

protection depending on the nature of early life experiences. Although the clinical chapters in part 2 follow a DSM-5 approach to categorisation, the author takes pains to underline the dimensional nature of psychiatric conditions, which is another important theme of this book. He explained that a different approach to categorisation based on evolutionary themes would have been too radical and would defy the purpose of this book as an introductory textbook of psychiatry.

I would personally recommend this book to psychiatrists, researchers and interested medical students. I think it would be of special importance for psychiatric trainees, because in addition to the classic knowledge base necessary for their training and exams, it will also provide them with a more coherent theoretical formulation and context than they can find in current mainstream texts.

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crime rates and the incidence of child maltreatment in the years to come, we would discourage people with ASPD from having children. This would not be a complete or sufficient response; but in terms of utilitarian philosophy, it would be a start.

The key word here is 'utilitarian'; and Perkins' books suffers from a lack of any ethical critique of his claims. There are of course many counter-arguments to his position, too numerous to discuss in detail in a short book review. The main argument is that we could offer therapy to people with personality dysfunction, including people with ASPD. A national treatment trial is underway, which focuses on reduction of aggression; similar interventions are being offered that focus on parenting. Perkins presumably would argue that it's cheaper just to stop child benefit; which reminds me of the evidence that some researchers have found for a linear relationship between a tendency to utilitarian reasoning and scores for psychopathy.

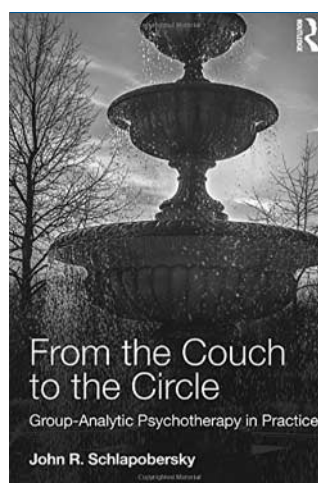
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The Welfare Trait: How State Benefits Affect Personality

By Adam Perkins.
Palgrave Macmillan. 2016.
£20.00 (pb). 201 pp.
ISBN 9781137555281



From the Couch to the Circle: Group-Analytic Psychotherapy in Practice

By John R. Schlapobersky.
Routledge. 2016.
£36.99 (pb). 498 pp.
ISBN 9780415672207

In this book, Adam Perkins, neurobiologist of personality, makes a powerful claim: namely, that social policy structure can influence personality function: especially in those people whose dysfunctional personalities mean that they operate in antisocial ways. He specifically argues that high levels of child benefit encourage people with antisocial personality disorders (ASPD) to have more children; children that they cannot afford to care for, and who are at increased risk of neglect and abuse. These neglected and uncared for offspring are at increased risk of becoming the next generation of adults with personality dysfunction, who rarely engage in paid work, may commit more crime than those without such dysfunction, and who generally may be (as Perkins puts it) 'a drain on the public purse'.

Perkins perfectly understands the political implications of what he is saying, and how his book will be used by political theorists who favour a smaller role for the state. He offers little evidence against his position, and I suspect he is not unhappy with the positive reviews of his book in the *Spectator* and other right-of-centre publications. But it is true that there is good-quality evidence for the transmission of dysfunctional personality traits by epigenetic means across generations, and also evidence that parental personality dysfunction negatively impacts on parenting sensitivity and attunement. If we really wanted to decrease future

I was first exposed to the power of group therapy as a medical student, sitting in on the daily large patient group run every morning by the consultant psychiatrist on my in-patient ward. My interest in groups continued as a junior trainee psychiatrist, and although I benefitted from excellent supervision, I would have welcomed this book to help me make more sense of the theory underpinning the interventions I was learning to practise.

John Schlapobersky is a leading British group analyst and this book represents his work as a clinician, teacher and trainer of group-analytic psychotherapy in the NHS, private sector and other settings over the past 35 years. It is divided into three sections. The first covers the basic principles of group-analytic psychotherapy, which build the foundation from which the creative work of therapy can develop. These include its developmental nature, its language, speech and silence, and its various structural configurations in terms of frequency, duration and composition of groups. The second section further elaborates on the basic principles of analytic group therapy through the clinical concepts of structure, process and content. The third section explores in more depth the dynamic processes of change – the roles of transference, countertransference, containment, symbolisation, metaphor and meaning. Schlapobersky deftly integrates temporal