

Book Reviews

Editor: Sidney Crown

Winnicott and Paradox: From Birth to Creation. By ANNE CLANCIER and JEANNINE KALMANOVITCH. London: Tavistock. 1987. 174 pp. £8.95.

This is a concise, lively, and highly readable account of the work of Winnicott, the child analyst, with particular reference to his impact in France. The theoretical discussion is clear and there are good biographical notes. It is interwoven with descriptions of Winnicott the man, which helps to show how his theory reflects his style and personality.

Winnicott's love of play is emphasised. One anecdote tells of how, having initiated the setting up of a statue of Freud in Swiss Cottage, he expressed delight at the thought that children might clamber up on Freud's head during their play. This attitude is reflected in his style of working and theorising, where he would playfully follow an idea wherever it might lead him, just as he might follow the lines on the paper in his famous squiggle game with children. Winnicott's work tends to be disliked by those who desire systematisation of theory, but as Pontalis remarks in one of the chapters, "One can trace back Freud's thought, one can expand Melanie Klein's theory, one can systematise Lacan's theories even more. If you try to do that with Winnicott you lose what is best in him."

Some of the most valuable parts of the book are the interviews with prominent French analysts who discuss what influence Winnicott has had on their work. For Pontalis it is the "Winnicott effect" rather than his theories that are important. He reflects that, "A great psychoanalyst . . . can be recognised by this; whenever one reads him it is a good session! An inhibition in thought is lifted, a bit of cyclical space comes alive." Witlocher emphasises the freedom of thought that Winnicott's work inspires, and Winnicott's own freedom to use his imagination to make contact with the child – e.g. the way he purred and miaowed like a cat to a French child to overcome the language barrier. As Witlocher puts it, in this way Winnicott helped the child to begin to dream with the adult and to be released from a frozen attitude. However, this same freedom and flexibility in Winnicott is also a source of anxiety which several commentators hint at; it can foster an idealisation of undisciplined or maverick work.

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Living with Breast Cancer and Mastectomy. By NICHOLAS TARRIER. Manchester: Manchester University Press. 1987. 129 pp. £15.00.

This is the second book in the *Professional Self-Help Guides* series which deals with a chronic disease or condition. It aims to help women who have had breast cancer to identify, analyse, and overcome their psychological stress in a simple and manageable kind of way.

The methods used come from cognitive and behavioural therapy. They were developed as part of a research project in Manchester by Dr Tarrier, Dr Peter Maguire, and Dr Penny Hopwood (author of the useful chapter on psychotropic medicine). Evaluation of the research programmes showed these methods to be effective in many cases.

The book has many examples of personal histories which illustrate particular points well. The strategies of relaxation, positive thinking, reintegration, and normalisation, and how to use existing services for psychological support are clearly explained. The book fills a distinct gap in health care provision for this group of patients and those involved in their care.

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Use of Drugs in Psychiatry: A Handbook. Edited by EMMANUEL PERSAD and VIVIAN RAKOFF. Toronto: Hans Huber. 1987. 174 pp. \$29.90.

This book aims to be a handbook of psychopharmacology serving as a reference and guide to empirical drug treatment in psychiatry.

The early chapters deal with various aspects of the use of neuroleptic drugs, including the management of side-effects. Unfortunately, there is some repetition between the chapters (e.g. three sections dealing with tardive dyskinesia). Otherwise, the text gives simple, practical guidelines for the use of these important drugs. A similar approach is applied to the other major psychotropic compounds – antidepressants, lithium, and the benzodiazepines. The drug treatment of 'offensive sexual behaviour' is described. The use of ECT in clinical settings is discussed; this is a rather strange inclusion in a book devoted to psychopharmacological techniques. There is an excellent account of the common questions