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