



BOOK REVIEWS

If you would like to review a book for *The Psychologist*, contact Mike Thompson on mictho@bps.org.uk. Publishers should send advance title information and books for possible review to *The Psychologist* at the Leicester address.

A thoughtful companion

THE cliché when reviewing reference works is to start with the weight; in this case, 2.1 kilograms. Or since my kitchen scales necessitated some lateral thinking, it weighed 1 pound, 14 ounces, 750 grams and a half kilo bag of brown sugar. Other clichés describe the 1004 pages, the million words, the 313 contributors (127 new to the second edition), and the entries from Abacus, Abnormal and Abreaction to Zero Crossings, Zoetrope and Zombie. One also adds that no reviewer could possibly read the whole thing, but a random check

Supervision: Questions and Answers for Counsellors and Therapists

MOIRA WALKER & MICHAEL JACOBS

LONDON: WHURR; 2004; Pb £17.50 (ISBN 1 86156 414 7)

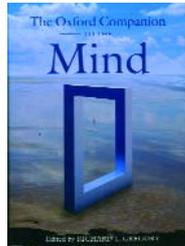
REVIEWED BY **Rebecca Crook**

THE questions and answers in this book are set out from both the supervisor's and the supervisee's perspectives. They cover a range of theoretical and practical issues, and, perhaps most importantly for a new supervisor like me, address those dark fears about supervising for the first time!

Each question is outlined in the contents page, so its easy to find an answer to your current most pressing concern. Questions, or issues, range from 'What are the different models of supervision?' to 'I am not sure how much I should allow a supervisee to present personal issues in supervision' and 'I am not very happy with the supervision I am receiving...'. It is therefore not just a one-off read prior to your trainee's arrival, but a handy reference guide for future dilemmas. As such, experienced supervisors could also find it useful, and it should probably be essential reading for the supervisee as a guide to how to 'do' supervision.

The answers to some questions do incorporate ideas from the literature, but as the authors themselves state, practical skills and the relationship receive far more attention. The text may not therefore suit those looking for an academic tome but is a welcome relief to those of us looking for real answers to real questions.

■ *Dr Rebecca Crook works in the Arfon Community Learning Disability Team.*



The Oxford Companion to the Mind (2nd edition)

RICHARD L. GREGORY (Ed)

OXFORD UNIVERSITY PRESS: OXFORD; 2004;

Hb £40.00 (ISBN: 0 19 866224 6)

REVIEWED BY **Chris McManus**

suggested the quality was high (in other words, one of my own papers was cited).

How are books like this used? The *Companions to Art, Music and Literature* have hung around my various bedsits, halls of residence, flats and houses, and settled arguments, solved newspaper puzzles and been read for pure pleasure. Despite obvious brand loyalty, in 1987 I never quite bought the first edition of the *Companion to the Mind* (so don't expect detailed comparisons). Why, I am no longer sure. Perhaps the name put me off, echoing the philosophical journal *Mind*. In fact, this book is a useful psychologist's guide to philosophy, with articles not only on the British School such as Bacon, Hume and Wittgenstein, but also on thinkers such as Hegel, Heidegger, Merleau-Ponty and Sartre (although Derrida is absent). I say 'such as' because the lack of a gazetteer, a *Rough Guide to the Mind*, makes it difficult for the visitor to navigate broad themes. Intriguingly there is no entry for 'Mind' itself. There are Mind and Body, Mind–Body Problem and Mind in Science Fiction (a fascinating entry by Max Hammerton), and cross-references to Mind-blindness, Mind-reading, Mind's Eye, and Mind over Matter. The sometimes idiosyncratic content is perhaps best defined as anything of interest to Richard Gregory (and that covers a vast range). Most core psychology is there, and readers of *The Psychologist* are surely the main market.

This wonderful companion has lived in my study and been a pleasure for random browsing. The alphabetical ordering generates intriguing bedfellows (Anxiety, Aphasia, and Aphrodisiacs, or Religion, Remembering and Repression, or the marvellous sequence of Koffka, Köhler, Konorski, Korsakoff, Korte, Kraepelin,

Kraft-Ebbing and Kretschmer). Of course things are missing, and perhaps some co-editors could have helped the near omniscient editor identify some obvious lacunae. I found nothing on qualitative research (only Quantifying Judgements, which might seem to speak volumes except that Q-sort, factor analysis, and Cyril Burt are missing, as also are repertory grids and George Kelly). Nor was there anything on the Big Five or on personality. Extraversion was there, but spelled as 'extroversion', a curious error because Eysenck's own article cites his *Readings in Extraversion-Introversion* (spelled correctly), and that big daddy of all reference books, the *Oxford English Dictionary*, makes clear that 'extraversion' is Jung's original English spelling.

While picking nits, there are occasional typos (the proof readers should check 'peerioidic' and 'veiw' – perhaps an article on spelling was needed?). Some articles seem well past their sell-by date, such as J.Z. Young's Evolution: Has It a Purpose? and Barlow's on Guessing and Intelligence. On a lighter note, Gregory's brief piece on Laws of Nature is a perfect jewel; but five sentences long, and three of them questions, the issues are, it concludes, 'impossibly deep'.

Richard Gregory is surely the ideal guide for a Grand Tour of the mind – engaging and personable, his stamp is impressed throughout, with wit, humour, knowledge, insights and eccentricities, as well as a fine line in obituaries. Without doubt this would make a perfect present for any psychologist or would-be psychology student.

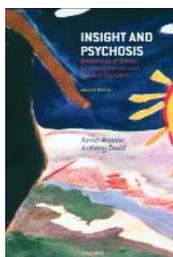
■ *Professor Chris McManus is at University College London.*

Flexible and optimistic

AMADOR and David's second edition of *Insight and Psychosis* captures the breadth, diversity and maturation of research literature published since the first edition. The series of 18 in-depth, well-referenced, scholarly chapters begins with an exploration of the phenomenology and psychological processes thought to constitute insight. Psychological conceptualisations of psychosis advocating multidimensional individualised formulations offer a broader perspective than the degree of acceptance of an illness model.

The second part of the book incorporates neuropsychological studies of insight and the application of techniques from the cognitive neurosciences. Parallels are drawn between symptoms observed in schizophrenia and those seen in neurological patients with frontal lobe dysfunction.

In section three the wider aspects and implications of insight are considered in the context of cultural, anthropological and sociological influences. Of particular interest



Insight and Psychosis: Awareness of Illness in Schizophrenia and Related Disorders

XAVIER AMADOR & ANTHONY DAVID
OXFORD: OXFORD UNIVERSITY PRESS; 2004;
Pb £29.95 (ISBN 0 10 852568 0)

REVIEWED BY Nicola Ann Cogan

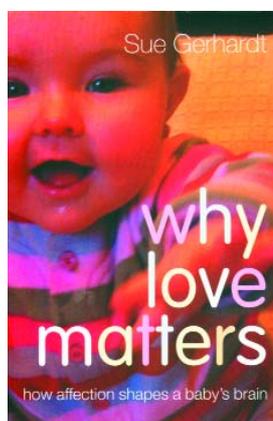
is the chapter examining Japanese attitudes towards insight in schizophrenia. Rather than view schizophrenia as an autonomic disease process, Japanese practitioners hold a more flexible and optimistic view of schizophrenia as a mixture of social and interpersonal transactions.

The personal and clinical implications of poor insight are considered in the fourth and final section, including an informative account from a psychologist and service user who describes his own personal experience and struggle to understand psychosis.

While this edition offers an international

perspective, broadening out the stakeholders who contribute to the debate and discussion concerning insight and psychosis, I felt the overall tone of the book was slightly skewed towards viewing psychosis as a biologically based brain disorder. There are, however, enough gems to warrant interest and assurance in the overall value of the book – well worth a read!

■ *Dr Nicola Ann Cogan is a trainee clinical psychologist based at the Department of Clinical Psychology, Royal Edinburgh Hospital.*



Emotional development

Why Love Matters: How Affection Shapes a Baby's Brain

SUE GERHARDT
HOVE: BRUNNER-ROUTLEDGE; 2004; Pb £9.99 (ISBN 1 58391 817 5)

REVIEWED BY Amanda Albon

In *Why Love Matters* Sue Gerhardt pulls together psychoanalytic theory with the biology of the growing brain to describe how the environment affects a baby's emotional development.

Her central argument is that the brain's emotion system is undergoing most development during early life. How well this system develops depends on the baby's environment, particularly interaction with parents. Positive experiences produce a well-developed emotion system. In contrast, poor interaction with an unresponsive parent does not fully develop this system resulting in a 'deficit' which remains through life. Sue Gerhardt goes as far as to suggest that such a poor environment can produce dysfunction at the level of the murderers of James Bulger.

My opinion of this book very much depended on which hat I was wearing at the time! As a parent, it certainly made me question the long-term effects of my interaction with my children. As a psychologist, I had expected more detail about the developing brain. Also, I found some arguments to be quite

speculative, although readers from a psychoanalytic background may not find this the case.

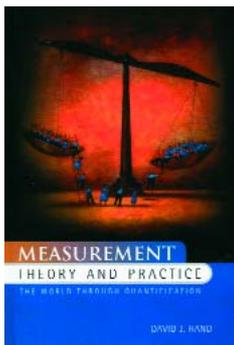
In this book, Gerhardt most definitely plumps for the nurture side of the nature–nurture debate. She supports this well but, at times, more consideration of genetic factors would have been welcome. Indeed, she provides some fairly harsh comments about Stephen Pinker's stance on the role of genetic factors in aggression.

Overall, *Why Love Matters* is an enjoyable read that flows nicely through three parts. It is an interesting combination of neuroscience and psychoanalysis that reads as a commentary rather than being a text book. It did make me think anew on some topics, and I found the case studies absorbing. I would recommend it to anyone interested in how childhood experience affects adult behaviour and, of course, to parents and parents-to-be.

■ *Dr Amanda Albon is with the Open University and the University of Kent at Canterbury.*

Measuring by Hand

WHAT are the characteristics of measurements? What makes a good measure? Are multiple measures of a concept useful? Necessary? Does one need subject expertise in order to obtain good



measurements? Or can they for example be undertaken by computer? And what are the Big Mac and Hemline indices? You will find answers to these questions and more in this wide-ranging and entertaining book by David Hand.

The author, as a statistician, has

worked for many years in conjunction with psychologists and has at times critical views of the status of measurement conceptualisation in the discipline. He says in the introduction: 'I imagine the readership will include psychologists, stung by the occasional criticism that their discipline includes few genuine measurement processes, so that much of psychology is built on shaky foundations.'

So what is measurement theory and practice according to Hand? Theory of measurement comprises the nature, processes and accuracy of measurement (in separate chapters). Direct and indirect measurement is contrasted, the latter using measures of more than one quantity to measure the variable of interest. This relates to, but is not identical to, a division between representational (where numbers are chosen so that the relationships between them correspond to those between the objects studied in relation to the attribute in question) and pragmatic measurement (where choices must be made by the measurer which are not dictated by the empirical system being represented). So, a visual analogue scale (e.g. a pain scale) is direct and pragmatic – as opposed to, say, measurement of height by tape measure – direct and representational. Most indirect measurement is pragmatic, in which case (cf. measurement of intelligence, extraversion, quality of life) decisions need to be made both about the aspects of the underlying concept to be measured and about the means of

Measurement Theory and Practice – The World Through Quantification

DAVID HAND

LONDON: HODDER ARNOLD; 2004; Hb £45.00 (ISBN: 0 340 67783 X)

REVIEWED BY **Russell Ecob**

measuring them. Hand maintains that most measurement is a combination of the representational and the pragmatic.

Further chapters on measurement in practice deal with measurement in psychology, medicine, physical sciences, economics and social science and 'other areas'. In psychology this ranges from measurement of intelligence, psychophysics, and educational testing to clinical versus actuarial or statistical – a long debate going back to 1920s –

centring on whether clinical expertise as such is necessary for adequate measurement.

This I found a thought-provoking and perhaps slightly unorthodox examination of measurement over a wide spectrum. Psychologists of very different persuasions should find a lot to interest and stimulate.

■ *Russell Ecob works as an independent statistical consultant.*

European daydreaming



The European Dream: How Europe's Vision of the Future is Quietly Eclipsing the American Dream

JEREMY RIFKIN

NEW YORK: TARCHER/PENGUIN; 2004; Pb: \$25.95 (ISBN: 1 58542 345 9)

REVIEWED BY **Cedric Ginestet**

MANY will be seduced by the appetising title of Rifkin's latest book. Are Europeans really closer 'to the pulse of the changes that are transforming the world into a globalised society'? Most readers, however, will be disappointed.

The vision ascribed by this American journalist to the old continent turns out to be an empty shell: Rifkin's European Dream is mainly defined as the opposite of the American one. The thrust of his thesis is based on a rather stereotypical, coarse dichotomy between the two continents, which fails to embrace the complex intertwining of the two cultures.

His book is essentially a geopolitical treatise. However, the argument is built on a wide range of social sciences, psychology included. Sadly, the psychological element expounded is far from being the most interesting part of the book. Psychological theories are here merely reduced to psychoanalysis and adapted to the needs of the author to justify his uncertain comparison.

According to Rifkin, Americans are animated by the death instinct, the Thanatos. The 'shop till you drop' culture in the US hence reflects a craving for surrogate mothers, demonstrating an incapacity to come to terms with the original mother and child separation. In stark contrast, Europeans are supposedly following the life instinct, the Eros. Having accepted their incapacity to recreate the original attachment, they strive to embed themselves in the 'oceanic oneness of the biosphere'.

Rifkin's arguments built on other social sciences appear more robust. However, his treatment of psychological theory casts doubts on the rigour of his scholarship in other domains. Students and researchers in cross-cultural psychology might nevertheless encounter interesting material, but nothing worth dreaming about.

■ *Cedric E. Ginestet is in the Psychology Department, Thames Valley University, London.*