

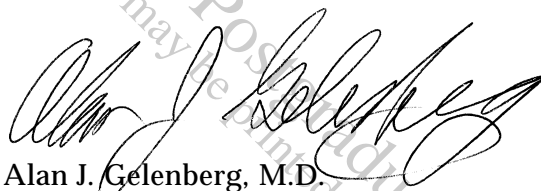
### A New Chapter

After 12 years of tireless efforts, Hagop S. Akiskal, M.D., is relinquishing his editorship of the *Journal's* book review section. Thanks to his dedication, Dr. Akiskal, along with his reviewers, has guided our readers in building personal libraries of lasting value.

Throughout his tenure, Dr. Akiskal sought out young and upcoming clinicians to write the reviews that appeared in the pages of the *Journal*. His choices were designed to provide an opportunity to worthy young reviewers to reach a worldwide audience.

Our readers have greatly benefited during Dr. Akiskal's stewardship. We are all in his debt and hope to take advantage of his keen insights and advice as he becomes a member of our Editorial Board.

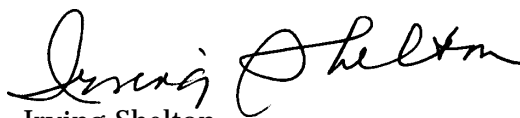
It is also our pleasure to announce that Michael H. Ebert, M.D., has been appointed as a second Deputy Editor of *The Journal of Clinical Psychiatry* and, in this capacity, will oversee the book review section. Dr. Ebert is Chairman of the Department of Psychiatry at Vanderbilt University and is a world-renowned researcher and educator. Under Dr. Ebert's watchful eye, the *Journal* will continue its long-standing tradition of offering our readers concise and practical reviews of some of the most interesting and worthwhile books available today.



Alan J. Gelenberg, M.D.  
Editor in Chief



John S. Shelton, Ph.D.  
Publisher



Irving Shelton  
Publisher

# A Renaissance of Clinical Psychiatry Through Books Published During the Past Decade

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Through a group review of representative books published during the last decade, the author hails a renaissance in clinical psychiatry. This is characterized by renewed interest in psychopathology, focus on discrete mental disorders, sophisticated methodology, greater appreciation of the biological underpinnings of mental phenomena, and integration of traditional psychological approaches within a general medical framework. Although an evolutionary perspective is not yet a dominant theme of the new psychiatry, it is predicted that it will play an increasingly important role in helping the integration of physiology, psychoanalysis, and contemporary psychopathology.

I am formally signing off as Book Review Editor after 12 years. Major changes have occurred in psychiatry during this period. These changes have brought psychiatry closer to medicine. This was reflected in a group review that I published in 1987, entitled "The New Biopsychiatry" (JCP 48:382–384). Since then, the trend has continued toward greater refinement in biological methodology and sophisticated clinical approaches that integrate biomedicine with the more classical concerns of psychiatry. The result has been a true Renaissance in psychopathology. The 25 books that constitute this review illustrate this transformation of psychiatry into a clinical science. The brief descriptions which I give of each book will explain my specific choices in each instance.

This farewell review is largely confined to the books that are sent to us for review; nonetheless, I actively sought certain books from publishers that I felt to be relevant to my theme. The list of books is, therefore, representative and not exhaustive. I have chosen them because they exemplify new developments in specific areas of *clinical* psychiatry. Also, I had to limit myself to first editions and excluded edited books and textbooks. They are listed in alphabetical order by author and no price is quoted: these are priceless books that reflect some of the very best of the new psychiatry.

**Berrios, German E.** *The History of Mental Symptoms: Descriptive Psychopathology Since the Nineteenth Century.*

Great Britain: Cambridge University Press, 1996, 565 pages.

An elegant book, it relates modern psychopathology to its historical roots.

**Brockington, Ian F.** *Motherhood and Mental Health.*

Oxford: Oxford University Press, 1996, 612 pages.

Compassionate and in-depth coverage of the topic unavailable elsewhere under one cover.

**Cytryn, Leon, and Donald McKnew.** *Growing Up Sad: Childhood Depression and Its Treatment.*

New York: WW Norton & Co., 1996, 215 pages.

Documents the pioneering contributions of the authors in establishing childhood depression as a clinical entity.

**Gilbert, Paul.** *Human Nature and Suffering.*

New York: Lawrence Erlbaum Associates, 1989, 407 pages.

Fascinating analysis of the evolutionary underpinnings of negative affective arousal.

**Goodwin, Donald W.** *Alcoholism: The Facts.*

Oxford: Oxford University Press, 1994, 177 pages.

A concise summary of the fundamental facts of this disease with the author's customary wit, incisive analysis, scholarship, and literary flair.

**Goodwin, Frederick K., and Kay Redfield Jamison.**

*Manic-Depressive Illness.*

New York: Oxford University Press, 1990, 938 pages.

I can't say it better than what I said in a review published in the *American Journal of Psychiatry* when the book first came out: "The best since Kraepelin."

**Hyman, Steven E., and Eric J. Nestler.**

*The Molecular Foundations of Psychiatry.*

Washington D.C.: American Psychiatric Press, 1993, 239 pages.

I chose this book because of its provocative title and content, which provide a futuristic vision for our field.

**Kaplan, Helen Singer.** *The Sexual Desire Disorders: Dysfunctional Regulation of Sexual Motivation.*

New York: Brunner/Mazel Publishers, 1995, 332 pages.

Dr. Kaplan has been one of my heroes since her first book on *The New Sex Therapy* (1974). As before, she provides a clinically sensitive synthesis of the best knowledge in physiology, psychodynamic understanding, and behavioral techniques.

**Katon, Wayne J.** *Panic Disorder in the Medical Setting.*

Washington D.C.: NIH Publishers, 1993, 135 pages.

A clinically cogent summary of the impact of panic disorder in the general medical setting.

**Kellner, Robert.** *Somatization and Hypochondriasis.*

New York: Praeger, 1986, 401 pages.

A scholarly, clinically insightful, and practical treatise on the subject.

**Lipowski, Zbigniew J.** *Delirium: Acute Confusional States.*

New York: Oxford University Press, 1990, 490 pages.

A compendium of the author's contributions, which have helped in redefining the entire field of consultation-liaison psychiatry.

**Lowman, Rodney L.** *Counseling and Psychotherapy of Work Dysfunctions.* Washington D.C.: American Psychological Association, 1993, 328 pages.

This book by psychologist Rodney Lowman will provide psychiatrists extensive and well-researched information on how to help their patients find the best jobs commensurate with their abilities, temperament, and level of psychopathology.

**Marks, Isaac M.** *Fears, Phobias, and Rituals: Panic, Anxiety, and Their Disorders.*

New York: Oxford University Press, 1987, 682 pages.

All that you need to know about the subject from a master on anxiety and related disorders.

**MacLean, Paul D.** *The Triune Brain in Evolution: Role in Paleocerebral Functions.*

New York: Plenum Press, 1990, 672 pages.

A masterpiece that every psychiatrist should attempt to read, to understand how mental functions and behavior have evolved as part of the triune brain.

**Moore, David P., and James W. Jefferson.** *Handbook of Medical Psychiatry.* St. Louis: Mosby, 1996, 545 pages.

A user-friendly reference that covers nearly everything the clinician needs to know about the relationship of physical disease and psychopathology.

**Nesse, Randolph M., and George C. Williams.** *Why We Get Sick: The New Science of Darwinian Medicine.*

New York: Time Books, 1994, 290 pages.

A thought-provocative and delightful book on the evolutionary explanations of physical and mental dysfunction.

**Neziroglu, Fugen, and Jose A. Yaryura-Tobias.** *Over and Over Again: Understanding Obsessive-Compulsive Disorder.* San Francisco: Jossey-Bass Publishers, 1997, 228 pages.

The authors tell the reader everything that their clinical experience has taught them about the private daily hell that this disease represents for its sufferers.

**Phillips, Katharine A.** *The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder.*

New York: Oxford University Press, 1996, 357 pages.

Dr. Phillips illustrates how astute clinical observation and systematic follow-up can shed light on the suffering of this particular brand of private hell, leading to new treatments.

The reader will note perhaps that some major clinical areas are not represented in the foregoing review: schizophrenia, substance abuse, eating disorders, and sleep disorders. Their omission is due to my judgment that no definitive books written by one or two authors have appeared on these topics during the past decade. I hope this will provoke the talent in our field to undertake the ambitious task! Finally, I trust that Jeffrey Cummings will write the definitive book on dementia and neuropsychiatry; meanwhile, the interested reader should read his superb summaries dispersed in the literature.

If I have succeeded in surprising some readers for having chosen four titles devoted to evolutionary aspects of psychopathology, this was intended. Psychiatry can no longer neglect an evolutionary framework. Such a framework promises to provide clinically meaningful links between our biological nature and adaptation to geologic, social, and cultural change. This framework also provides the opportunity of a rapprochement between biological psychiatry and psychoanalysis. Finally, evolutionary considerations can cross-fertilize the field of psychotherapy, which has been in search of a scientific perspective since Freud. A beginning towards this end has been made by Kalman Glantz and John Pearce (*Exiles From Eden*, New York: WW Norton, 1989). ■

**Rosenthal, Norman E.** *Winter Blues: Seasonal Affective Disorder.* New York: Guilford Press, 1993, 325 pages.

A highly enjoyable book on SAD, written by the clinical scientist who has probably done the greatest amount of work on it.

**Sandler, Joseph, Christopher Dare, and Alex Holder.** *The Patient and the Analyst: The Basis of the Psychoanalytic Process, 2nd ed.*

Madison: International Universities Press, 1992, 238 pages.

This is an exception to my rule of excluding second editions and edited books. I could not resist the temptation to acquaint the reader with pithy descriptions of psychoanalytic concepts that are *clinically useful in daily practice*. (I must confess, I have not come across any new book that meets these qualifications.)

**Shuchter, Stephen R., Nancy Downs, and Sidney Zisook.** *Biologically Informed Psychotherapy for Depression.*

New York: Guilford Press, 1996, 224 pages.

The original focus of this book is to help practitioners to utilize psychological principles in the treatment of depression in light of a biological understanding of the disease.

**Stahl, Stephen M.** *Essential Psychopharmacology: Neuroscientific Basis and Practical Applications.*

New York: Cambridge University Press, 1996, 379 pages.

Finally, an elegant and beautiful psychopharmacology text written by a basic scientist who is also a clinician.

**Stevens, Anthony, and John Price.** *Evolutionary Psychiatry: A New Beginning.* London: Routledge, 1996, 267 pages.

In this highly original book, the authors tell us how an evolutionary understanding of human behavior can enrich our approach to psychiatric disorders.

**Stone, Michael H.** *The Fate of Borderline Patients: Successful Outcome and Psychiatric Practice.*

New York: Guilford Press, 1990, 240 pages.

Every book that Michael Stone has written is a masterpiece. In this 20-year personal follow-up of more than 200 patients conducted without the benefit of any research dollars, he utilizes the Kraepelinian approach to a psychostructurally defined construct, to prognosticate the outcome of a baffling disorder that over time largely ceases to be itself. As Mike once told me, the "borderline" construct will eventually self-destruct (personal communication, December 1980).

**Yamashita, Itaru.** *Taijin-Kyofu or Delusional Social Phobia.*

Sapporo: Hokkaido University Press, 1993, 147 pages.

In this penetrating evaluation of the psychopathology of social phobia, the author documents, one clinical case after another, how this disorder often acquires delusional proportions (and I don't think this is peculiar to Japan).