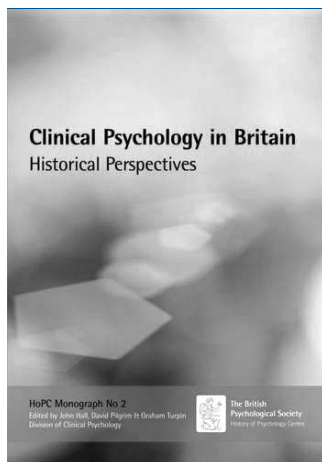


non-culpable? Any psychiatrist giving evidence in the criminal court should check their prejudice, as the saying goes: and it goes both ways. Just as it may be unsafe to assume a woman is mad because she has killed someone, it may be unsafe to assume a man is bad because he is violent, especially when it comes to domestic homicide.

Gwen Adshead Ravenswood House, Mayles Lane, Fareham PO17 5NA, UK. Email: gwen.adshead@southernhealth.nhs.uk

doi: 10.1192/bjp.bp.115.178384



Clinical Psychology in Britain: Historical Perspectives

Edited by John Hall, David Pilgrim & Graham Turpin.
British Psychological Society. 2015.
£21.99 (pb). 395 pp.
ISBN 97819854337313

This book is the place to look for an account of the history of clinical psychology, as it presents the first historical account of the discipline in Britain. It provides an understanding of the developments in the field which reflect the professions of the contributors to the book. These include historians, academic sociologists and academic psychologists, although the vast majority of authors are clinical psychologists who have played a significant role in the development of the profession over the past 30 years.

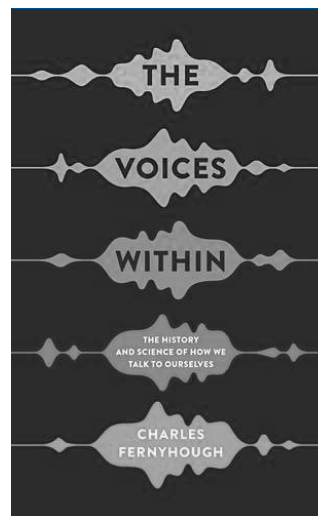
Edited volumes in the history of science often receive criticism for being somewhat inconsistent, in terms of the information presented in each chapter and the styles in which they are written. This stems from the variety of different contributors and, as the editors have alluded to in the closing pages, the tendency for authors who actively practise the profession to slip into uncritical 'Whiggish' narratives on how the profession has progressed. However, the lack of interest in clinical psychology by professional historians has effectively left its vibrant and often fascinating history to those who practise it. One slight criticism of this work is that there is often a tendency to overlook other professions on which psychologists undoubtedly relied as the field developed since the Second World War. For instance, John Hall's chapter is the only section which briefly touches upon the fact that clinical psychologists often rely on the help of psychiatrists, occupational therapists, social workers and mental health nurses, on whom there is a relative wealth of literature, and whose professions have, similar to clinical psychology, rapidly developed since the introduction of the British welfare state in the late 1940s (see for example McCrae & Nolan's 2016 book *The Story of Nursing in British Mental Hospitals: Echoes from the Corridors*).

However, the relatively eclectic nature of this book does reveal some fascinating aspects of the profession, especially on how it emerged from the eugenicist ideas of the late-19th and early 20th centuries and how the National Health Service was essential

for the rapid development of clinical psychology in Britain. This work successfully highlights important individuals to the profession who have otherwise been overlooked, a prime example being William McDougall (1871–1938), who was one of the 'most celebrated' psychologists in the first half of the 20th century but has now been largely forgotten by professionals in the field. This book should become a central resource for anyone wishing to take forward the history of clinical psychology.

Edwin D. Rose History and Philosophy of Science, Churchill College, University of Cambridge; **John Rose** School of Psychology, University of Birmingham, Edgbaston, Birmingham B15 2TT, UK. Email: j.l.rose@bham.ac.uk

doi: 10.1192/bjp.bp.116.192955



The Voices Within: The History and Science of How We Talk to Ourselves

By Charles Fernyhough
Profile Books. 2016.
£16.99 (hb). 352 pp.
ISBN 9781781252796

This is a truly exceptional book for its scope, richness of detail and originality. It is about inner speech, a subject that is central to our understanding of the nature, phenomenology and origins of auditory verbal hallucinations. Fernyhough says of his goal: 'I want to ask what it is like to have this sort of thing going on in your head [inner speech]. I want to investigate how it feels to be caught up in the flow of impressions, ideas and internal utterances that make up our stream of consciousness'. And he does just that. Furthermore, he persuades us (if we ever needed persuading) that 'Talking to ourselves is a part of human experience which, although by no means universal, seems to play many different roles in our mental lives'.

I was surprised to discover that less than a quarter of us engage in inner speech. But, it was not much of a surprise that the four distinct categories of inner speech are the faithful friend, the ambivalent parent, the proud rival and the calm optimist. The function of inner speech at the very least includes the regulation of action and the capacity to take different perspectives. There appears to be a developmental dimension to the role of inner speech in regulating behaviour. Fernyhough relies on Vygotsky's theory on the transition of social speech to private speech (that is speech that acts as a tool to assist a child in performing particular tasks), and ultimately into inner speech. Accompanying this transition is a significant transformation in the form of utterances such that they become abbreviated, even truncated, but yet retaining a dialogic aspect.

Fernyhough is at his very best when dealing with inner speech. The interest from a psychiatrist's point of view lies in the fact that auditory verbal hallucinations are currently conceived of as inner