

health world regarding its lack of interest in demonstrating its efficacy. Perhaps it suggests that this particular edition is more importantly designed to demonstrate to its readership the current shift to and rationale for elaborating pluralities of theory, rather than a more clinically pragmatic focus.

This volume should serve to stimulate and nurture the intellectual curiosity and excitement of any student, trainee, or practitioner about learning, exploring, and employing the varying theories of mind under the umbrella of psychoanalysis. Let us hope that young psychiatrists, as well as other mental health trainees, who read this journal or read (or skim) this textbook may see that there is a great deal of room to expand and to explore and that they feel invited into this world of contemporary psychoanalysis. Perhaps the clinical task still holds the discipline together best. The intrapsychic realities of “symptoms, inhibitions, and anxieties,” as described by Freud, that are present in any one of us and in any of our own patients are just as lively as ever, beckoning those who want to know more about how their *minds*, rather than their brains alone, function.

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**Manual of Panic Focused Psychodynamic Psychotherapy: eXtended Range**, by Fredric N. Busch, Barbara L. Milrod, Meriamne B. Singer, and Andrew C. Aronson. London, Routledge, 2011, 230 pp., \$34.95.

Empirical research in psychodynamic psychotherapy has been delayed in its development relative to research for other modes of psychotherapy, but clinician/researchers have emerged both nationally and internationally over the past decades to demonstrate the efficacy of the treatment (1). Among psychodynamic treatments, psychotherapy for panic disorder and other anxiety disorders, the topic of this excellent volume, has been the most thoroughly studied and researched. We benefit from the depth of knowledge and empirical approach that are demonstrated in this follow-up to the authors' 1997 edition (2).

The treatment described adds to the evidence-based cognitive-behavioral treatments already available to clinicians. Having multiple efficacious treatments for panic disorder reflects psychotherapy's version of the trend toward personalized medicine. As researchers and clinicians, our responsibility is to find “the right treatment for the right patient.” A psychodynamic approach offers patients with curiosity about the source of their panic symptoms, psychological avoidance, and inhibitions an empirical model rich in opportunity for exploration of the psychological meaning of their difficulties. The authors describe the extensive pilot work that resulted in this manual. Multiple clinical trials, funded by the National Institute of Mental Health, over the past decade have demonstrated that their panic-focused psychodynamic psychotherapy treatment decreases symptoms and improves general patient functioning.

What distinguishes this book from the previous volume is the extension of the treatment principles beyond symptoms

of panic disorder to a broader range of anxiety disorders. In addition, as the authors explain, the volume presents “a more clearly articulated description of panic-focused psychodynamic psychotherapy as it has been practiced in our successful efficacy studies.” Researchers and clinicians alike will benefit from these refinements that are evident in this current edition. It is important to note, however, that while the authors express confidence in panic-focused psychodynamic psychotherapy as an effective treatment for patients with a variety of anxiety disorders, the treatment has not been formally studied in these contexts using randomized trials like the ones completed with panic disorder patients. It is this extension of treatment approaches beyond panic disorder that accounts for the subtitle of this volume—*eXtended Range*.

The explanation of the treatment protocol itself proceeds from an exploration of psychodynamic theory and formulation to the clearly outlined three-phase treatment model: initial evaluation, interpretation of central conflicts and defense mechanisms, and termination. There is an emphasis on the description of the patient's relationship to the therapist and its possible connection to anxiety and panic symptoms. The authors' research has identified patterns of conflicts around separation, anger, development of independence, and sexuality that guide the focus of the treatment process. This information alone is useful to clinicians pursuing a psychodynamic approach to the treatment of patients with anxiety disorders and represents a wonderful example of how treatments can be designed around change processes that have been identified empirically (3).

The empirically based manualized treatment described stops short of a session-by-session protocol because the authors recognize that patients bring their individual differences to treatment despite their common diagnoses. The authors also recognize that psychodynamic treatment principles and interventions may need to be used flexibly depending on the hour-to-hour complexities of the patient. Our own psychotherapy process research has suggested that it is truly impossible to fully control the process of psychotherapy as it is, and it *should* be a cocreated narrative between the patient and therapist (4, 5). Yet as this volume proves, suggested treatment focus and principles can be clearly articulated in a manner that helps therapists provide effective care for specific clinical problems without constricting or limiting the therapeutic process or detracting from the development of an effective therapeutic alliance.

Completed after years of hard work in the demanding world of empirical research, this manual will be valuable to both experienced and newer psychodynamic psychotherapists. The value of the principles extends beyond panic disorder and the other anxiety disorders discussed. However, to the authors' credit, they make certain to state that their treatment approach should only be used by experienced clinicians because they recognize the need to make complex clinical adjustments based on a patient's course in any given psychotherapy. They ask less experienced clinicians to be supervised when utilizing the treatment.

It is hard not to say that this manual, developed after years of clinical trials, experimentation, teaching, and revisions, represents the most fully developed and useful empirically based treatment that the world of psychodynamic psychotherapy has produced. We are all enriched by the ideas, prin-

ciples, and manualized treatment offered in this important and excellent volume.

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***The Age of Insight: The Quest to Understand the Unconscious in Art, Mind, and Brain, from Vienna 1900 to the Present*, by Eric R. Kandel. New York, Random House, 2012, 656 pp., \$40.00.**

Although as clinicians and psychiatrists we most often focus on how and when the mind “goes awry”—thereby leading to the expression of mental illness—the seminal work of Dr. Eric Kandel, Director of the Center for Neurobiology and Behavior at Columbia University and 2000 Nobel Prize laureate, reminds us that understanding how the mind works in all its richness of memory, perception, emotion, and creativity remains as great a challenge to neuroscience and to society/humanity at large. This resonates as a central theme of Dr. Kandel's latest book.

You may ask what has Vienna circa 1900 got to do with modern day neuroscience and with creativity? Most of us associate Vienna at that time only with the work and teachings of Dr. Sigmund Freud. However, what Dr. Kandel describes in his latest book is a much richer interplay between the great resource of Viennese medicine, the emergent field of psychoanalysis, and leading artists who were each in their own work essentially trying to figure out key human experiences of memory, arousal, perception, and sensuality.

The book skillfully intertwines gems from this golden era of artistic talent in Vienna early in the last century alongside fundamental contributions to the workings of the brain. The

book centers around the rich opportunity and culture created by Dr. Sigmund Freud, Dr. Arthur Schnitzler (a novelist and physician), Gustav Klimt (a remarkable painter), and two other painters of that period, Oskar Kokoschka and Egon Schiele. By chronicling their experiences as well as their thinking about creativity, Dr. Kandel provides us with a remarkable confluence of art, psychology, and the biology of the brain.

Dr. Kandel's own frame of reference for this work also becomes apparent as you read the book. First, Dr. Kandel was born in Vienna in 1929 and immigrated with his family to the United States early in his childhood. There is a sense of romanticism that echoes through the book in that he left his home town and country at a time of great discovery and intellectual creativity. Additionally, Freud and others worked on the expression of memory, the very area that Dr. Kandel has left his own indelible work on neuroscience. There is a certain interplay described in the book between Klimt's artistic efforts to display and reveal sensuality, yet how this is still to an extent suppressed and rendered in his paintings in a manner “acceptable” to Viennese culture at that time. Juxtaposed with that is Freud's work on memory and the effects of repressed memory.

At first glance, the work of Dr. Kandel as an expatriated fellow Viennese may seem disparate from this golden age. Yet Dr. Kandel has focused on the neuroscience of memory, habituation, and neural plasticity in explaining key human experiences. His seminal work of memory has been based on elegant experiments on the most simple of animals—the sea snail *Aplysia*. He has studied how cells make memory “traces” in the short term and how in long-term memory cells make new connections and grow, expressing new genes and cellular reconfigurations. In *The Age of Insight*, these findings are described alongside other classical experiments in an effort to collectively tease out from multiple domains (of neuroscience, art, and the humanities) how we understand the most basic human experiences of touch, sight, smell, memory, and emotionality. It is clear that Dr. Kandel derived inspiration from the work of these giants of Viennese culture. The book is also, to some extent, a “call to arms” for neuroscientists to embrace the full breadth of artistic talent in our attempts to understand the mind. To a certain extent, Dr. Kandel gives the impression that we are as scientists just one member of a diverse [but yet “virtual”] brain discovery team that is studying (in so many complementary ways) how the mind works.

The early chapters in the book tell the stories of each artist, depicting key events and experiences that shaped their work. There is an emphasis—albeit not exclusive—on the expression of emotionality and sexuality. The book then details, in terse fashion, the brain processes that underlie perception as well as the psychology of vision. Classical works are skillfully juxtaposed with recent seminal publications, including most recent magnetic resonance imaging studies of the neurology and recognition of facial expressions. Modern theories of cortical arousal are described. Dr. Kandel also teases out the biology of our innate response to viewing a work of art. The book also covers the relatively sparse literature—including the seminal contributions of AJP Editor Emerita Dr. Nancy Andreasen—on the neurobiology of creativity itself.

Dr. Kandel, who received the 2000 Nobel Prize in Physiology or Medicine for his formative work on memory, is a pre-eminent neuroscience leader. What makes this book work is