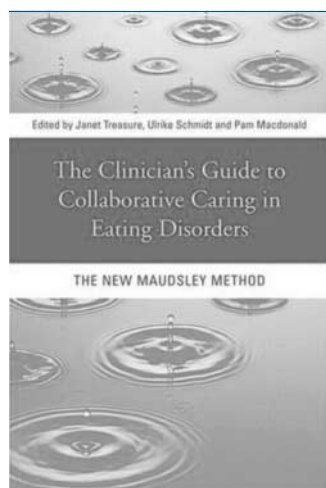


third part, 'Children accused', deals specifically with possession in children.

Overall, I think the book strives to reach a balanced view, neither minimising the potential dangers of children being accused of possession or witchcraft, nor exaggerating the likelihood of this happening and always striving to keep this phenomenon within a broader context. It seems that it is relatively new and something that has developed in the context of some communities struggling with severely disrupted social and community cohesion.

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The Clinician's Guide to Collaborative Caring in Eating Disorders: The New Maudsley Method

Edited by Janet Treasure, Ulrike Schmidt & Pam Macdonald.
Routledge. 2010.
£24.99 (pb). 304pp.
ISBN: 9780415484251

This latest book from Janet Treasure exemplifies practice-based collaborative research hand in hand with evidence-based practice in eating disorders. It bridges the dangerous gap between adolescent and adult services with an integration of the best understanding from both sides and draws on work from the addictions, psychoses, obsessive-compulsive disorder, genetics, cognitive psychology, and a range of psychotherapeutic models. The authors have also learnt from patients and carers. Both this book and its predecessor, *Skills-Based Learning for Caring for a Loved One with an Eating Disorder*,¹ can be read by professionals as well as lay carers without feeling either patronised or mystified.

Parts 1 and 2 provide a scholarly but concise overview that should be read by everyone embarking on work with individuals with eating disorders. Readers should quickly observe that professional carers are as vulnerable as family to the destructive responses which eating disorders elicit to divide and rule the opposition. All psychiatrists – indeed all healthcare professionals – should read Emma Baldock's chapter on ethico-legal aspects of working with carers. It is a lucid discussion of respect for autonomy within an interpersonal setting.

Part 3, the 'meat' of the manual, is centred on developing a shared formulation of the individual's disorder. We understand how the genetically inherited anxiety and inflexibility that predispose to eating disorders will be shared by other family members, which may amplify and perpetuate the disorder. Therefore, it benefits all to learn to contain extreme emotions. This is illustrated with specific scripted vignettes.

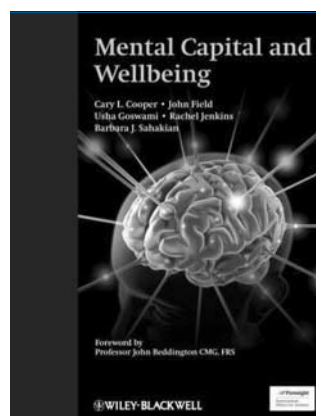
A chapter on pregnancy and parenting includes a useful list of parenting strategies from mothers who have suffered from eating disorders themselves and another chapter emphasises fathers' contributions. Two excellent checklists are also included, which I shall use with all our families henceforth to highlight the particular traps that eating disorders set for us all.

A young doctor summarised in the *BMJ* her experience of anorexia in a single word, isolation.² Here, in 300 pages, is the wisdom of a clinical and research community urging us to collaborate in the task of bringing patients and families back into human society.

- 1 Treasure J, Smith G, Crane A. *Skills-Based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method*. Routledge, 2007.
- 2 McKnight R, Boughton N. A patient's journey: anorexia nervosa. *BMJ* 2009; **339**: b3800.

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Mental Capital and Wellbeing

Edited by Cary L. Cooper, John Field, Usha Goswami, Rachel Jenkins & Barbara J. Sahakian.
Wiley-Blackwell. 2009.
£200 (hb). 1040pp.
ISBN: 9781405185912

In *Mental Capital and Wellbeing*, Cooper *et al* provide a road map of how society can optimally harness the creativity and mental capacities of its individual members if they (countries and persons) are to be competitive in the globalising, technology- and market-driven world of the 21st century. This is an excellent compendium of papers written to inform policy and practice at the levels of government, industry, academia and the professions in medicine, health and the social sciences.

The volume presents the Foresight Mental Capital and Wellbeing Project (a UK project in the Government Office for Science) set up to advise the government and the private sector on how to achieve the best possible mental development and well-being for everyone in the UK (www.foresight.gov.uk). The project sought to generate an understanding of the science of mental capital and well-being and a vision of the size and nature of future challenges. Analyses of strategic options for addressing the future challenges were conducted and an action plan developed. For background, the project drew upon current research and commissioned reviews of the state of the art of science in medicine, biology, psychiatry, psychology, technology and social science.

Mental capital is defined as 'the totality of an individual's cognitive and emotional resources', and mental well-being as 'a dynamic state in which the individual is able to develop their potential, work productively . . . build positive relationships . . .

and contribute to their community' (p. 10). Mental capital is likened to financial stock that can be nurtured and accumulated throughout life, but which also alters through life in a trajectory-like fashion. Mental well-being facilitates optimal and judicious use of the capital so that it is not depleted. The papers in the volume detail the best available evidence of how best to nurture and accumulate mental capital at the level of the individual and community, and how to best put these to judicious use, mindful of subsisting challenges and likely future ones (i.e. drivers of change; e.g. an ageing population, technology innovations in the workplace, immigration, changes in the physical environment, the global burden of depression). Five broad areas are subsumed under mental capital and well-being: mental capital and well-being throughout life, learning through life, mental health and ill health, well-being and work, and intellectual disabilities. The book is organised in sections around the five themes, plus a section for cross-cutting reviews and a conclusion section.

I enjoyed the rigour of the papers, which along with use of strengths–deficits and cost–benefit analysis models, and an integrative and multidisciplinary approach to policy recommendations, help the book deliver on its stated aims. The plea made by the editors for a global effort towards building evidence on the cost-effectiveness of mental capital and well-being interventions charts the way for future work. I would have preferred a more integrated consideration of spirituality as a mental resource. The adoption of a utilitarian and materialist framework is bound also to cause some disquiet. Littlewood raises these and other related issues in his chapter titled 'Comparative cultural perspectives on wellbeing'. Overall, this is a masterful effort at foretelling using facts and scientific evidence.

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