

do and a fatal crash can be the result. Psychiatrists and other mental health professionals who undertake the treatment of psychopathology should keep in mind that in so doing they are taking on a responsibility no less serious than that of performing brain surgery.

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HEATHER HARPER-GIUFFRE, AND K. ROY MACKENZIE, EDs.: *Group Psychotherapy for Eating Disorders*. American Psychiatric Press, Inc., Washington, D.C., 1992, 353 pp., \$38.50.

Group Psychotherapy for Eating Disorders is a must-read reference for any practicing clinician working with eating-disorders patients, especially in group modality. In this exploration of group therapy as one component in an overall treatment program, editors Heather Harper-Giuffre and K. Roy MacKenzie have filled a void in the literature. This is a very readable book, replete with theory, practical guidance, and warnings.

The psychiatric record of bulimia nervosa is relatively new, while anorexia nervosa was once considered a rare disease. Bulimia's first introduction into the psychiatric nomenclature came with the publication of the 1980 *DSM III*; new criteria for the syndrome were added in 1987 in *DSM III-R*. This volume deals with the up-to-date psychiatric knowledge of group treatment in eating disorders in both the behavioral cognitive and psychoanalytic areas.

Drawn from experiences of the Toronto Hospital Eating Disorders Program, the volume covers the full spectrum of treatment in those disorders. It contains thirteen chapters for clinicians, plus a "nuts and bolts" manual for patients in the Appendix. The chapters are divided into two sections, the first dealing with an overview of eating disorders and group concepts, the second with specialized group treatment. Every chapter is excellent, with the material presented interestingly and clearly. The reader comes away with workable knowledge of the differentiation between anorexia nervosa and bulimia nervosa and the continuum between the two. Therapists are also cautioned against several pitfalls, among them a warning that those susceptible to eating disorders can be thrown into binge-purge cycles if treated by severely restrictive food programs. The only negative is the minimal discussion of the male population affected by these disorders.

Section I, the overview of eating disorders and group concepts, offers much practical advice. The advantage of therapists trained in group, rather than in individual psychotherapy is clearly noted. The dangers of therapists untrained in group in working with this population are cited. The important, but often overlooked, issue of medical monitoring is covered by Sidney H. Kennedy et al. The possibility of co-existing diagnosis is explored. The section's best chapter, by Ron Davis et al., differentiates clearly between psychoeducation and cognitive behavioral groups. As clinicians who treat this population are aware, patients often flood therapists with overwhelming symptoms. The authors offer clinicians a clear and useful guide to evaluate and prioritize the intervention when faced with these

problems. They also list criteria for exclusion from group, an important diagnostic and treatment issue. The editors complete the section with a presentation of the stages of group, where countertransference is discussed.

Section II focuses on specialized group-treatment formats, covering groups in inpatient, day hospital, family relations, sexual abuse, adolescent, support and self-help, continuing care for chronic anorexia, and body-image settings. The excellent chapter by Karin Jasper et al. presents a bold view of body image. Fern J. Kramer-Azima offers guidelines for treating adolescents, a group often overlooked in programs. The chapter by Patricia J. Perry on sexual abuse is powerful. The Appendix, by Ron Davis et al. is most helpful.

In sum, for the seasoned clinician, this is a book worth reading.

New York, NY

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DAVID SCHARFF AND JILL S. SCHARFF: *Object Relations Couple Therapy*. Jason Aronson, Northvale, NJ, 1991, 326 pp., \$40.00.

A number of patients I have seen through the years who were conflicted by their extramarital affairs share a myth about marriage with the authors of this book on couple therapy. For many of my patients so much time and energy were taken up in elaborate planning their clandestine affairs that not much actual sex took place. When questioned, a number of them were startled to hear themselves admit that their sexual activity with their spouses were actually more gratifying than with their lovers.

The dominant substratum of sexuality in most marriages can not be reasonably denied. Yet, to reduce marriage to predominantly a sanctuary in which free expression of sexual pleasure can be enacted, a view that I believe represents the authors' *raison d'être* for marriage, is highly questionable.

I would have little to disagree with the authors if their well-written, systematically presented volume had been entitled "Sex therapy with couples from an object relations point of view." Instead, it is presented as a compendium on couple therapy. One's discernment about the function and meaning of marriage has serious implication for the treatment of couples.

Case after case is presented in articulate conceptualization and with an admirable unguarded disclosure of the therapist's countertransferential feelings working and often struggling with couples. In each case there are ripe opportunities for the practitioner to model and teach the spouses more effective and direct ways of speaking and relating with their partners. They were not taught these skills. There were even some clinical examples where one could reasonably contend that if the couple had been given some skills in dealing with their problematic situations they might have returned for "deeper" truths and not dropped out. Not every patient's "premature" termination is inappropriate. Therapists often unwittingly shame their patients early in the treatment by not addressing their painful feelings of incompetence. The authors seem to take a more discursive approach than would most interpersonally oriented practitioners in dealing with shame. Operating from the