

M. BIRCHWOOD and N. TARRIER (Eds): *Innovations in the Psychological Management of Schizophrenia—Assessment, Treatment and Services*. Wiley, Chichester (1992). xii + 326 pp. £24.95

The first two thirds of this edited book are devoted to the description of a number of psychological approaches to assessment and treatment of schizophrenia. These range from social and family based approaches to specific individual interventions for positive psychotic symptoms. Remaining chapters discuss issues with respect to service delivery and development. A clear message, timely in the current climate, is that psychologists need to be centrally involved in development of mental health services if the range of treatments described is to be offered in a systematic manner. As Smith notes in Chapter 10, psychological treatments often rely for their effectiveness on being administered by properly trained and supervised professionals. No discussion of services for the long term mentally ill would be complete without a section on case management. As the editors point out in their concluding chapter, case management is an important tool for delivery of services, but does not by itself make a contribution to ensuring that people are offered a comprehensive range of treatment options. The majority of reports of case management to date focus predominantly on delivery of medication, but make little mention of other, complementary, treatment strategies. Unless psychologists are involved in these case management teams then this situation is unlikely to change. This book will be informative and helpful both for practising clinicians and for students interested in working in the area of psychosis.

STEVE JONES

ROBERT M. SAPOLSKY: *Why Zebras Don't Get Ulcers—A Guide to Stress, Stress-Related Disorders and Coping*. Freeman, San Francisco (1994). 368 pp. £17.95

The most difficult type of book to write is one that is popular but is also acceptable to fellow scientists as an accurate account of things as they are. This is difficult enough to do in a scientific treatise, where you are helped by the use of scientific jargon and numerous references; things get really difficult when you are deprived of both, and have to rely on your own ability to interpret complex reality in common sense terms. Sapolsky passes the test triumphantly; this is the best popular exposition of the psychological and physical causes and effects of stress I have come across. It is supremely factual, written in a light and witty way, and still manages to contain sufficient scientific information (and references!) to be useful to workers in related disciplines who are curious to know what is going on in neighbouring fields.

The sub-title, "A Guide to Stress, Stress-Related Diseases, and Coping" gives a good idea why the book is reviewed in *Behaviour Research and Therapy*. If psychological causes are relevant to stress levels, and have a marked influence on the origins of diseases like cancer, coronary heart disease, and if these can be prevented in disease-prone people by suitable behaviour therapy, then psychologists should certainly know about it, and perhaps get ready to practise stress-management on a much larger scale than is being done today. Unfortunately Sapolsky is better informed on the biological causes of stress than on methods of therapy and their effects on the personality of intervention. He rightly argues strongly against over-estimation of possible effects of such intervention, or unjustifiable claims often made about the possible results.

What the book does superbly is to outline the long list of causal agents involved in the chain from stress to disease; it is here that his expertise lies, and it is this information that psychologists should have in order to comprehend the possibilities and limitations of intervention. Of course this knowledge is piecemeal and incomplete, but already there is enough of it to allow us to go well beyond the original ideas of Cannon and Selye. This is a growing science located well between existing disciplines, and the involvement of psychologists in this new mind-body continuum means that we shall have to learn a lot more biology than we might wish. This book makes an ideal introduction, and the references enable the reader to proceed further if he feels like it. And beyond scientific duty, it is all so interesting and relevant to one's own life!

H. J. EYSENCK

L. A. HEIDEN and M. HERSEN (Eds): *Introduction to Clinical Psychology*. Plenum Press, New York (1995) xvii + 409 pp. \$39.50

This is intended as a basic text on clinical psychology. The main readership is likely to be intending students of clinical psychology as a profession, although others who would like to find out more about this field will also find this useful.

As an edited text, the book has been able to call upon the expertise of a large number of established practitioners to provide authoritative chapters on their respective fields. The thrust is throughout on linking theory and practice. The core areas of assessment, intervention and evaluation are covered, with additional chapters on special settings and special populations.

Overall, a well planned and balanced textbook, basic enough for the role of a text, but by no means too introductory. Inevitably, the book reflects American clinical psychology rather better than the field as found anywhere else. This caveat apart, Heiden and Hersen have produced a fine volume.

A. READ