, basic psychodynamic principles and practice.

Both Dennis Brown and Jonathan Pedder are consultant psychotherapists and psychoanalysts and the book, therefore, is properly orientated toward psychoanalytic psychotherapy although it also outlines other schools of psychotherapy and their relevance and importance in the present scheme of things. In the application of psychodynamic principles the reader is taken through individual, group, marital and family, and social therapies with an important chapter on selection and outcome.

This excellent introduction to psychotherapy should be in the possession of every student (and teacher) of psychodynamic principles and practice.

J. D. TEMPLETON

The Content Analysis of Verbal Behavior—Further Studies Louis G. Gottschalk. (Pp. 977; £30.25.) Medical and Scientific Books: New York, London. 1979.

This collection of reprints with unpublished material covers work on the Gottschalk-Gleser scales since their first publication a decade ago. These scales, derived from content analysis of five minute speech samples, purport to measure anxiety, hostility, cognitive and intellectual impairment, social alienation, hope, achievement strivings and so on. The technique has been applied enthusiastically in the social sciences, particularly in psychotherapy and psychopharmacology research. Studies published here range from the psychological effects of whole body irradiation to the teaching of psychotherapy, and from Spiro Agnew's speeches to the effects of marijuana smoking on patients with angina.

Despite its cost the book shows signs of hasty compilation and careless editing. The research worker in the area will have most of the articles reprinted here; the general reader would be better served by a review article.

I. M. INGRAM