

one's own mindfulness practice and enhance one's therapeutic skills.

CHERYL CHESSICK, M.D.  
Denver, Colo.

*Book review accepted for publication June 2007 (doi: 10.1176/appi.ajp.2007.07081292).*

***The Sphinx on the Table: Sigmund Freud's Art Collection and the Development of Psychoanalysis***, by Janine Burke. New York, Walker and Company, 2006, 384 pp., \$27.95.

Freud was a collector of antiquities—Roman, Greek, and especially Egyptian. He had assembled several thousand, mostly small sculptures, by the time he was forced to flee Vienna for London and was pleased that he was able to take them with him. They filled his consultation room, covered his desk, accompanied him on his summer vacations, and he loved to handle them. As a small boy, he collected toy soldiers, and Burke speculates that their size, easy to fit in the hand, determined the size of the objects he later collected (p. 182).

He lived in the era of great archeological exploration—Schliemann unearthed Troy when Freud was 15; Evans excavated Minos at Knossos on Crete when he was in his forties, and Carter discovered Tutankhamen's tomb when he was in his sixties. He compared psychoanalysis with archeology in a series of metaphors that evolved and became more sophisticated over the years—from uncovering a concealed past to constructing a plausible model of what might have been, consistent with the fragments that had been preserved to recognizing the way in which remnants of varying epochs can become intermixed and the record difficult to dissect.

This would seem to provide an opportunity for an interesting perspective on Freud's thinking, the way in which his passionate avocation influenced his ideas, and the subtitle of this book' *Sigmund Freud's Art Collection and the Development of Psychoanalysis*, promises just that. Unfortunately, the book itself misses the mark.

Its intended audience is unclear. It has some of the trappings of scholarship (341 pages of text with 876 end notes), but not others (the index is poor). It has almost nothing to say about psychoanalysis itself—the ideas or the treatment. It merely borrows the “pop” notions of sex and symbols. Freud is treated as a celebrity, and the result reads like a popular magazine article about the personal life of a public figure—his family, his habits, his hobbies, his quirks—but not the contributions to the world for which he is famous.

Instead, the text is “padded” with a large number of tangential comments that have little to do with psychoanalysis, Freud, or his collection, but expand on a place, person, or an item that comes up in passing. The result is a collection that reads like notes torn from a tour guide. Thus, there are pages about how the Louvre acquired its Egyptian collection, about Impressionism, and about Renoir before we are told that Freud had no interest in Impressionism, archeologists he admired but never met, and myths related to figures represented in his statues, with no reason to believe he knew of or was influenced by them. Baedeker and his son are discussed because Freud once consulted their guidebook! In keeping with the celebrity magazine theme, it stretches to include sexual

tidbits, e.g., “without any firm evidence to the contrary, it is safe to assume that Freud remained a virgin until his marriage at thirty. Although by no means unusual for a young man of his time, it is curious simply because Freud was Freud” (p. 43), i.e., we know nothing about his sexual behavior; therefore we assume him to be average, but how odd that he is only average! At the same time, Burke makes no mention of the much more relevant extensive research into Freud's probable affair with his sister-in-law Minna or his role in both Jung's and Ferenczi's sexual involvement with patients, although she does discuss Freud's personal and professional conflicts with each of them.

Burke's Freud is somewhat different from the more traditional idealized image. She describes him as a compulsive spender, “a quietly vain man” (p. 97), and “foppish even by Viennese standards” (p. 98). However, like the rest of the book, these read like inferences based on a phrase in some letter or document; we are never given a three dimensional, coherent portrait.

There are several biographies of Freud, including the three-volume landmark work by Ernest Jones (1), an abridged version of Jones's text (2), and Peter Gay's later study (3). An excellent history of psychoanalysis by George Makari is slated for publication in 2008 (4). There is also an important volume of articles about Freud's art collection (5), which Burke cites frequently. *The Sphinx on the Table* does not compete with any of them. It offers only a few anecdotes, along with speculation and inferences, that tell us more about how the 21st century treats celebrities than about Freud the founder of psychoanalysis and passionate amateur collector of antiquities.

#### References

1. Jones E: The Life and Work of Sigmund Freud. New York, Basic Books, 1953
2. Jones E: The Life and Work of Sigmund Freud. Edited by Trilling L. and Marcus S.. New York, Basic Books, 1961
3. Gay P: Freud: A Life for Our Time. New York, W. W. Norton and Co., 1988
4. Makari G: Revolution in Mind: The Creation of Psychoanalysis. New York, Harper Collins (in press)
5. Gamwell L, Wells R (eds): Sigmund Freud and Art. His Personal Collection of Antiquities. Binghamton, State University of New York, 1989

ROBERT MICHELS, M.D.  
New York, N.Y.

*Book review accepted for publication June 2007 (doi: 10.1176/appi.ajp.2007.07081291).*

***Gabbard's Treatments of Psychiatric Disorders, Fourth Edition***, edited by Glen O. Gabbard, M.D. Arlington, Va., American Psychiatric Publishing, 2007, 986 pp., \$195.00.

Shortly after the appearance of DSM-III (1980), under the vision of Daniel X. Freedman, APA appointed a task force to produce a suitable accompanying treatment manual. Dr. Byram Karasu chaired the task force that in 1989 published the first edition of a monumental series called *Treatments for Psychiatric Disorders*. That first edition, a hugely acclaimed success, ran three volumes and 2,800 pages, supplement by a fourth volume containing an index of nearly 250 pages. Dr. Glen Gabbard volunteered his prodigious talents to assume

the significant responsibilities for editing subsequent editions, and with the contributions of an astounding array of psychiatric know-how, fashioned the second edition to serve as the treatment manual accompanying the publication of DSM-IV (2,469 pages in two volumes, 1995). He and his collaborators have subsequently given us the two-volume third edition (2,472 pages, 2001), and now the fourth edition, comprising a relatively modest 960 pages in a single volume.

To bring forth such a work takes not only a village, it takes a profession. Here we see an exceptional lineup of talent serving as section editors and authors, constituting a virtual "Who's Who" of academic and clinical psychiatry. Furthermore, this is clearly a labor of love and loyalty. Many of the distinguished section editors contributing to Gabbard's first editor-in-chief-ship have signed on for all the subsequent journeys, and the newcomers represent rising stars. Many of the chapter authors have made major recent contributions to treatment research in their respective fields.

The stated mission of these books is to produce authoritative reviews and guidance for clinicians based on available scientific evidence tempered with clinical consensus in the many areas where "evidence-based" randomized controlled trials or even less rigorous but systematic studies are lacking. In these goals, the project has succeeded admirably. The fourth edition is easily as accomplished as its predecessors.

Marching orders for the authors required that they thoroughly review new research and scholarship appearing since the previous edition and that their presentations of treatment be comprehensive. These orders have been closely followed. Although the amount of newly published systematic treatment research has varied considerably from DSM disorder to disorder in the past decade, the authors have captured what recent literature exists in their updates. Readers can expect balanced and cautious syntheses and summaries. Understandably, in recent years medication-focused treatment studies have outpaced psychotherapy and psychosocial treatment research, but all available advances are noted. For each disorder, biological, psychotherapeutic, and psychosocial ap-

proaches are given their proper due. Helpful summary tables and illustrations abound, and, especially gratifying to those of us with progressive presbyopia, the font size makes for comfortable reading.

So, compared with lengthier prior editions, what has been lost by the reduction in size? Not too much of what's necessary to effectively complete the mission. By virtue of judicious pruning and careful selection, the editors have focused on the heart of treatment approaches for these disorders.

Given the large array of authoritative sources on therapeutics available to today's practitioners, where does this volume fit in? The "Treatments" project was inaugurated before APA initiated its extensive venture to develop official practice guidelines. Official APA practice guidelines go through rigorous review and political vetting, but by far they do not cover all DSM diagnoses.

In contrast, over the past decades, American Psychiatric Publishing has also launched an aggressive program of publishing disorder-specific clinical treatment manuals of various types. But these limited-focused, disorder-oriented clinical manuals are just that—each one covers only one or a few disorders. And collecting them all might fill up your bookshelf.

In my view, the present "Treatments" volume falls comfortably, conveniently, and usefully between these two poles. This book is a superb single-volume source that addresses all the disorders in DSM, and it deserves a place on every clinician's desk, where it is certain to be used. Here you have a single volume that provides readable, practical, and current information on treating all of the major disorders. Think of these as clinical consultations on treatment offered by some of the very best people in each field. These chapters reflect a collection of expert opinion, clinical sophistication, and often, wisdom.

JOEL YAGER, M.D.  
Albuquerque, N. Mex.

*Book review accepted for publication June 2007 (doi: 10.1176/appi.ajp.2007.07081294).*

*Reprints are not available; however, Book Forum reviews can be downloaded at <http://ajp.psychiatryonline.org>.*