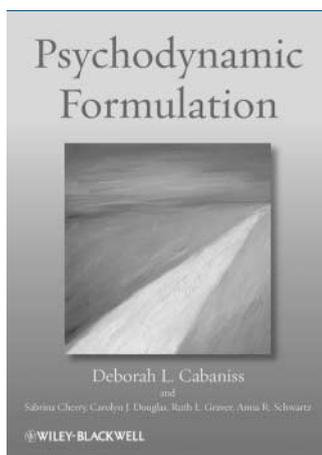


There is a lot to be learnt from each chapter and they are easy to read and assimilate. The excellent and detailed guidance on management will require regular updating as new evidence emerges. This book will be invaluable to any member of the psychiatry team and will refresh our knowledge so we can treat both mind and body once more.

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doi: 10.1192/bjp.bp.113.127571



### Psychodynamic Formulation

By Deborah L. Cabaniss, Sabrina Cherry, Carolyn J. Douglas, Ruth L. Graver, Anna R. Schwartz. Wiley-Blackwell. 2013. £32.50 (hb). 274 pp. ISBN: 9781119962342

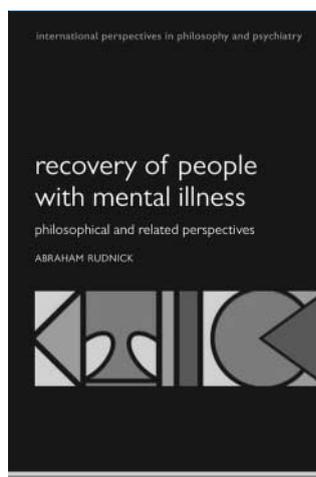
This book offers a brief overview of a psychodynamic approach to clinical case formulation. It is divided into five sections in which each of the components of the framework is introduced, with a final section covering the application of the formulation to clinical scenarios outside of a typical individual therapy setting. The formulation framework is broken down into an initial description of the patient's difficulties, the exploration of the personal and developmental history and finally efforts to link past experiences to current difficulties through the use of theories of attachment and object relations, among others. This overview of psychodynamic theories of development and defence against trauma will be of value to psychiatric trainees, with topics reviewed and presented in a concise manner. The final chapters, exploring the application of the formulation in emergency settings or psychopharmacology consultations, are perhaps the most useful.

Although written in the USA, the book is of relevance to the practising psychiatrist in the UK as well, given the ongoing debates surrounding efficacy and the place of depth psychotherapies in modern clinical practice. The role of formulation informing clinical practice and treatment has recently been represented in the popular press with the publication of a series of explorations by the psychoanalytic therapist and thinker, Darian Leader. His books have been well received, attracting supportive reviews by prominent figures such as Hilary Mantel and, along with the spirited debate generated by two recent critiques of psychiatric practice, indicate that the public appetite for debate around the role of psychiatry in society has not diminished.

While Cabaniss and colleagues can do little to address the ongoing debate, providing no new evidence or arguments either way, they do provide a clear, succinct summary of psychodynamic theory and demonstrate, through the use of illustrative clinical vignettes, the application of the described framework. While psychiatrists practising in the UK may be jealous of the occasional recommendation for twice-weekly therapy over a 3-year period, the closing chapters illustrating the application of psychodynamic formulation in the acute care setting are informative and support a series of articles on similar topics recently published in the College's CPD journal, *Advances in Psychiatric Treatment*.

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doi: 10.1192/bjp.bp.113.138149



### Recovery of People with Mental Illness: Philosophical and Related Perspectives

Edited by Abraham Rudnick. Oxford University Press. 2012. £44.99 (pb). 344pp. ISBN: 9780199691319

This multi-author book attempts to pull together philosophical and related concepts relevant to recovery. The first section describes first-person accounts written from differing perspectives of recovery. Much of this courageous writing describes an evolving sense of self.

The historical chapters give interesting accounts of how the practices of Tuke and Pinel supported people with mental illness to strive to achieve self-control and self-determination. The epistemological considerations challenge conventional knowledge platforms and advocate constructivism as an approach to engage professionals in supporting outcomes as personally defined by users. Constructivism acknowledges that people are complex living systems and proactive agents who participate in their own life and that intrapsychic and interpersonal processes are dynamic and connected. How people appraise themselves and events has an impact on what they do. Therefore, notions of adaptation, reorientation and integration are important and need to be attended to. This crucial process of reflection provides opportunities for the self to be interpreted. We are, however, all