

is the standard reference for those working in the field of child and adolescent emotional health, since it provides us with a comprehensive overview of theory and practice in this field. The only failing of this text, from a psychological point of view, is that its take on the subject is from the viewpoint of psychiatry, which implies an interest in pathology rather than health, of classification rather than the understanding of emotional meaning, and an interest in more physical types of treatment for emotional and developmental disorders. This is not to criticise this type of conceptualisation, but only to state that it may exclude alternative forms of understanding and practice.

To continue, for a moment, the comparison with Rutter & Hersov, this present book is written by a single author whereas the Rutter & Hersov text is written by multiple authors. This means that Carr's text can be more systematically organised: for example, where in Rutter & Hersov there are separate chapters dealing with differing theoretical takes on emotional difficulties (psychodynamic etc.), in the Carr book we are presented with differing theoretical conceptualisations (psychodynamic, behavioural, family-systems, etc.) about a disorder, practice, or theory, in each chapter. The effect of this is to allow the reader to form links, comparisons, and blends of these varying conceptualisations. Instead of what the reader might feel to be constricting systems of categorisation in the Rutter & Hersov volume, where the reader is not encouraged to make links and comparisons, the Carr text encourages us to make links and meaningful comparisons that are not the author's but which seem to be the reader's own. To write a book that gives us this sense is a high art.

Coverage of the field is encyclopaedic and practical. This is a book obviously written by a practitioner who is interested primarily in providing a set of tools for the clinician: this emphasis on practice concentrates on outlining the tools, whether these are conceptual, or tools to aid assessment or the process of clinical decision-making and therapy. This emphasis on tools for practice can be observed by merely quickly flicking through the pages: the observer will see numerous 'smiley faces', case examples, and lists of assessment questionnaires – this initial viewing may be taken to imply a superficiality of coverage which is far from being the case, since the text adds depth to these graphics.

Carr covers the most common problems encountered in clinical practice. His view of these difficulties is necessarily complex, given the need to consider developmental influences and difficulties, and also the influence of family and wider cultural and institutional issues in working with young people. His book is organised in a number of sections. The first outlines frameworks for practice, ways of thinking about psychological problems and the process of psychological consultation. Contained in this section are outlines of the process of normal development within a child's social context, most importantly that of the family, followed by a chapter on influences on problem development – where the organising concepts focus on risk factors, whether these are precipitating, maintaining, or protective, factors. The following chapter deals with issues of classification and treatment effectiveness – the ICD and DSM systems are reviewed and considered and the conclusion is reached that the evidence shows that these systems have reliability, coverage and comorbidity difficulties that compromise their validity – perhaps because emotional problems in children occur either as a result of complex interactional problems, or as dimensional psychological characteristics. Carr also raises some ethical problems with these classification systems, and he goes on to suggest alternative methods of classification, which he develops in the further course of the book. A final chapter in this first section examines the consultation process. This chapter is quite excellent. It contains masses of information that is very comprehensive, and that manages to encompass many different theories and practices in a coherent manner that is potentially useful to the practitioner. Thus, his coverage of practical issues, such as rooms and institutional context, is as good as his discussion of transference and counter-transference and ways of managing these issues.

Further sections are organised developmentally and deal with problems of infancy and early childhood, problems of middle childhood, and problems of adolescence. Two further sections deal with child abuse and adjustment to major life transitions such as separation, bereavement and foster placement. All chapters are similarly organised: they refer back to the organising concepts that were outlined in the first section, there are useful case examples, graphical tables that clearly illustrate

concepts and differing theories, also tables of useful assessment instruments and treatment techniques. At the end of each chapter there are useful summaries, hints for further reading, and exercises that seem ideally designed for training purposes.

I find myself amazed that a single author has been able to produce such a huge, comprehensive, and useful text as this one. This book will become the standard textbook for trainees in clinical psychology, and will also prove to be hugely useful to qualified clinical psychologists. It should also be known and used by other practitioners. Alan Carr's book should now be in the working library of all those who come into contact with children, adolescents, and families who are experiencing emotional or developmental difficulties, where these practitioners need to form a firm basis of understanding of these difficulties in order to help their patients. This book adds a comprehensive, detailed and complementary (to Rutter & Hersov) coverage of the field of child adolescent and family emotional health. Buy it!

**Rutter, M. & Hersov, L. (eds) (1987)** *Child and Adolescent Psychiatry: Modern Approaches*. Oxford: Blackwell Science.

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### Remorse and Reparation

Edited by Murray Cox. London: Jessica Kingsley. 1998. 288 pp. £16.95 (pb); £42.50 (hb). ISBN 1-85302-452-X (pb); 1-85302-451-X (hb)

Familiar though they are in literature, religion and philosophy, the phenomena of remorse and reparation are rarely explored in either the theory or practice of forensic psychotherapy. This book begins to address those omissions, dealing with clinical and legal questions and ranging widely over political, philosophical, sociological and artistic perspectives.

In Part One, Gilligan dares the reader not to be prejudicial and complacent about guilt and remorse by making a clear distinction between them. 'Guilt' appears before the action, and remorse is experienced after it, hence guilty feelings may prevent the acting-out of hostile tendencies.

Part Two contains interesting insights into the judicial system at work. Harding deals explicitly with the view, implicit throughout the book, that sometimes prisons produce far more violence in offenders by the end of their sentences than at the start. Harding also explores the schemes that produce a different kind of experience and a different kind of effect on the offenders. Currently, the Department of Health cites the Henderson Hospital and Grendon Prison as suitable places for the treatment of severe personality disorders, even though the number of these places is still a long way from ideal.

Palmer writes interestingly on how the presence or absence of remorse could work as a mitigating factor in verdicts and sentencing. On the one hand, an apparent lack of remorse can be an aggravating factor in the minds of a jury. On the other, even if the offender expresses remorse, the judge has then to decide whether or not it is genuine.

Part Three shows conclusively that if forensic psychotherapy is to tackle its task effectively, it will need the help of other disciplines, not necessarily within the medical model.

*Remorse and Reparation* is very much the expression of Murray Cox's particular, and unique, talent. He would have been proud of this, his last book, even though he did not live long enough to supervise its publication. Murray has brought together authors from different disciplines to convey a myriad of views. Although occasionally contradictory, the impacts of original insights presented from several different perspectives can be stunning. This book will be a valuable addition to the literature of any forensic institution.

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### **A Guide to the Extrapyramidal Side-Effects of Antipsychotic Drugs**

By D.G. Cunningham Owens. 1999.  
Cambridge: Cambridge University Press.  
351 pp. £29.95. ISBN 0-521-63353-2

This is a book written by a man with a mission: to improve clinicians' awareness of

extrapyramidal side-effects and their relevance in routine clinical practice, and encourage systematic classification and descriptive terminology. He may also be hoping to disabuse anyone holding the distorted notion that while tardive dyskinesia is a malignant complication of antipsychotic drugs, the acute extrapyramidal side-effects (Parkinsonism, acute dystonia and acute akathisia) tend to be transient and relatively benign. This is a worthy mission, as acute extrapyramidal symptoms are commonly unrecognised or misdiagnosed in routine clinical practice, to the detriment of patient care. A recurring theme is the relative neglect of the subjective aspects of drug-related movement disorders and their adverse clinical consequences. Despite the increasing use of atypical antipsychotic drugs with a lower liability for motor disturbance, the author argues convincingly that such problems should remain a core concern of psychiatrists.

Each of the extrapyramidal side-effects (the acute problems as well as tardive dyskinesia and tardive dystonia) is covered in detail, with sections on epidemiology, risk factors, course, pathophysiology and treatment. The clinical features of the conditions are considered in detail, and illustrated with case vignettes. In these sections particularly, the author's thoughtful approach and clinical knowledge in this area are most apparent. Perhaps most fascinating are the scholarly, historical accounts, which include early descriptions of the conditions. These allow the author the opportunity to try and rectify common misconceptions about these disorders, and point out how some descriptive terms have been misused. Overall, the chapters on acute and tardive dystonia and Parkinsonism are probably the most authoritative, whereas the akathisia chapter, particularly the comments on pseudoakathisia, are less so. One disappointment is that there is not more in the book about the relationships between the extrapyramidal side-effects.

One of the author's key aims is to promote the careful assessment of extrapyramidal side-effects. To this end he provides an invaluable, step-by-step description of a systematic, clinical examination, doubtless honed by his own clinical experience. Further, he usefully reviews the principles relevant to the evaluation of the extrapyramidal side-effects, and addresses the limitations and advantages of some of the standardised rating scales available.

This book is resolutely clinical in focus, for example, spending more time on treatment approaches than pathophysiological theories. It is written in an informal, readable style, although some might find the liberal use of exclamation marks and quotation marks (to denote some ironic connotation, slang word or inappropriate use of a term by another author) a little tiresome. Nevertheless, it is an essential volume for anyone considering research in the area of extrapyramidal side-effects. It is also to be recommended to anyone involved in the care of people receiving antipsychotic medication. If the author fails in his mission it will not be because of the excellent book he has written but rather because not enough psychiatrists and other mental health professionals have read it.

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### **Ethnicity: An Agenda for Mental Health**

Edited by D. Bhugra and V. Bahl. 1999. London:  
Gaskell. 262 pp. £25.00 (pb).  
ISBN 1-901242-15-3

This book is a useful addition to the limited modern literature on the health of ethnic minorities. It has 24 short, well-written, easy-to-read chapters. Most are reviews of selections of current UK literature and some are research reports. The authors are modest in their reviews, acknowledging gaps in knowledge and the limitations of previous research methodologies. Appropriate emphasis is given to the use of research approaches valid to the cultures under study. The chapter by Marcus Richards and Melanie Abas on 'Cross-cultural approaches to dementia and depression in older adults' is particularly good in this respect. It reports ongoing work in the development of a screening tool for depression in older adults.

A broad range of subjects is covered. Most of the material is not new. However, some of the chapters, for example that on pathways into care by Dinesh Bhugra, Rachael Lippett and Eleanor Cole, offer a broad and interesting perspective that is missing from current literature on