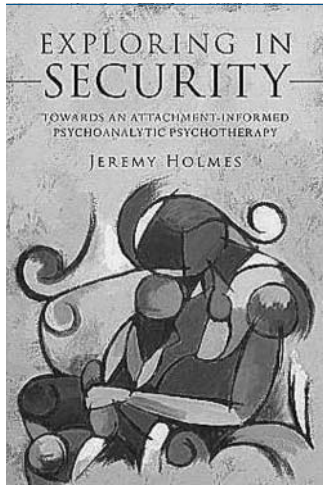


## Book review

Edited by Allan Beveridge, Femi Oyeboode  
and Rosalind Ramsay



**Exploring in Security:  
Towards an Attachment-  
Informed Psychoanalytic  
Psychotherapy**

By Jeremy Holmes.  
Routledge. 2009.  
£21.99 (pb). 216pp.  
ISBN: 9780415554152

Warnings about the consequences of filling old bottles with new wine are legion. The bottles will split, the wine will run out, to the ruin of both. Only 20 years ago, such concerns were used in defence of a clear separation between the containing vessel of psychoanalysis and the cocktail of ethology and developmental psychology known as attachment theory. Nowadays, discussion focuses less on whether attachment theory should be assimilated into analytic therapies, than on how. No one has done more than Jeremy Holmes to bring about such acceptance and to demonstrate its potential. In summarising relevant developments for his readers, Holmes's continuing refusal to be theoretically or geographically insular serves him well.

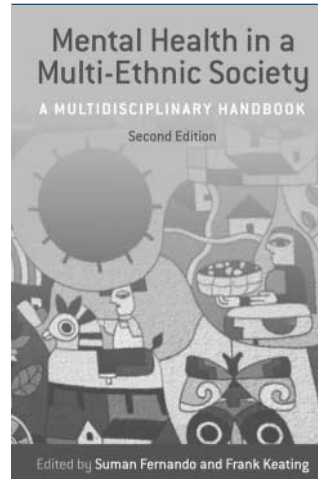
*Exploring in Security* concentrates on clinical uses of attachment theory within individual psychotherapy. Like its predecessors, it rarely disappoints. Within a basic frame of relationship, meaning and change, Holmes outlines a number of therapeutic principles that are pragmatic but potent. He avoids facile adherence to a small set of recipes or solutions, illustrating how therapists' success is likely to reflect their ability to act differently in different situations, as well as on their familiarity with a broad range of relevant theory. As he writes about these clinical lessons, what he offers is rich, complex and balanced in ways that soften conceptions of new or old. The book is not a manual and is likely to appeal especially to therapists of some experience willing to use the lens of attachment theory to 'better understand what they intuitively do in the consulting room'. They are likely to find the book helpful in conveying this understanding to those they supervise and teach.

Two small reservations may be signs of our time. The blurb on the book's cover makes reference to evidence-based practice and a brief consideration of research into psychotherapy outcomes is included within. However, this section fails to get beyond an unnecessary stand-off between demonstration of effectiveness and 'logic and theory'. Both are needed if promising outcomes in therapeutic trials are to be attributed to processes such as repair, mentalisation or reflective function that the book describes so well. A lack of analysis here means readers could confuse practices that are scientifically informed with ones that are strictly evidence-based. The other caveat is that copy-editing has been minimal and many kinds of typographical error will be found throughout. A

book of this quality deserved surer production. Still, it will amply repay most therapists' exploration.

**Chris Mace** Consultant Psychotherapist, St Michael's Hospital, St Michael's Road, Warwick CV34 5QW, UK. Email: c.mace@warwick.ac.uk

doi: 10.1192/bjp.bp.109.075564



**Mental Health  
in a Multi-Ethnic Society:  
A Multidisciplinary  
Handbook (2nd edn)**

Edited by Suman Fernando  
& Frank Keating.  
Routledge. 2009.  
£21.99 (pb). 320pp.  
ISBN: 9780415414876

*Mental Health in a Multi-Ethnic Society: A Multidisciplinary Handbook* addresses basic issues in mental healthcare for Black and minority ethnic communities in a sociopolitical context. Areas where those communities are at a disadvantage are critically analysed and ways of rectifying that are considered.

Contributions from over 20 authors, with backgrounds in sociology, psychology, psychiatry, psychotherapy, law and education, have succeeded in providing a wide perspective.

Suman Fernando sets the scene by classifying terms such as race, racism, culture and ethnicity, and provides a cultural perspective of mental health. He asserts his strong views on what he considers to be institutional racism. (I recommend readers to the opinion and debate articles in the October 2007 issue of the *Psychiatric Bulletin* (pp.363–70) to gain a balanced view of this highly controversial topic.)

There is a good critical commentary on the main legislation that affects mental healthcare. In analysing the impact of the Race Relations (Amendment) Act 2000 and Human Rights Act 1998 disappointment is expressed that the new Mental Health Act 2007 does nothing at all to help redress racial inequalities.

Almost half of the book is devoted to training issues and description of the various UK statutory and voluntary services. It provides the stimulus to organise programmes and innovations targeting the needs of different ethnic groups. Issues specific to Black and minority ethnic women are discussed and concern is expressed that they access services only at crisis points, experience them as inappropriate, lack confidence and trust in services and have an inadequate knowledge of what is available. Case studies of the Black Mental Health Project, the Muslim Women's Helpline and the Newham Asian Women's Project are good examples of innovative services. The Mellow Project, which started with the aim of helping to reduce the over-representation of young African-Caribbeans in mental health services in east London, describes the development of alternative and sustainable responses to mental distress. The Marlborough Cultural Therapy Centre has developed a specialist, culturally appropriate service for the South