

characteristics that lie a step closer to DNA than the clinically observable symptoms and signs, the 'exophenotypes', by which disorders are defined. Irv continued to elaborate the endophenotype concept over ensuing years and it provoked thousands of papers by others, a sort of Higgs boson for biological psychiatry. Unlike the Higgs particle, the existence of endophenotypes has yet to be proved experimentally for any of the major disorders.

Irv was born in Cleveland, Ohio, to Hungarian-Romanian Jewish emigre parents, Bernard, an insurance agent, and Virginia (nee Weitzner). He was a science enthusiast from an early age and began a physics degree while serving as an officer in the US navy, later switching to psychology. He completed his PhD at the University of Minnesota on the genetics of personality but initially had great difficulty in getting his findings published because of the prevailing orthodoxy in US academia in the late 1950s that behaviour was entirely due to nurture and nothing to do with nature.

After his postdoctoral fellowship in London, Irv returned in 1966 to the biology-friendly department of psychology in Minneapolis and set up one of the first behaviour genetics training programmes in the US. He thereafter held chairs in Washington University in St Louis (1980–85), where I first came under his mentorship as a visiting MRC fellow, and at the

University of Virginia (1986–2001), where he set up a clinical psychology doctorate, before returning to Minnesota, where he remained for the rest of his career.

He won many plaudits and prizes worldwide but retained particular affection for and gratitude to the UK, where his recent awards included honorary fellowship of the Royal College of Psychiatrists and King's College London.

Irv is survived by his wife, Carol (nee Applen), whom he married in 1970, and their sons, Adam and David, and grandchildren, Josh, Ava and Fiona.

Irving Isadore Gottesman, clinical psychologist and geneticist, born 29 December 1930; died 29 June 2016

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Reviews

The Other Side of Silence: A Psychiatrist's Memoir of Depression

By Linda Gask

Summersdale 2015, £9.99, pb, 272 pp.

ISBN: 9781849537544

Linda Gask is an eminent academic psychiatrist with an outstanding international reputation. I state this upfront because it is none too obvious from this book – owing to her self-effacing style – and in my opinion, it is very relevant. I should also declare an interest as Linda and I were in the same year at Edinburgh University's medical school and I have heard small snippets of this story from her over the ensuing years.

In this excellent book Linda Gask shows what may be achieved despite living with a recurrent depressive illness; hope emerges even from her darkest moments and this work should encourage many. It is striking for its frankness and honesty – no small achievement given that she clearly must have known it would be read not only by colleagues, but by patients past and present, some of whom would have known little about her. She even mentions her failure to pass the MRCPsych exam at the first attempt and describes her – surprising to some! – experience of how sensitive and supportive a very senior academic colleague was at this time.

The book chronicles her life and career and the impact of her illness, including thoughtful reflections on its roots (in her early life). She teaches us about depression through the mirror of her own illness and that of her patients, and brings this to life through the use of clinical vignettes. She emphasises the importance of both biological and psychosocial factors in the origins of this illness and her description of treatments is both

fair and accurate. Her accounts of her interactions with patients are particularly helpful and should be of value to any doctor, whether trainee or senior. I especially valued her comments on those whose failure to improve is ascribed to personality disorder, which is, alas, an all too common tactic of many psychiatrists.

This is an exceptional book and should be read by many, both doctors and patients. The high-profile endorsements on the cover are entirely deserved. Some years ago Linda wrote another excellent book entitled *A Short Introduction to Psychiatry*. I gave it to many medical students to read.

I will give this to many more.

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Mentalisation-Based Group Therapy (MBT-G): A Theoretical, Clinical, and Research Manual

By Sigmund Karterud

Oxford University Press, 2015, £24.99, pb, 240 pp.

ISBN: 9780198753742

This book presents a challenge for a reviewer because it is both a theoretical text and a technical manual. The technique in question is mentalisation-based group therapy (MBT-G) and