

each of six syndromes (Down's, Prader-Willi, craniofacial, mucopolysaccharidosis, tuberous sclerosis, Rett) are followed by an editorial chapter which summarises sleep-related characteristics of an additional five disorders and provides key references on eight more. The same attention to detail can be found in sections on neurological disorders, non-neurological disorders and psychiatric disorders. My first reaction was that this approach must surely lead to an unhelpful combination of skimming the surface and needless repetition. However, this is not the case. The book opens with a series of chapters from the editors on general issues in assessment and management of sleep, permitting contributions thereafter to focus solely upon specific associations and behavioural phenotypes. The result is a lightly referenced, clinical introduction, in which the editors' experience shines through, complemented by a thoroughly referenced set of chapters that provide both academic and clinical sustenance.

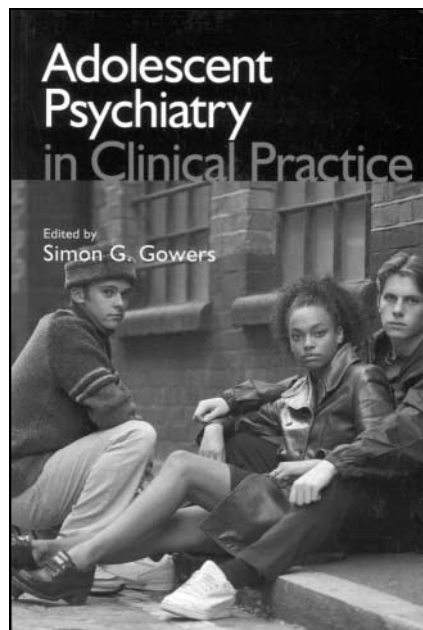
My only criticism is that the book ends rather abruptly. More might have been made of the methodological and research agenda in this important area, although useful pointers are given. However, Stores & Wiggs do set out an educational framework for child health practitioners that provides those responsible for undergraduate and postgraduate curricula with the challenge of the 24-hour care perspective central to the well-being of people with disabilities and those who care for them. This work has all the hallmarks of becoming a standard textbook. It should be widely read and appreciated.

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Adolescent Psychiatry in Clinical Practice

Edited by Simon G. Gowers. London: Arnold. 2001. 560 pp. £45.00 (hb). ISBN 0 340 76384 1

Evidence-based practice is the marriage of individual clinical expertise with the best available scientific evidence. This helpful and up-to-date textbook brings considerable clinical expertise to the available evidence in adolescent psychiatry and



should be useful to practitioners from all disciplines who work with adolescents. Specialist adolescent psychiatry is still relatively undeveloped in the UK, but this book marshals an impressive array of talent among the chapter authors.

The text is divided into four sections: developmental influences, descriptions of disorders, service provision and treatment. However, in attempting to provide breadth of coverage, depth is sometimes sacrificed. For example, only 6 pages are devoted to depression in the affective disorder chapter, 18 pages to descriptions of conduct disorder and delinquency and 12 to psychosis – all major problems in adolescents. Nevertheless, the positives far outweigh the negatives in this book. The opening chapters on development and influences on development are clear and informative. Although brief, the descriptions of disorder convey a real feel for clinical work, and throughout there is a commendable emphasis on placing the adolescent in a developmental and social context. There are good chapters describing assessment and the delivery of services, important given the relative lack of specialist adolescent services around.

Adolescence is a minefield of potential ethical and legal dilemmas for the unwary clinician: for example, Gillick-competent children can consent to treatment without their parents being involved, but their refusal to consent to treatment can be overridden by parents. The chapter devoted to ethical and legal issues takes a problem-solving approach, presenting common

ethical/clinical difficulties and applying basic ethical principles to suggest just solutions. This chapter and the one that follows, on responding to young offenders, also provide a helpful guide to the legislative framework within which adolescent psychiatrists must work. The final section, on treatments, covers the usual ground, but the inclusion of an entire chapter on prevention is welcome.

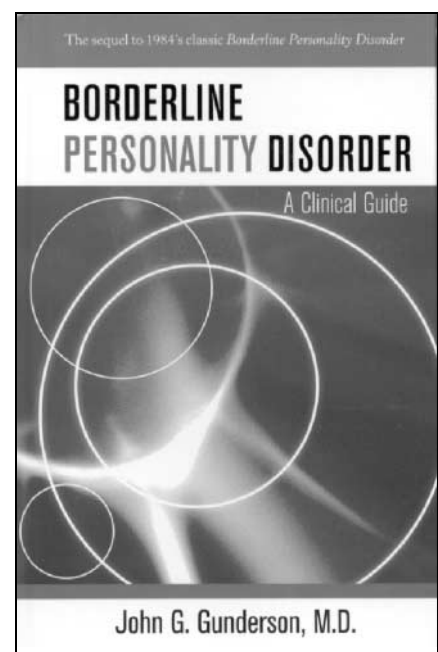
This is a good, basic textbook. The editor fulfils his ambition of producing a book that is readable, practical and scholarly. The fact that it is produced almost entirely by psychiatrists does not in any way detract from its utility for a wide range of professionals who come into contact with adolescents.

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Borderline Personality Disorder: A Clinical Guide

By John G. Gunderson. Washington, DC: American Psychiatric Press. 2001. 329 pp. £47.95 (hb). ISBN 1 5862 016 5

This is a masterly contemporary clinical, empirical and theoretical overview of borderline personality disorder (BPD). The author was considerably involved in the



differentiation and professional recognition of the condition more than 20 years ago.

Whatever your branch of adult or adolescent psychiatry, a significant percentage of your out- and in-patients will suffer from an underlying BPD. You will find ample information in this book to aid you in recognising the coexistence of a BPD in Axis I patients as well as those presenting with such problems as somatic complaints, eating disorders, depression, overdoses, substance misuse, trauma and self-mutilating behaviour.

The classification can be misused and this is well discussed. (Misuse can include under- and overdiagnosis.) Making an accurate diagnosis is really important because these patients suffer over a very long time, as do those professionals and family members who encounter them. Most importantly, there is increasing evidence (which is well-marshalled in this book) that, when an appropriate range of therapies are well coordinated and structured by specialist teams, a considerable reduction in disturbance can be achieved. Longer-term treatment with appropriately trained professionals leads to an increasing capacity to contain impulses, feelings and affects, with consequent improvement in social functioning. Without coordinated and skilled therapies the likelihood is that there will be a continuation of costly destructive and self-destructive behaviour and impoverished lives. Although the author is American, he is clearly well acquainted with important recent British contributions to understanding and treating BPD and groundbreaking research into the clinical effectiveness of such treatments.

This is a very readable book. It is scholarly, up to date and full of clinical wisdom (and vignettes). It is written from a broad empirical basis and therefore the place of medication, partial hospitalisation, family, group, cognitive and psychodynamic approaches are well covered and integrated. I would therefore recommend it to clinicians of all disciplines. A particularly useful section lists other relevant books, films, videos, newsletters and websites.

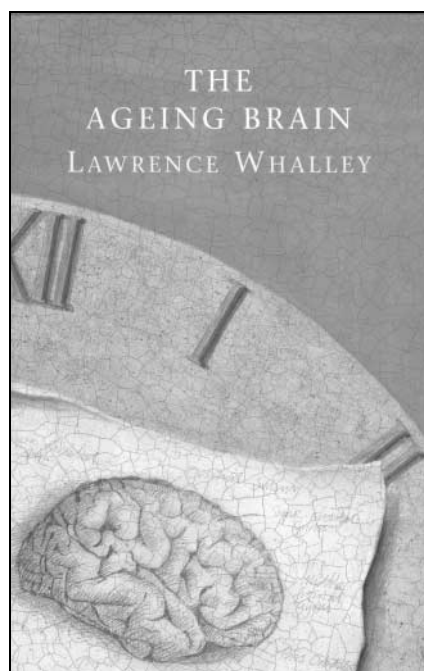
Familiarity with the book could be of considerable assistance in developing clinical governance recommendations and for audit projects and personal development plans. I hope that it might come to the attention of commissioning agencies who may be able to play an important part in guaranteeing that adult mental health services are appropriately organised to

provide adequate services and skills to meet the treatment needs of patients with BPD.

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The Ageing Brain

By Lawrence Whalley. London: Weidenfeld & Nicolson. 2001. 182 pp. £16.99 (hb). ISBN 0 297 64587 0



This book is part of the 'Maps of the Mind' series on brain research and would probably be classified as 'popular science'. Although the general reader would have little difficulty following the clearly explained concepts, the book is essential reading for anybody working in the field of old age psychiatry or neurology. The author is professor and head of mental health at the University of Aberdeen and states in his preface that one of his intentions is 'to counter the widespread pessimism about what the future has in store for us'. Beginning with a lucid discussion of the slippery concept of ageing, Whalley details physical, social and psychological aspects of growing older, and describes current thinking on the changes in mental ability which appear characteristic of normal ageing. After setting this solid and vivid scene of normality, he moves on to the dementias and their causes, chiefly

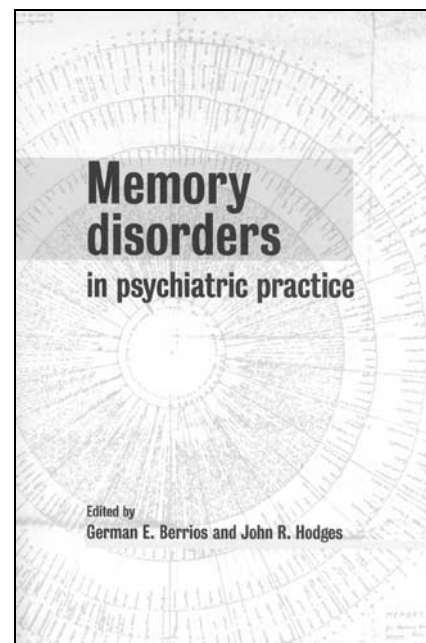
Alzheimer's disease and vascular pathology, and concludes with a plausible account of possible future developments in the treatment and perhaps prevention of these devastating disorders.

The book gives an excellent and readable account of brain function and dysfunction. Whalley manages to be concise and comprehensive at the same time, presenting potentially daunting hard science in an elegant style and including case studies to bring his concepts to life. His use of metaphor is impressive; for example, the mind is likened to a theatre, with various elements – audience, narrator, executive controller – representing different aspects of cognitive function. The scope is broad, encompassing cell biology, immunology, genetics, psychology and even virtual reality, and all in 182 pages.

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Memory Disorders in Psychiatric Practice

Edited by German E. Berrios & John R. Hodges. Cambridge: Cambridge University Press. 2000. 520 pp. £39.95 (pb). ISBN 0 521 57671 7



I reviewed this book with four criteria in mind: first, ease of readability; second, whether the knowledge base is appropriate