

defect, as its content is limited to the bare facts. Further elaboration of the ideas by the author would have been desirable.

Although it falls short of the exhaustive review scholars are fond of, it provides more than enough material to satisfy both professionals and aficionados who approach the topic of psychosomatics.

In the preface, Shoenberg warns us of the difficult challenge of psychosomatics, to ride two horses at the same time: the psyche and the soma. Throughout the book he takes on much more as he tells us about the findings of physiology, neurobiology, medicine, phenomenology, general psychiatry, psychoanalysis and other psychotherapeutic schools. Also including approaches to literature and poetry, he illustrates his accounts with lively clinical examples. Certainly, he avoids falling in one of the most common pits of the studies on psychosomatics, that of oversimplification. However, he doesn't successfully integrate all these sources of information in a comprehensive model, rather just puts them together.

One chapter is dedicated to his teaching work with medical students. It seems to me that, through his work on Balint groups and offering doctors an experience of psychotherapy, he is promoting the use of psychosomatics at a clinical level and preparing the ground for its theoretical integration in the future. He concludes by stating that each system of thinking has its place, leaving it to the reader (or to the future) to find out what that may be.

In summary, I consider this a highly informative book either as a first approach to psychosomatics or as an up-to-date reference guide for the profession.

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Psychiatric and Behavioural Disorders in Intellectual and Developmental Disabilities (2nd Edn)

Edited by Nick Bouras & Geraldine Holt.
Cambridge University Press.
2007. £48.00 (pb). 438pp.
ISBN 9780521608251

Bouras & Holt are both widely known and respected researchers and clinicians in the field of intellectual disabilities with many years experience in publication of academic as well as service-related work. They have maintained a strong international perspective and the list of participating authors is a veritable Who's Who in the field.

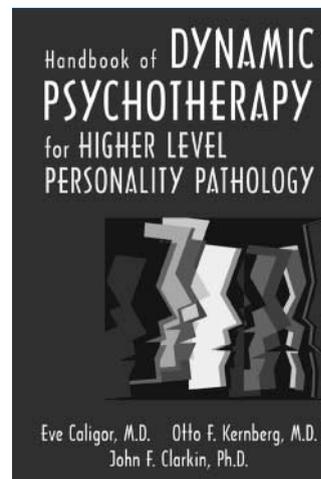
The book is divided into four parts, each encompassing the key aspects of psychiatric practice from assessment and diagnosis to specific disorders to treatment and interventions and finally policy and services. I particularly enjoyed reading, for example, the exhaustive and informative chapter on clinical services for challenging behaviour, which I found enormously instructive. The book is well written and includes summary points at the end of each chapter which help to drive home important messages.

However, there are a few issues that should also be mentioned. First, the references are already out of date; the most recently cited are from 2005. In addition, there are a number of stylistic differences in references between chapters. Second, it would have been desirable to include a considered view of what might be the impact of current UK Government legislation (*Valuing People*, 2001), on the lives of people with intellectual disabilities several years on. Third, the chapter on interdisciplinary assessment of mental disorders might have been better placed as the last in Part 1, rather than in the middle of that section as it is at present.

Overall, though, this book, revised and updated from the first edition of 1999, is a useful and reliable resource for professionals and psychiatric trainees. In my view it forms a stimulating and worthy companion to *Seminars in the Psychiatry of Learning Disabilities* (2nd edn edited by W. Fraser & M. Kerr) published by Gaskell in 2003.

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Handbook of Dynamic Psychotherapy for Higher Level Personality Pathology

By Eve Caligor, Otto F. Kernberg & John F. Clarkin.
American Psychiatric Press. 2007.
US \$60.00 (hb). 284pp.
ISBN 9781585622122

This book presents a model of interpretative psychotherapy that is provided through twice weekly sessions over several years. It is for people who may be able to get by, but not to fulfil themselves, in work or love. (In a UK context, they will be typical of many seen in the private sector or as training cases). The self-defeating habits responsible are attributed to avoidant, obsessive-compulsive, depressive/dependent or hysterical/histrionic personality traits. The use of descriptive personality profiles to map psychotherapeutic needs is not new, having been the organising principle of Anthony Storr's *Art of Psychotherapy* nearly 30 years ago. With the possible exception of some paranoid and schizoid tendencies