

BOOKS SECTION

REVIEWS

FRONTIERS OF INFANT PSYCHIATRY

Edited by Justin O. Call, Eleanor Galenson, and Robert L. Tyson. Basic Books Inc., New York 1983, 477 pp. \$37.50

This is a fascinating and very readable book which effectively answers the skeptical questions so often asked by professionals as well as lay persons about "infant psychiatry." What psychiatric problems can infants possibly have? Even if they have them, how can you find that out and what can you do about them? In the introduction to their chapter "Treatment Modalities," Fraiberg and coworkers wrote about an angry taxpayer who demanded to know why a federal grant was awarded "to support a crazy woman professor who wanted to put babies on a couch and psychoanalyze them." This compilation of the works of these outstanding contributors should be explanation enough.

The volume is aptly named. It leads the reader into new, unexplored or little understood frontiers of infant development. It arose from the First World Congress of Infant Psychiatry held in Portugal in 1980 and is a collection of the principal presentations, selected by the editors, who are acknowledged experts themselves, to represent original work by "a wide variety of disciplines." It is divided into four parts: "Infant-Caregiver Relationships," "Developmental Disturbances and Intervention," "Prenatal and Neonatal Issues," and "Patterns of Organization and Assessment." All papers and the greater part of the book emphasize the interactive process between the infant and the caregiver, and many of the vignettes and accounts of observations of such interactions are illuminating and thought-provoking. For example, the commonly accepted tenet in psychiatry is that parents "shape" their infants' development. A stimulating study in one of the chapters, however, illustrates how infants do as much toward shaping their parents and helping them progress to greater maturity (Chapter 3: "The Rewards of Infancy," Emde & Sorce).

The papers cover a whole range of environments. They include observations that range from those of reasonably well-adjusted "normal" interaction to those of mild parental distress, neglect, neurosis, abuse, psychosis, as well as a range of infant disturbances, from "normal" activity to autism, retardation, or other severe psychiatric impairment. A particularly interesting chapter is one on the day-to-day observation of a psychotic mother with her infant, noting the impact of her psychosis on "ordinary" events, rather than the usual case history detailing only crises. In a few reports, the dynamics seemed occasionally oversimplified, the researchers too intent on impressing us with the validity of their observations, but these are minor criticisms in a major work.

There are several valuable chapters which should not be neglected on proposed diagnostic classification and clinical uses of the best-known rating scales and assessment tools. Follow-up studies were included, even a 25-year study, and these were impressive. Finally, do not overlook the foreword, which is a well-written history of the relatively brief period of the study of the normal and abnormal development of infants and children, written by one of the masters in the field, E. James Anthony.

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FAMILY THERAPY IN SCHIZOPHRENIA

Edited by William R. McFarlane, M.D. The Guilford Press, New York, 1983, 355 pp. \$25.00.

This volume is a welcome addition to the library of any clinician who is concerned with the general area of family therapy and/or the particular area of the application of family forms of treatment to the schizophrenic disorders. It is a compilation of papers written by experienced, highly respected clinicians. These papers present a variety of strategies that have been developed and employed in attempting to improve the recovery rate of this particularly difficult and often baffling disorder.

The book is divided into four basic sections. The first is a very interesting and unique one which presents interviews with Christian Midelfort and Carl Whitaker and essentially reflects the personal views of these two talented and creative clinicians on the use of family therapy with schizophrenic patients. The second part of section I is an introduction to the whole problem which sets the tone for the rest of the book. The remaining sections are as follows: II. The Psychoeducational Approaches, III. The Multiple Family Approaches, IV. The Intensive Family Therapies, V. Forces From Outside The Family: Time, Brain and Society, and VI. Toward A Synthesis.

Section II, The Psychoeducational Approaches, is very detailed in its description and account of these particular types of strategies and their application to the management of schizophrenic patients and their families. What is even more desirable is the research findings they present regarding effectiveness of these treatment strategies, something that is sorely needed in this as well as in other areas of mental health work. The third section covers multiple family approaches, and section IV, The Intensive Family Therapies, presents two specific theoretical points of view regarding family therapy in schizophrenia. Chapter 10 was of particular interest to this writer, with its very lucid description of the Milan Method.

The eleventh, twelfth, and thirteenth chapters, which came under the section V. Forces From Outside The Family, are devoted to papers dealing with temporal, physiological, and societal factors. This author found chapter 12. The Coordination Of Family Therapy With Other Treatment Modalities For Schizophrenia especially interesting. It should be particularly useful for those clinicians who are hospital based and have the opportunity to employ a variety of treatment modes in managing schizophrenic patients.

The final section, Toward A Synthesis, included a chapter on family research in schizophrenia and a decision tree model for integrating family therapies for schizophrenia. The family research chapter was very well organized and includes discussion of such variables as family enmeshment, family isolation, family communication deviance, and family stigma and burden. The chapter on integrating the various therapies proposed and outlined in the book offers a model for decision making in regard to the combination of the various treatment modes. The authors suggest a phase approach which is more or less related to the level of responsiveness and the existence of "resistance" factors that the family in treatment demonstrates. The less resistance, the more "benign" the family approach may be; the more resistance the family shows, the greater the need for "invasive" techniques. The decision tree model is well thought out and conceived and could be used quite readily in many aftercare programs.

In general, this book is a significant contribution to the family therapy literature and should be on the shelf of any mental health professional whose interests run in the area of schizophrenia and family treatment.

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