

## Book Reviews

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Michael H. Ebert, M.D., Editor

### **Integrated Treatment for Mood and Substance Use Disorders**

*edited by Joseph J. Westermeyer, M.D., M.P.H., Ph.D.; Roger D. Weiss, M.D.; and Douglas M. Ziedonis, M.D., M.P.H. The Johns Hopkins University Press, Baltimore, Md., 2003, 208 pages, \$39.95.*

*Integrated Treatment for Mood and Substance Use Disorders* offers an excellent and valuable resource for the understanding and management of patients who concomitantly suffer from mood disorders and substance use disorders. Persons who suffer from either of these 2 psychiatric conditions are highly vulnerable and often suffer from the other comorbid condition. Actually, as this book so clearly documents, these 2 co-occurring psychiatric disorders are frequently observed together.

The major challenge these disorders present to today's mental health clinicians and practitioners is that the current system of mental health care that prevails in this country, and in many ways other nations as well, limits the number of hospitalization days to a minimum. This situation, as the text so well describes, no longer permits mental health clinicians and practitioners to treat 1 condition first and hope that the other comorbid condition will indirectly improve or could be managed later on. In other words, nowadays both disorders need to be treated conjointly and energetically. Additionally, this dual treatment approach has to be of high quality, represent the state of the art, and be fully integrated. It also needs to encompass a well-integrated biopsychosocial model in which pharmacotherapy and psychosocial intervention for both conditions go hand in hand. From this point of view, this text represents the best that the field can offer at this time.

This volume nicely addresses all the problems and issues that these dual and simultaneous conditions create. Additionally, this book encompasses not only the medical and psychosocial needs inherent in these 2 conditions, but also all the factors that play a role in their stabilization, rehabilitation, and cure. These other factors include family, spiritual needs, housing, financial needs, and any other aspects that should be considered when managing these 2 conditions.

The book structure includes 8 core chapters. Each of them comprehensively addresses key and relevant topics related to these 2 comorbid conditions. Chapter 1 lays the foundation for the conceptualization of the interrelationship of the conditions and the need that currently exists to integrate their treatment. Chapter 2 describes the influence that each of the conditions has upon the other and how they are comorbid in nature. Chapter 3 discusses how to appropriately assess each of these conditions. In this chapter, clinical cases are very nicely used to describe the clinical manifestations of the disorders. This approach helps a great deal to make clear the clinical issues. Chapter 4 addresses the use of the recovery-oriented approach as the ideal integrated method of intervention when dealing with these dual conditions. Chapter 5 focuses on the utilization

of treatment-matching methods geared to enhance motivational therapy approaches and the 3 specific psychosocial treatments (cognitive therapy, behavioral therapy, and interpersonal therapy) that are felt to be most appropriate and efficacious in the management of these comorbid conditions. Chapter 6 deals with the appropriate use of pharmacotherapy approaches in the concomitant clinical management of both mood disorders and substance use disorders. Chapter 7 attempts to bring light to the challenging problems confronted with those patients who do not respond well to treatment. Issues such as inaccurate diagnosis; insufficient treatment; comorbidity factors related to Axes I, II, and III; and clinician-patient mismatch or failure to understand the motivational levels are very effectively addressed. Finally, Chapter 8 discusses the role of tobacco dependence in the integrated model of care advanced by the editors of this volume, particularly insofar as depressive conditions are concerned.

All chapters of this book use excellent references to document the issues addressed. I should emphasize, however, that the intention of the editors was to deal only with research issues that had a strong clinical relevance; nevertheless, the citations used add value and strength to the text. I also found very useful the set of resource data added at the end of the book, namely the roster of suggested readings; advocacy, self-help, and support groups; Web sites; and educational videos. I found them very useful for the busy mental health practitioner or clinician.

In summary, I think that this book is relevant, timely, well conceptualized, and very useful for the field at large. Thus, I congratulate Drs. Westermeyer, Weiss, and Ziedonis for their excellent clinical contribution. Additionally, I wish to recommend this text for all mental health professionals and lay staff who are engaged in the integrated treatment of mood and substance use disorders.

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### **Bipolar Disorder in Childhood and Early Adolescence**

*edited by Barbara Geller, M.D., and Melissa P. DelBello, M.D. Guilford Press, New York, N.Y., 2003, 342 pages, \$36.00.*

The concept of childhood-onset bipolar disorder has generated significant diagnostic and treatment controversy over the past decade. Based on growing clinical and epidemiologic data, the National Institute of Mental Health convened a roundtable conference in 2001, bringing together leading clinicians and researchers focusing on childhood bipolar disorder. Many of the participants in that conference are contributors to this volume, which is edited by 2 of the leaders in the field.

This 342-page volume is divided relatively equally into 3 major sections. The first section addresses the diagnosis, natural history, and longitudinal course of bipolar disorder and presents material on comorbid disorders, including pervasive developmental disorder and offspring studies.

The second section is devoted to the neurobiology and genetics of bipolar disorder. Chapters on neuroimaging, the immune system, sleep, and other biological rhythms and genetics all provide excellent reviews of theoretical concepts, methodologies, and current findings and understandings. While the authors acknowledge the paucity of studies involving children and adolescents, these chapters are extremely informative and can be viewed as important avenues for further research into the biological substrates of childhood bipolar disorder.

The third section of the book highlights treatment options, including medication, group therapy in concert with multifamily psychoeducation programs, and family therapy. A unique and poignant chapter on the problem of caregiver burden in living and dealing with a child who has bipolar disorder rounds out this section.

Overall, this book does an excellent job of offering something for everyone, clinicians and researchers alike. As with many publications dealing with psychiatric disorders that are in the early stages of being studied and understood, many chapters raise more questions than provide answers. Also, some readers may have trouble with some unevenness of content and style, ranging from technical research methodology to internet support groups. However, this seeming unevenness is actually a strength in that it broadly addresses our burgeoning understanding of the child with bipolar disorder and offers a good balance of research, clinical findings, and treatment options. Each chapter provides a comprehensive bibliography, and the chapter authors openly discuss the shortcomings of the available research and treatment studies.

On balance, this is an excellent, up-to-date, edited volume dealing with the complex problems of juvenile-onset bipolar disorder. It should be the single source that clinicians and researchers reach for to guide them in their struggle to help not only the child with bipolar disorder but also the family.

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### **Reel Psychiatry: Movie Portrayals of Psychiatric Conditions**

by David J. Robinson, M.D. *Rapid Psychler Press, Port Huron, Mich., 2003, 340 pages, \$19.95 (paper).*

This is a beginner's textbook on diagnostic psychiatry using DSM-IV-TR as its outline, and a number of feature-length films, mostly Hollywood, a few foreign or made for TV, as illustrations of most of the diagnoses.

This book will be most useful for teachers of entry-level mental health providers or college-level psychopathology-course students. There are many references to mental health organizations concerned with general psychiatric conditions, as well as specific diagnoses, and these resources are given.

The film discussions are limited—pertinent plot elements and depictions of the particular psychopathologic phenomena are discussed in each section. In judging the films for the best and most accurate depictions, the author limits himself to car-

captures of 3 Oscar-like statues (which look like Freud with a cigar)—2 statuettes for mediocre and 1 Freud for flawed illustrations of the diagnoses—and then he discusses how accurate or flawed are the film portrayals.

Unfortunately, the book does not give specific references on how to order films, saying only that films are available via rental or online. In fairness, Dr. Robinson lists his disclaimers, i.e., that the book is not sufficient to make the reader a competent diagnostician, that he presents a "reasonable but not exhaustive survey of films," that he has not been able to find film portrayals for every diagnosis, etc. I would have liked to know, for the many films I've not seen, where in the film (early, middle, end of film) the most succinct portrayals are to be found.

In summary, this is a useful addition to the teaching literature for DSM-IV-TR.

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### **Textbook of Biological Psychiatry**

edited by Jaak Panksepp, Ph.D. *Wiley-Liss, Hoboken, N.J., 2004, 699 pages, \$119.00.*

The relatively young field of biological psychiatry is being built on a diverse set of disciplines pursuing together the holy grail of brain function and dysfunction. This textbook displays a particularly broad wealth of brain biology with refreshing insights and a concisely edited, integrated, and highly uniform style. Many chapters are absolute gems, and all are extremely accurate in their up-to-date coverage of numerous niches of brain biology. Texts in general are often plagued by delays, typos, and misrepresented concepts, but here again the editing shows great attention to detail and success in making a quick but high-quality contribution. It will be an exciting text for teaching at some levels because it follows an evidence-based approach and synthesizes disparate findings on a topic without too much of the usual litany of psychiatric folklore. This allows the reader to glean not only where we are scientifically, but what the next questions and directions will be.

Most of the chapters are first-rate statements of our recent achievements and our directions for the future. The range of orientations becomes breathtaking, from abstractions in the chapter "Neural Substrates of Consciousness: Implications for Clinical Psychiatry" to the relatively concrete "Functional Neuroimaging in Psychiatry," both appearing in Part I: Foundational Concepts. The focus shifts in Part II: Core Psychiatric Challenges to current clinical conundra with specific coverage of depression, schizophrenia, posttraumatic stress disorder, panic disorder, obsessive-compulsive disorder, childhood disorders, and then aging and dementia. The final third of the volume, Part III: Future Prospects, begins deliberate and forward-thinking forays into the theories that guide our current practice, many of which will need to be confirmed in the near future.

The preface to this textbook could serve as its own review, wherein the editor presents a true assessment of the monstrous task. At times apologetic, he gives a telling recognition of the treacherous balance beam on which the volume attempts to perform: this textbook implores the reader to integrate established fact with theory at a time when the edges of our knowledge bases are just beginning to touch, almost reaching a time when our numerous fields will realize a constructive brain biology

long predicted but ever elusive. In 21 chapters, an avant garde group of distinguished leaders created this textbook “for students, teachers, and practitioners, as well as the scientists who harvest the basic knowledge from which future understanding must emerge” (p. xix). This goal bears out both the strengths and weaknesses of this volume. The coverage is immense, albeit limited by the editor’s confession of “space constraints,” and the target readership remarkably broad. There is a concession, and if the reader accepts the compromise, there is much to be learned.

The drawback here is inherent in brief textbook formats (the readable kind): usually only the conclusions of any particular study are presented. On one hand, this strategy preserves readability, but it leaves the reader responsible for seeking the original references to learn just how that conclusion was reached. Thankfully, the reference lists for each chapter are excellent, citing original sources that are historically the keystones in the development of our field. This all wouldn’t seem unusual in most brief textbooks, but here the strongly scientific basis in the style almost begs for more detail. Individual study conclusions are presented to be accepted in toto and, if desired, taken for rote memorization, while the explanations of study design and methods that make them more memorable are omitted in the interest of space. This tactic isn’t surprising, but it remains a serious limitation found in all synopsis texts. The text is readable and informative as a basis for a graduate-level seminar but would need to accompany a set of original articles to be simultaneously studied. It could be used in a resident-level seminar on research but does not always cover clinical basics, e.g., there was no mention of either the Mental Status Exam or Mini-Mental State Exam. It would be excellent for the practitioner in psychiatry, psychology, or psychiatric nursing who wants a brief biological update for general knowledge or even for a specialist wanting an update on research in another branch of the field. It does present principles for general application to treatment concepts. If only a textbook could teach our patients to generalize to the average case! For medical students or for a community practitioner who is interested in a reasonably quick review and update, this is an ideal sourcebook. Some college courses also might want this broad overview, focused on concepts and endpoint findings without the detail of individual methodologies.

The strength of this book is in chapters that each form excellent storytelling threads and together weave a fabric of a whole-brain conceptualization from many diverse fields and points of view. I would recommend this book as a highly current resource summarizing our knowledge concisely and accurately, pointing to future avenues with great optimism and mastery, and painting an overall very bright view of the team effort that has brought us to our current state.

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