

cial and cultural setting), and group perspectives to show how integration has developed over time within these fields and what benefits and problems have resulted.

The remainder of the book examines six therapy models and how they are practiced. Denman reviews cognitive analytic therapy and its application to borderline personality disorder. Margison discusses psychodynamic-interpersonal therapy and the need to balance responsiveness to and detachment from the patient, and Gillies focuses on interpersonal therapy. Heard outlines dialectical behavior therapy, an amalgam of behavior therapy and the principles of Zen Buddhism. Norton and Haigh discuss the therapeutic community as integrative therapy. Van Marle and Holmes supply a solid rationale for the use of supportive therapy with the chronically ill patient. The "models and methods" sections of these chapters are necessarily brief, but anyone who wishes to explore further will benefit from the extensive references.

Two particular strengths of these presentations are the emphasis on the need for validation of results by evidence-based research and the attention paid to teaching others how to practice the therapy described with growing and measurable competence. *Integration in Psychotherapy* makes a solid contribution to the theoretical exploration of new trends in this burgeoning field.

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***Listening Perspectives in Psychotherapy, 20th Anniversary ed.,*** by Lawrence E. Hedges. New York, Jason Aronson, 2003, 329 pp., \$50.00 (paper).

Having read this book as a resident not long after its original publication, I was curious about the 20th anniversary edition. How might Hedges' text, which I recall as richly informative, speak to clinical practice these many years later?

Psychotherapy and psychoanalysis have had multiple crises over the past two decades, both in their paradigms and in their institutions, but psychoanalytic theory—which Hedges makes clear is psychotherapy's vital parent—is remarkably robust. Psychoanalytically oriented psychotherapy is clinically vibrant because of the multiplicity of theories that have evolved in the past 50 years, and Hedges seeks to capture these theories. In the introduction to the current edition (which is much unchanged from the original), he is pleased that "the Relational movement...spawned by Greenberg and Mitchell's 1983 *Object Relations in Psychoanalytic Theory* [1]" has flourished, established lines to its progenitors, and taken an interest in *Listening Perspectives* (pp. xxi–xxii). He recognizes as kindred, among many others, Sandler, Stolorow, Atwood, Oremland, and Ogden.

Our theories, Hedges understands, determine what we listen to and what we hear in our patients. A postmodern, relativistic, and, I would add, antiauthoritarian stance fueled this understanding to advance the relational movement as interpretive, intersubjective, and experiential as opposed to the positivist, intrapsychic, and dogmatic posture of ego psychology of the 1950s.

Basically, Hedges seeks to hear clinical material within a developmental frame, which he parses into four listening perspectives and related diagnoses: 1) neurotic level issues associated with oedipal themes and object constancy, 2) narcissis-

tic presentations associated with issues of self-integrity and esteem, 3) borderline pathology associated with issues of merger and separation, and 4) schizoid or psychotic organization associated with part-objects and inchoate sensory experience. In the examination of each of these, the territory becomes familiar. Neurosis is best served by Freudian theory, of which Hedges offers a perfunctory review. The chapters on narcissism—approximately 50 pages—are devoted to a good and concise review of Kohut's work and examples of the clinical practice of self psychology. Those on borderline pathology—approximately 120 pages—draw on the work of a number of seminal authors—Jacobson, Mahler, Kernberg, Masterson, Bollas, Hartocollis, and Giovacchini, among others, with earlier reference to Klein and Winnicott. There is rich clinical material that is well integrated with the theoretical discussion. Hedges appears to use the term "scenario" to mean something enough akin to transference or transference enactment that I am not convinced there is utility in offering a different word. The final and developmentally most primitive listening perspective, related to schizoid and psychotic functioning, incorporates the work of Klein, Fairbairn, and Guntrip, then Searles, Bion, Little, Grotstein, and, again, Giovacchini and Bollas. Again, there is abundant clinical material. The penultimate chapter discusses controversies between Kohut and Kernberg as well as such diverse contributions as those of Langs, Schafer, Lacan, and Sartre.

*Listening Perspectives* is an ambitious and multifaceted work, particularly suited to use as teaching material for the serious student. It performs an important service of reviewing, organizing, and contextualizing contemporary psychoanalytic thought, and it did so before relational concepts were as comfortably integral as they are today. In this respect, there is less need for a covert agenda of theoretical revolution. One is cautioned that reification of any construct may become dogma. As Freud wrote, "In psychology we can only describe things with the help of analogies. There is nothing peculiar in this; it is the case elsewhere as well. But we have constantly to keep changing these analogies, for none of them lasts us long enough" (2).

#### References

1. Greenberg J, Mitchell S: *Object Relations in Psychoanalytic Theory*. Cambridge, Mass, Harvard University Press, 1983
2. Freud S: The question of lay analysis (1926), in *Complete Psychological Works*, standard ed, vol 20. London, Hogarth Press, 1959, pp 179–258

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***The Contours of Agency: Essays on Themes From Harry Frankfurt,*** edited by Sarah Buss and Lee Overton. Cambridge, Mass., MIT Press, 2002, 381 pp., \$45.00.

Although the focus of much of the discussion between clinician and patient has shifted in recent years from the dynamic unconscious to the role of symptoms, some themes remain fundamental to the psychiatric endeavor. One of the most enduring of these is that of the divided self. How a person achieves agency and a sense of self in the face of conflict, symptoms, and dilemmas is of immediate interest to the clinician and of defining interest to Harry Frankfurt.

*Contours of Agency* is a compilation of essays from a 1999 conference devoted to Frankfurt's work. In it many distinguished philosophers take up points from Frankfurt's work and offer expansions, alternatives, and straight criticism.

The work of Frankfurt, an analytic philosopher, offers insightful, stimulating, and even provocative perspectives on the divided self and related themes. Over the past 30 years, Frankfurt has given much thought to what it means to be a person (and, comparatively, what it means to fall short of this). His main essays on these reflections are contained in two slim and very accessible volumes: *The Importance of What We Care About* (1) and *Necessity, Volition and Love* (2).

For Frankfurt the fundamental dimension of our humanity is our ability to reflect on our own mental life. We can have thoughts about thoughts, feelings about feelings, etc. It is in the process of finding rectitude between these layers of experience and reflection that we work out who we are and how we live our lives. Thus, for Frankfurt, concepts such as externality (things that occur within our mental histories but are not necessarily part of our identity), wholeheartedness, identity, and will are central to understanding what kind of beings we are. Frankfurt does not seek to define humans from the outside but, rather, from the inside by route of what we care about and the extent of our efforts.

An important aspect of this work is that Frankfurt focuses not on psychopathology or ethics (although he uses examples from both fields) but on everyday experience. It is in this vein that love is, for Frankfurt, the central organizing feature of a person. This love is neither romantic nor moral; it is what we care about, and, being such, it is valuable in and of itself (i.e., without specific reference to the worth of the beloved).

The essays in *Contours of Agency* are too numerous to review here. Their quality will vary with the interest of the reader. Of note are "The True, the Good and the Lovable: Frankfurt's Avoidance of Objectivity" by Susan Wolf and "Love's Authority" by Jonathan Lear, a philosopher and trained psychoanalyst. These essays take up the difficult issue of Frankfurt's claims about love. Frankfurt's responses to each essay are among the most lucid and edifying parts of the collection.

As for the mental health reader, the book likely contains more finely grained arguments than desired. Although the readings do not bear directly on clinical or ethical issues (for the latter I recommend Jeanette Kennett's recent volume [3]), the thoughtful and rigorous commentary on the bases for human agency provides a worthwhile stretching of some mental muscles that the clinician will undoubtedly call on in this era of evolving paradigms of mental illness.

## References

1. Frankfurt H: *The Importance of What We Care About*. Cambridge, UK, Cambridge University Press, 1988
2. Frankfurt H: *Necessity, Volition and Love*. Cambridge, UK, Cambridge University Press, 1999
3. Kennett J: *Agency and Moral Responsibility: A Commonsense Moral Psychology*. Oxford, UK, Clarendon Press, 2001

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## PSYCHOPHARMACOLOGY

***Practical Child and Adolescent Psychopharmacology***, edited by Stan Kutcher. New York, Cambridge University Press, 2002, 467 pp., \$60.00 (paper).

Child and adolescent psychopharmacology has definitely been coming of age. The field has been rapidly expanding as well-established and less well-established pharmacological treatments for different child and adolescent mental disorders become available. The demands for guidance through this new field have been growing. As a result, textbooks of child and adolescent psychopharmacology started to arrive.

The newest arrival, *Practical Child and Adolescent Psychopharmacology*, in the Cambridge Child and Adolescent Psychiatry Series, is edited by Stan Kutcher, a well-known child and adolescent psychopharmacologist. He assembled a team of 31 distinguished contributors from Canada, the United Kingdom, and the United States. The book consists of 15 chapters and could be divided into two parts: introduction plus general issues in child and adolescent psychopharmacology (chapters 1, 2, and 3) and psychopharmacology of specific disorders (the remaining 12 chapters). Let me summarize the contents of the book first and then evaluate it.

The first two chapters provide a social and developmental context of child and adolescent psychopharmacology. Chapter 1, "Child and Adolescent Psychopharmacology at the Turn of the Millennium," briefly summarizes the history of the field and then discusses the changing prescribing philosophies, new trends in prescribing, setbacks, and rising expectations. Chapter 2, "Developmental Psychopharmacology," deals with some important biological concepts, such as plasticity and sensitive periods in development, apoptosis, cellular migration and growth, coupling, the effects of stress and early experience on hippocampal neurogenesis, and pediatric pharmacogenetics. Chapter 3, "Clinical Aspects of Child and Adolescent Psychopharmacology," is a thorough overview of basic clinical issues in prescribing psychotropic medications to children and adolescents. It discusses information gathering (structured and unstructured interviews, the parental interview), baseline assessment for psychopharmacological treatment (including a great mental status chart), psychoeducational aspects of prescribing, deciding which medication to use, and how long to treat. This chapter reminds the reader that 1) while the rest of medicine relies increasingly on procedures, tests, and the like to define diagnosis, psychiatry must still live by its wits and 2) child psychiatrists are referred the most diagnostically complicated, treatment-refractory children.

The rest of the book focuses on psychopharmacology of specific disorders. Chapter 4, "Depression," is a short overview of psychopharmacology for depression with general guidelines for treatment of child depression. Chapter 5, "Bipolar Mood Disorders: Diagnosis, Etiology, and Treatment," summarizes the diagnostic issues, biology, and treatment issues of bipolar disorders. Chapter 6, "Schizophrenia and Related Psychoses," provides, among other material, guidance to the management of the acute phase of psychosis, intermediate and long-term management, and management of the side effects of neuroleptics. I was surprised by suggestions to start treatment with older, "typical" neuroleptics and that a