

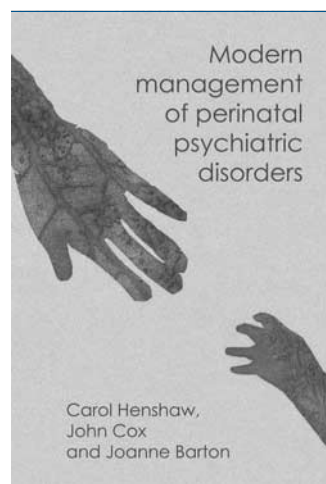
The book certainly provides a complete guide to the new law and is helpfully accompanied by full versions of relevant legislation and the first tier (health, education and social care) tribunal rules. The layout is much more accessible than many legal texts; the book is practically useful, with clear subheadings and indexing making it a viable all-in-one handbook. Although it is not written specifically for psychiatrists, it is free from the legal jargon that may ordinarily repel the interested practitioner.

I am frequently asked to comment on the powers of the tribunal by colleagues; although the questions vary, they could probably be summarised as, 'Can they [tribunals] do that?' Perhaps the test of this book is whether it can satisfactorily answer those questions and in my experience it performed very well.

There is a reluctance to wholeheartedly recommend this book as a necessary addition to your library – if you invest in a copy of Richard Jones' *Mental Health Act Manual* every year then this is probably an unnecessary text. If, however, you struggle with the size of the font in Jones' book or you want a more practical and easily navigable guide to the new tribunal, then this is a worthwhile purchase.

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Modern Management of Perinatal Psychiatric Disorders

By Carol Henshaw, John Cox & Joanne Barton
RCPsych Publications. 2009.
£25.00 (pb). 294.
ISBN: 9781904671367

Recent decades have seen significant research in the field of perinatal mental health, with corresponding changes in clinical practice and policy. This timely book achieves its stated aim of providing trainees and professionals with up-to-date knowledge about the diagnosis and management of perinatal psychiatric disorders, and is for the most part comprehensive in its overview of relevant research. It is a valuable reference book for mental health, primary care and maternity staff.

A particular strength of the book is the chapter on the impact of perinatal illness on children and families, and the authors argue convincingly for greater collaboration between adult and child mental health services. A surprising omission, however, are the findings of the South London Child Development Study¹ which highlight the negative impact of postpartum and antepartum depression on child development and mental health. The need for more research into the impact of routine interventions for perinatal mental illness on child outcomes, short- and long-term, is highlighted, as is the importance of developing and evaluating specific interventions targeting the mother–infant relationship.

The authors also emphasise the importance of understanding the sociocultural context in which women present and could have usefully expanded on this theme in the book.

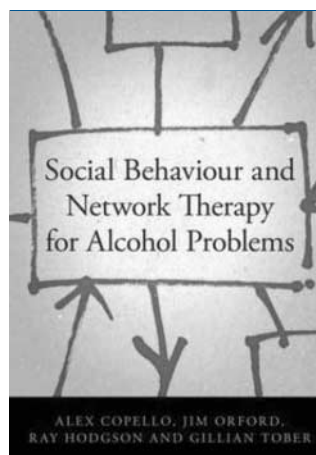
One of the practical challenges facing clinicians in this field is the wide variation in some research findings, for example estimates of risk of perinatal illness in different scenarios and risk associated with psychotropic medication in pregnancy and breastfeeding. The text is thorough in listing the available evidence but there are only limited attempts made to bring the research findings together and draw conclusions which could help clinicians in their day-to-day work.

This is first and foremost a textbook and as such it can make for rather dry reading at times. Many chapters come across as theoretical and somewhat distanced from clinical practice, which is particularly surprising given the authors' combined wealth of clinical experience. More discussion of current practice, with case examples or vignettes, would have enriched the text and made this well-written book inspiring as well as highly informative.

- 1 Hay DF, Pawlby S, Waters CS, Sharp D. Antepartum and postpartum exposure to maternal depression: different effects on different adolescent outcomes. *J Child Psychol Psychiatry* 2008; **49**: 1079–88.

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Social Behaviour and Network Therapy for Alcohol Problems

By Alex Copello, Jim Orford, Ray Hodgson & Gillian Tober.
Routledge. 2009.
£22.99 (pb). 176pp.
ISBN: 9781583918036

The use of psychotherapy to treat alcohol dependence has a provenance almost as long as the recognition of alcoholism as a medical concern. Despite some famous successes – the playwright Eugene O'Neill, for one – psychoanalysis was not deemed an effective treatment for alcoholics. The American Psychiatric Association took the lead in steering practitioners away from therapy aimed at the purported underlying causes of the addiction in favour of behavioural therapies that addressed the use of alcohol head on. These therapies were in accord with new theories of the aetiology of addiction derived from social learning theory.

Such behavioural therapies now come in many different forms with manualised guidance available for each of the variations. The treatments have a good evidence base and when comparing their efficacy in relation to which types of patients might show most benefit there is often little to separate the different approaches. Project MATCH in the USA and the more recent UK Alcohol Treatment Trial (UKATT) are the main research programmes in this area of practice.