

revision of psychiatric classification in general. The book comprises 26 chapters by mostly American contributors and is divided into three parts. The first focuses on gender and examines differences in susceptibility, phenomenology, prognosis and the effects of both biological and sociocultural variables on the presentation of psychiatric disorders in women and men. Arguments for and against the inclusion of separate diagnostic categories for illnesses presenting in women and men are considered. The second section, on early childhood, presents a compelling case for an extensive overhaul of the way psychiatric illnesses in children are currently defined and diagnosed. It recommends a far greater emphasis on developmental considerations, using disorders of mood, anxiety, attachment, feeding and post-traumatic stress disorder as examples. The final section on older people highlights the importance of organic brain pathology in the genesis of a variety of psychiatric conditions, most notably depression, and exposes the inadequacies of current diagnostic systems' abilities to accommodate the impact of physical illness on psychopathology in this population.

Throughout the book the various authors lay emphasis on the changing nature of psychiatric classification and its tendency to become more aetiopathologically, rather than descriptively, based, though there is a pragmatic acceptance that given the imminence of DSM-V's publication it will still be largely categorical in nature, like its predecessors. This is not to say that descriptive psychopathology has had its day. Far from it. For, as one author points out, the precise elucidation of phenotype becomes even more important as the ability to determine aetiology becomes more accurate.

This book will be of value both to specialists in the fields of women's mental health, child psychiatry and old age psychiatry, for whom it provides a useful summary of current research, and to non-specialists who are interested in psychiatric classification and the direction in which it is heading. On the evidence of this book, this direction seems to be an encouraging one.

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doi: 10.1192/bjp.bp.108.052696

to detect patterns of relationships and functioning. There are many lively illustrations of this in the book, but the most memorable is the genogram depicting patterns of conservatism and wildness in the British Royal Family.

It isn't only royalty who are used to illustrate key principles. In parts, this book is like a *Who's Who* of namedropper families. Theories and practical application are explained with colourful genograms of the great, the good and those gossiped about – the rich family dynamics of the Brontës, the Jungs, the Eriksons and the Fondas are offered as scaffolding for learning. Through the genograms of Mia Farrow, Bill Clinton and Louis Armstrong, McGoldrick and co-authors track family patterns through space and time. It is compelling reading and the text is peppered with pertinent questions to ask families and practical therapeutic skills.

Since the first edition was published in 1985, systemic thinking has evolved, as has family life and composition. The text has been updated for the 21st century. Readers accustomed to McGoldrick's authority, insight and compassion will not be disappointed. The inside front cover has familiar looking symbols for male and female, but there are also those less familiar for pets, immigration, secret affairs and transgender. Other societal structures including socio-economic status, sexual orientation, ethnicity and spirituality are given as much thought as kinship relationships.

Genograms are predominantly used by family therapists; however, in this book McGoldrick and colleagues do much to broaden their appeal. General adult psychiatrists will be interested in the practical applications of community genograms. Similarly, genograms mapping relationships with work colleagues have broad appeal, from junior doctors struggling to manage inevitable multidisciplinary rivalries and tensions to managers introducing organisational change.

Frida Kahlo painted her own family genogram and the reproduction in these pages means this book would not be out of place on your coffee table. There are few scholarly books that entertain, delight and educate in equal measures. This is one of them.

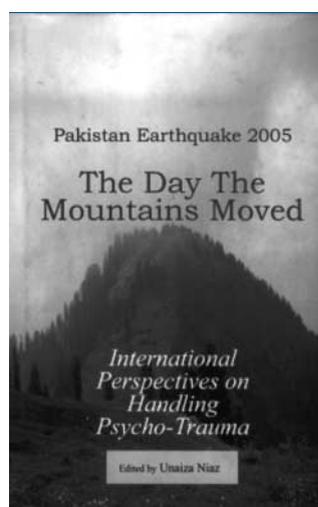
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doi: 10.1192/bjp.bp.108.052589



### Genograms: Assessment and Intervention (3rd edn)

By Monica McGoldrick, Randy Gerson & Sueili Petry. Norton Professional Books. 2008. 400pp. US\$27.00 (pb). ISBN: 9780393705096



### Pakistan Earthquake 2005. The Day The Mountains Moved: International Perspectives on Handling Psycho-Trauma

Edited by Unaiza Niaz. Sama. 2007. 275pp. US\$12.00 (hb). ISBN: 9698784527

Monica McGoldrick, godmother of genograms, has triumphed again with this third edition of her classic text. Genograms are simple, pictorial representations of relationships and networks used to elicit information and track stressors and resources. Perhaps their most effective application, however, is being able

On 8 October 2005 the mountains moved in northern Pakistan and Kashmir, to cause human tragedy unparalleled in the history

of a country ill-equipped to face such devastation. An estimated 73 000 lives were lost, 4 million made homeless and an entire generation of 8- to 14-year-olds wiped out as they attended school when the earthquake struck. I witnessed the devastation ten days after the event and listened to heartrending stories of loss and grief from those whose villages and towns were completely destroyed.

Unaiza Niaz, one of the few women psychiatrists in Pakistan and a prolific writer, has contributed a timely and detailed account of this tragedy. In a comprehensive manner she has brought together experts in the field of trauma to review the early response efforts, societal effects and both known and innovative intervention methods of a population having witnessed such devastating human loss.

The book reports how the experts of the country cooperated to set up and implement a national plan of action for mental health and psychosocial relief for earthquake survivors within days of the earthquake and started operating highly effective mental health relief units, while the capacity of local professionals to work with trauma victims was enhanced by training efforts spread across the country. A chapter on the role of non-governmental organisations noted that 55 agencies from other countries rushed to set up services and coordinated themselves, perhaps by the sheer pressure of the task facing them.

The book is divided into two sections with international and Pakistani perspectives. It was refreshing to read that Niaz and her colleagues formed an 'institute in psycho-trauma' and reviewed the importance of usually marginalised women in disaster settings in the patriarchal Pakistani society. Although some chapters of the book were repetitive and difficult to read, those on the role of the media in seeking assistance and the practical approaches to treating trauma in children came across as true experiential accounts. The contributors report the remarkable spread of post-traumatic stress disorder (PTSD) in the survivors, from 29 to 94%, and major depression, to 81%, as well as the sensitive issue of sexual harassment in these settings. However, the surveys would need the scrutiny of peer-review to assess their significance. Nevertheless, it shows an ambitious team gathering data, imparting training and working directly with survivors.

The chapters based on the Turkish experience with earthquakes gives a detailed review of the subject of stress following trauma and innovative new approaches to treating PTSD, such as single-session therapy, modified behaviour therapy and effectiveness of earthquake simulators as therapeutic tools. Hembree and colleagues, from Philadelphia, have contributed a useful chapter on prolonged exposure therapy, and Klien, from Aberdeen, has tackled the challenges to effective research in disaster settings.

The book is a welcome contribution to the literature and a timely reminder of the need for preparedness to work in disaster settings. I found it a difficult read but interesting as I had directly worked in the camps after the Pakistani earthquake. It makes a good reference book, but perhaps not an essential read.

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doi: 10.1192/bjp.bp.107.047431



### Clinical Applications of the Adult Attachment Interview

Edited by Howard Steele & Miriam Steele.  
Guilford Press. 2008.  
486pp. US\$48.00 (hb).  
ISBN: 9781593856960

When, in the second half of the last century, John Bowlby was first developing his thoughts and observations on the primary human drive to form lasting attachment relationships, his intention was better to understand and help emotionally disturbed children and adults. The twin strands of theoretically driven empirical research and clinical practice have characterised attachment-related work ever since. The Adult Attachment Interview (AAI) admirably encompasses both these functions, having developed beyond its original role as the pre-eminent research tool describing and codifying adults' state of mind with regard to attachment and becoming a valued clinical tool.

This book provides a thorough introduction to the instrument, its coding and classification system. But its main contribution is the way in which it brings together leading experts in the field to present research findings and case material to show how the AAI can systematically be used in assessment and diagnosis, to design and tailor interventions, to facilitate goal setting and treatment planning, to inform and strengthen the therapeutic alliance and to monitor therapeutic progress.

In the context of such an abundant harvest, the minor limitations identified by this reviewer are perhaps not significant. The first concerns a practical issue – the considerable time and expense involved in becoming reliable in conducting and classifying the AAI impose real restrictions on its wider use. Coding the hour-long interview necessitates painstaking verbatim transcription and mastery of a laborious rating system. Untrained or inexperienced interviewers and coders can render transcripts unreliable at best and frankly misleading at worst. Other, less costly ways of processing the interview material have been developed, such as Q-sort techniques, and it would have been helpful to have a fuller evaluation of their role.

The book could possibly also have benefited from fuller discussion of some of the uncertainties that continue to abound in attachment research. For example, there is still only limited evidence that persons classified in adulthood as secure or as one of the insecure categories were classified similarly in childhood. The AAI seeks to capture the person's current mental representations of attachment relationships, but the processes whereby infant attachment patterns are transformed into representational systems are still insufficiently understood. Most studies of association between adult attachment patterns and psychopathology are correlational so that conclusions as to direction of effect cannot be drawn. More importantly, the great majority of people with insecure attachment do not develop psychological disorders, so insecure classifications can only be considered as general risk factors rather than specific aetiological factors.