

Hospital. Richard died peacefully at home in Atlanta on 5 January 2014. He is survived by Anne, three sons, one daughter and nine grandchildren.

Gerald Russell

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## Reviews

### Public Mental Health: Global Perspectives

Edited by Lee Knifton & Neil Quinn

Open University Press, 2013, £24.99, pb, 264 pp.

ISBN: 9780335244898

This book aims to give an overview of the key issues in public mental health. It is timely as many populations are suffering the depressing consequences of the economic downturn, interest in mental health and well-being by policy makers is increasing, and the recent World Health Organization's Mental Health Action Plan moves this issue to the top of the health agenda.

The book is structured in four parts examining the promotion of mental health and well-being; the prevention of mental health problems; enhancing the lives of people with mental health problems; and finally, bringing these three lines of action together to explore public mental health at each life stage.

This is an anthology of essays. Each chapter is written by an expert or experts from their individual professional and political stance. Do not expect to be convinced of one specific set of actions which must be taken to improve public mental health; instead, the book encourages reflection on the variety of possible approaches, allowing the reader to consider these viewpoints and make their own informed decision about what they might champion in their own area.

The chapter by Wilkinson & Pickett, singled out as a highlight on the back cover blurb, will not offer much that is new if you have read their book *The Spirit Level* (or a good summary); however, it is good to revisit this in the context of very different perspectives. I most enjoyed the chapters on measuring mental health and on suicide prevention which were thought-provoking and absorbing enough to read on a homebound train after a long day.

My main criticism of this book is that although it claims to contain global perspectives, and there are many internationally renowned writers, it is heavily dominated by the UK setting, with most international references being to other English-speaking countries. For example, of the 17 case studies, 11 were UK based and 2 were from Australia and New Zealand. This did not detract from the book's utility for me, as a UK-based practitioner, but could disappoint others.

The only other warning I would give is that the book does not start from a basic level, for example assuming knowledge of Geoffrey Rose's work. If you are motivated to learn about

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public mental health, get a grounding in public health first, then buy this book.

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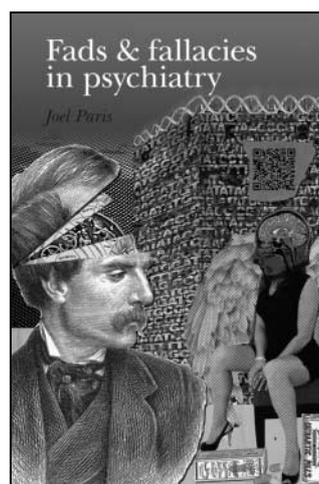
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### Fads and Fallacies in Psychiatry

By Joel Paris

RCPsych Publications, 2013, £15.00 (pb), 128 pp.

ISBN: 9781909726062



Joel Paris is a veteran professor of psychiatry in Canada. He examines our periodic enthusiasms for unfounded ideas and the 'cognitive errors of wishful thinking' that underpin them. Perhaps to reassure us that psychiatry is not uniquely gullible, he starts with a short chapter on fads in general medicine. They can be seen to be driven by lack of evidence, therapeutic optimism and the power of the charismatic teacher. He then looks at how these

have influenced psychiatry. Although, to my mind, he is too dismissive of sociology, he is generally an even-handed critic. He scrutinises the foundations of aetiology, genetics, epidemiology and diagnosis, then the areas of intervention, psychopharmacology, psychotherapy, and prevention.

Some of the offences he describes are historical, such as the uncritical adoption of electroconvulsive therapy (ECT) and psychosurgery. Topical issues include the outside influence of

drug companies and their wilful concealment of important negative findings. Inside psychiatry, academic psychiatrists are taken to task. The understandable desire for precision has led to diagnostic inflation into ever more categories (thank you, DSM). Low thresholds for disease intensity threaten to define millions more as 'cases'.

Although he addresses psychiatry as a whole, his outlook is inevitably framed by current issues in North American psychiatry. Many of us in the UK National Health Service seldom see anyone without a psychosis, so diagnostic inflation may seem somewhat academic. Some North American notions such as 'hospital privileges' need explanation. And, in the UK at least, quetiapine is not, as yet, 'the new Valium'. I blame the editors.

Who is this book for? It is too sober and scholarly for a general readership, which will expect tales of fiendish experiments and outlandish treatments. The voice is often that of a valedictory address, which may be too personal for the more academic. This book could most benefit the new entrant to psychiatry, pulled this way and that by fashion, optimism and authority. It could help to balance their necessary (and healthy) therapeutic optimism with a corrective evidence-based scepticism. And embolden the tyro to challenge the teacher, however authoritative, charming or charismatic that teacher might be.

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## CBT for Anxiety Disorders: A Practitioner Book

Gregoris Simos & Stefan G. Hofmann  
Wiley-Blackwell, 2013, £29.99, pb, 268 pp.  
ISBN: 9780470975534

This book includes contributions from renowned experts in the field of cognitive-behavioural therapy (CBT) for anxiety disorders such as panic disorder, agoraphobia, generalised anxiety disorder, social anxiety disorder, obsessive-compulsive

disorder, post-traumatic stress disorder, specific phobias and health anxiety. It is well laid out into easy-to-read chapters, taking each of the anxiety disorders in turn and providing a clear account of the latest cognitive-behavioural models and CBT treatment methods for those conditions. In addition, there are subsections with descriptions of the diagnostic issues, epidemiology, comorbidities and pharmacological treatments. Each chapter concludes with a paragraph summarising the key points discussed.

The CBT treatment methods are covered in a great deal of detail and readers will appreciate the helpful case histories and therapist-patient dialogues in addition to the tables and figures interspersed throughout. The evidence base behind the treatment modalities is also included.

The last two chapters were particularly interesting. Chapter 8 focuses on adapting CBT techniques and making them culturally appropriate. It describes how anxiety disorders develop in people from different cultures and the authors give an illuminating insight into 'matching the cultural characteristics of the treatment with those of the patient' (p. 191), focusing particularly on their own experiences with using culturally adapted CBT for post-traumatic stress disorder. The final chapter gives an overview of newest entrants to the field of CBT such as acceptance and commitment therapy and mindfulness-based therapies, emphasising that newer treatments are 'not meant to replace traditional methods of CBT but merely [refocus] attention on certain psychological processes and treatment goals' (p. 227). The stress on improving functioning and not just symptom control is one underlying theme in the newer therapies.

Theoretical approaches in CBT have changed over the years and this book provides a comprehensive update on current theories and treatment models in this field. It will prove useful for trainees and seasoned therapists alike.

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## Correction

In the April issue, we published a review of *Play: Experiential Methodologies in Developmental and Therapeutic Settings*, edited by Shubhada Maitra & Shekhar Seshadri (*Psychiatr Bull* 2014; **38**: 95). We incorrectly reported the subtitle of the book as *Experimental* [rather than *Experiential*] *Methodologies*

*in Therapeutic Settings*. We apologise to the book's editors for this error, and for its repetition in the text of the book review.

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