



columns

of the interesting, varied and often difficult initiatives undertaken in 19 countries across all continents in a bid to combat the stigma experienced by those living with schizophrenia and those around them.

It also, by relating plainly a wide variety of initiatives, gives the reader numerous ideas how they themselves might change their practice to combat stigma; it is worth noting that a recurrent source of stigma reported by those with schizophrenia was their psychiatrist.

The authors, one an eminent psychiatrist and one a senior communications consultant in industry, approach the programme from very different backgrounds, which makes the book more than simply a description of a 'medical' initiative. The book embraces the principles of marketing and public relations and attempts to evaluate their use in medicine. The results are interesting, and the overarching idea that we need to work with those within business communities, journalism and the teaching profession (among others) in a meaningful way, as well as with people with schizophrenia and their loved ones, seems an important one.

The results from national programmes show that relatively small, poorly funded initiatives can make a significant difference to experienced stigma, sometimes more so than larger and less local initiatives. The book subtly brings the reader to the conclusion that it is not a matter of having time in our lives to challenge stigma, but rather one of making time. Importantly it also suggests that times of change and upheaval, in services or society at large, are times of great opportunity for challenging attitudes and providing education. The implicit message that stigma is not necessarily a 'fact of life' for those living with schizophrenia is a refreshing one, although perhaps harder to believe if you have been experiencing it personally for some time.

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Three Therapists – Approaching Challenges to the Therapeutic Relationship (video)

Manchester: University of Manchester Counselling Service

Very early in the course of psychotherapy training the trainee is introduced to the concept of 'common factors' that contribute to successful outcomes in any model of therapy. This video demonstrates such common factors in action within three

different therapeutic modalities: cognitive–analytic therapy, psychodynamic interpersonal therapy (the conversational model) and cognitive therapy. It was initially shown at a psychotherapy research conference and has been reworked and presented as a training video for 'therapists and other mental health workers... to develop skills for working with challenges to the therapeutic relationship.'

The video includes role-plays of three 20-min sessions with a therapist representing each therapeutic modality and is followed by discussion of the interaction among the three therapists. The role-play is very competently performed by an actress which adds to the verisimilitude of the production. This is particularly welcome since the 'patient' material is standardised and hence potentially repetitive.

The video evoked strong reactions from a panel of 'guinea pigs', which included senior house officers in psychiatry and a selection of mental health workers experienced in psychotherapy but not in the specific models of therapy presented. The technical elements of each interaction were not named and those without a grounding in the therapeutic models felt they needed prior theoretical instruction in order to appreciate how the common factors and differences were demonstrated. This could be overcome by frequent pausing of the video and explanation.

The video is 80 min long and it can be difficult to assimilate all the material if watched at a single sitting. However, if watched over three sessions, the comparative aspects of the exercise were diminished. Given the dearth of such resources for psychotherapy supervision, the video is an extremely valuable training tool, but it should be used with some form of teaching on the techniques and interventions used.

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Treating Drinkers and Drug Users in the Community

Tom Waller & Daphne Rumball
Oxford: Blackwell, 2004, £36.50, pb, 457pp.
ISBN: 0632035757

It seems strange to realise that managing drug and alcohol misuse in the community is a relatively new phenomenon. Not that many decades ago most treatment would involve a long hospital stay for detoxification, followed by an even longer period of in-patient rehabilitation. The move to community management has been

possible owing to the involvement of general practitioners who, although slow coming forward, now occupy an important place alongside psychiatrists in the management of drug and alcohol misuse.

When I was dipping my toe into the world of drug misuse, Tom Waller was already a major player in the field of primary care. He provided care to people with drug problems, not just as medical adviser to the City Road crisis hostel but also in his general practice. Many fledgling general practitioners such as myself turned to one of the only textbooks specifically addressing the management of drug misuse in primary care – *Drug Misuse: A Practical Handbook for GPs* by Banks & Waller. For many years their book was one of the few to describe the management of drug use within the community. Over the years many have followed, the latest being the excellent book *Treating Drinkers and Drug Users in the Community* by Daphne Rumball, an addiction specialist, and the late Tom Waller.

The book describes the treatment options for substance misuse – focusing on psychosocial interventions, many of which can be carried out in a community and indeed primary care setting. The evidence in support of the treatments is well presented and the book is superbly referenced, acting as a valuable resource for further study. The book is well written and is accessible to professionals and the general public. It goes without saying that this book will provide an invaluable source of information. Moreover, it is a scholarly text and is extremely well written. Sadly, Tom died last year and will not see how useful this book will be to professionals working in the field of substance misuse. I strongly recommend this book and hope that in time it will become a classic.

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Coping with Schizophrenia: A Guide for Patients, Families and Caregivers

Steven Jones & Peter Hayward
Oxford: Oneworld Publications, 2004, \$17.95, pb, 192 pp.
ISBN: 1-85168-344-5

This book is primarily for people with schizophrenia and their families and gives an overview of the disorder, its treatment (pharmacotherapy and cognitive–behavioural therapy) and the role of the family in management. It contains many case studies, is comprehensive, comprehensible and very well laid out, and the notes at the end of each chapter complement the clear style. My main criticism



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is that although the authors encourage contact with specialist mental health services, the section on the role of the psychiatrist is next to that on compulsory detention in hospital.

The authors try hard to engage a wide audience and the book is more likely to be read by some patients and their families than others. The families of those with severe mental illness will find this book

helpful but it is unlikely to be read by the patients who may have been hospitalised for many years. It will be a useful resource for junior doctors who often have theoretical knowledge of cognitive approaches in psychosis but have very little practical experience. They would particularly benefit from the clear advice that families do not cause schizophrenia. Moreover, it is likely to be helpful for those within the

voluntary and charitable sector, those involved in residential care and members of assertive outreach and community mental health teams.

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miscellany

Request for information

I am funded by the Economic and Social Research Council and am researching for a PhD on 'Homosexuality and military authority in the British Armed Forces, 1939–1945'. Principally, I am interested in exploring the experiences of gay and lesbian service personnel during the Second World War. However, part of my

research examines medical, social and military understanding of homosexuality and lesbianism in the 1940s. Therefore, I would like to correspond with or interview medical personnel who practised or served during the Second World War. I would like to hear from anybody who encountered or treated homosexual service personnel inside and outside of the Armed Forces in that period or from

anybody who served on a medical board. I would also be interested to hear from anybody who could contribute references to sources or offer any further leads. Complete confidentiality is assured. Please contact: Ms Emma Vickers, Department of History, Furness College, University of Lancaster, Lancaster, LA1 4YG (email e.vickers@lancaster.ac.uk).

forthcoming events

The Royal Society of Medicine, Wessex Region are the organisers of a 1-day conference entitled **Children with special needs – coordinating education, health and social care** which will take place on Thursday 14 September 2006 at the Lees Lecture Theatre, Talbot Campus, Bournemouth University, Poole. This conference will explore ways in which children's agencies could collaborate to ensure that physical and mental difficulties are identified at an early stage. Proposals for adopting optimum care and educational strategies for children and parents will also be discussed. For further information please contact Mr Simon Timmis, Royal Society of Medicine, 1 Wimpole Street, London W1G 0AE (tel: +44 20 7290 3844; fax: +44 20 7290 2977; email: simon.timmis@rsm.ac.uk).

The University of Birmingham, in conjunction with the Learning Disability Faculty and the Research and Training Unit of the Royal College of Psychiatrists, and MENCAP have produced a new national guideline on **The use of medication for**

the management of behaviour problems among adults who have learning disability. To introduce this guideline, which contains a number of good practice points that aim to improve the quality of care and endorse health gain for adults with learning disability, a series of free nationwide conferences will be held in 2006. Locations and dates are as follows: Birmingham (4 September), Glasgow (11 September), Newcastle (18 September), Liverpool (25 September), London (9 October), Bristol (16 October) and London (23 October). Conference attendance is free but places are limited so booking should be made in advance. For further information please visit <http://www.ld-medication.bham.ac.uk>. For information or to book a place please contact Jarvey Moss at the University of Birmingham (tel: 0121 678 2364; fax: 0121 6782351; email: psychiatry-admin@lists.bham.ac.uk).

The **15th European Congress of Psychiatry** will take place in Madrid, Spain on 17–21 March 2007. The deadline

for submission of abstracts is 15 November 2006. For further information please visit <http://www.kenes.com/aep2007> or contact the organisers at 15th European Congress of Psychiatry, Kenes International Global Congress Organisers and Association Management Services, 17 Rue du Cendrier, PO Box 1726 CH-1211 Geneva 1, Switzerland (tel: +41 22 908 0488; fax: +41 22 732 2850; email: aep2007@kenes.com).

St George's University of London (Department of Mental Health, Learning Disability) would like to announce the following 1-day event which is taking place on 27 September 2006 at St George's: **Psychiatric education. Undergraduate to postgraduate: the evolving future.** Places are free but those attending must register. For further information and registration please visit <http://www.sgul.ac.uk/depts/psychdis/psyched.htm>.

corrigendum

The email addresses given for Drs Harvey Gordon, Peter Cornwall and Ajay Vijayakrishnan in the

correspondence of the August issue (*Psychiatric Bulletin*, **30**, 313–314) were incorrect. The correct addresses

are Anna.Kennedy@obmh.nhs.uk, lenny.cornwall@tney.northy.nhs.uk and avijayak@sgul.ac.uk respectively.