

## Book Reviews

Michael H. Ebert, M.D., Editor

### **The Concepts of Psychiatry: A Pluralistic Approach to the Mind and Mental Issues**

by S. Nassir Ghaemi, M.D. Johns Hopkins University Press,  
Baltimore, Md., 2003, 337 pages, \$49.95.

This interesting and well-written volume can both enhance the reader's conceptual approach to understanding psychiatry and mental illness and also assist the reader's avoidance of dogmatism on the one hand and conceptual "glibness" on the other. The author's main purpose is "to explore the conceptual basis of the understanding and treatment of mental illness" (xxi). He also includes an important section on ethics and is an advocate for his version of pluralism. Ghaemi contrasts pluralism with the commonly endorsed eclecticism. He criticizes the latter as avoiding the important and real differences in the utilization of one particular approach in contrast to another. Ghaemi contends that we serve our patients and our colleagues better if we deeply understand the principles of neuroscience, psychology, interpersonal relationships, and cultural factors and then translate our understanding into different types of therapeutic action (at different points in time) in the relationship with any particular patient.

Unfortunately, the author occasionally overutilizes straw-man representations of the biopsychosocial model, mischaracterizes the American Board of Psychiatry and Neurology examination, and presents an outdated and reductionistic representation of contemporary psychoanalysis. He should also have given more attention to the temporal dimensions of pluralism, i.e., the change in the utility of different perspectives at different points in time and as many treatment relationships develop. Surprisingly, Ghaemi ignores the clinical concepts of intersubjectivity and the theoretical importance of Heisenberg in his introduction. He therefore subsequently provides very little treatment of how intersubjectivity or Heisenberg's uncertainty principle influences our building of models of the mind, brain, or culture. Sparse attention to transcendent dimensions of character or the neurobiology of personality is another shortcoming of the book.

Among many positive contributions, Ghaemi's introduction to Pierce as a seminal model builder and his description of the scientific method are helpful and will be new material for most psychiatrist readers. He mentions Kuhn, almost in passing, but not one of the more important clinical translations of his concept of paradigm shift: it is the accrual of anomalous experiences that allows a reflective practitioner to see things differently enough to initiate true shifts in the way he or she thinks about clinical phenomena. Such "openness" is critical for the continuing education possible in all good clinical work. Furthermore, there are contemporary clinical theorists, like Elizabeth Lloyd Mayer and Carol Gilligan, attempting to develop new theoretical models based on the careful and systematic study of anomalous experiences. Ghaemi's chapter on the scientific method in psychiatry endorses a scientific psychiatry

that describes truth as tentative "best guesses" at our moment in time and implies that we should hold on to such truths "lightly." Ghaemi advocates the pursuit of a professional balance that allows the practitioner to have enough doubt to let go of an idea that has outlived its usefulness but also enough resolve to take therapeutic action in the face of ambiguity and less information or certainty than might be desirable.

The chapter on the ethics of psychiatry is a nice introduction to 3 competing ethical systems: utilitarianism, deontology, and virtue theory. He provides clinically useful translations of these theories. The author's clear and explicit preference for virtue theory is somewhat surprising, since it forgoes an ethical pluralism that he advocates in philosophical and clinical domains. Nonetheless, this chapter is one that could be profitably incorporated into most psychiatric residency seminars on ethics.

Overall, this book is a valuable contribution to our literature and an important extension of McHugh and Slavney's 1998 text, *The Perspectives of Psychiatry*. In residency education, the text would best fit with courses, seminars, and case conferences designed to help residents integrate conceptual models presented at earlier times and (implicitly) to help faculty maintain access to and familiarity with conceptual models and clinical approaches that subspecialization activities lead them to ignore (or defensively devalue).

**James W. Lomax, M.D.**  
Baylor College of Medicine  
Houston, Texas

### **Treatment Companion to the DSM-IV-TR Casebook**

edited by Robert L. Spitzer, M.D.; Michael B. First, M.D.;  
Miriam Gibbon, M.S.W.; and Janet B. W. Williams, D.S.W.  
American Psychiatric Publishing Inc., Washington, D.C.,  
2004, 334 pages, \$54.00 (cloth), \$39.00 (paper).

The *Treatment Companion* picks up where the *Casebook* leaves off. The *DSM-IV-TR Casebook*, as you probably know, is the fourth in the *Casebook* series, the first having been published after the debut of DSM-III, but the *Treatment Companion* is something new. It reprints selected vignettes from the *DSM-IV-TR Casebook*, including the diagnoses and any follow-up, and adds a treatment discussion provided by someone with expertise in the area under discussion. The treatment discussions, averaging 6 or so pages, typically include not only an extensive discussion of treatment considerations, but also an insightful discussion of diagnoses and etiologies, as well as a useful list of references and/or suggested readings. Here's a run-down of the basic stats: 41 experts provide 38 treatment discussions (3 discussions have dual authorship) on 34 cases (4 cases have 2 independent discussions). By my count, 29 cases come straight from the *Casebook's* collection of 235 cases. Most are

from the first chapter ("Adults"), but 4 are from Chapter 2 ("Children and Adolescents"), and 2 are from the third chapter ("Cases Illustrating the Multi-axial Assessment"). There are no cases from Chapter 4 ("International Cases") or Chapter 5 ("Historical Cases").

The 5 new cases not found in the *Casebook* are: (1) "Toxic Neighborhood," wherein the patient is diagnosed with schizoaffective disorder; (2) "Frustrated Librarian," sexual dysfunction; (3) "Mike DeBardeleben," sexual sadism; (4) "Martini Man," alcohol dependence; and (5) "Time Traveler," Asperger's disorder. As this brief list suggests, the cases cover a wide range of mental disorders. Others include separation anxiety disorder, attention-deficit/hyperactivity disorder, Alzheimer's disease, schizophrenia (3 cases), schizophreniform disorder, delusional disorder, bipolar disorder (I and II), depression (4 cases, including a case of premenstrual dysphoric disorder), generalized anxiety disorder, panic disorder, social phobia, obsessive-compulsive disorder, posttraumatic stress disorder, body dysmorphic disorder, somatization disorder, anorexia nervosa, pedophilia, gender identity disorder, cocaine dependence, and sundry personality disorders (4 cases—including a case of self-defeating personality disorder, a diagnosis that was deleted from the DSM-IV).

There is not enough room in this review to identify all the contributors, but they are a diverse group, and they are all eminent practitioners. Just to give some idea of this diversity, the discussants for the 5 new cases listed above are: (1) Paul Keck of the University of Cincinnati and the Veterans Affairs Medical Center (VAMC) in Cincinnati, an authority on the nosologic issues and pharmacologic treatment regarding schizoaffective disorder; (2) Lawrence Labbate of the Medical University of South Carolina and the VAMC in Charleston, who has written extensively on sexual dysfunction and antidepressants and is coauthor

of the personal digital assistant (PDA)-based version of the *Handbook of Psychiatric Drug Therapy*; (3) Michael Stone of Columbia University and the Mid-Hudson Forensic Psychiatric Hospital, who reportedly totes the biographies of more than 100 serial killers around on his laptop computer; (4) Marc Schuckit of the University of California, San Diego, and the VAMC in San Diego, where he directs the Alcohol and Drug Treatment Program and researches the genetics of alcoholism; and (5) Fred Volkmar of Yale University, coauthor of *Asperger Syndrome*.

Other contributors include Otto Kernberg, a principal architect of object relations theory; Marsha Linehan, developer of dialectical behavior therapy; Marshal Folstein, of Mini-Mental State Examination fame; Lewis Opler, codeveloper of the Positive and Negative Syndrome Scale; Max Fink, pioneer in the use of electroconvulsive therapy; and E. Fuller Torrey, designated "the most famous psychiatrist in America" by the *Washington Post*. Need I go on? Suffice it to say that this is a great book. It even has an extensive index, not only of diagnoses as in the *Casebook*, but also of medications, therapies (e.g., cognitive-behavioral therapy), names (e.g., Beck), and symptoms (e.g., anosognosia). This book is a helpful guide to the diagnosis and treatment of a number of mental disorders, and it's also a snapshot of contemporary psychiatric thinking. The book should be useful for the boards as well, with the caveat that some opinions expressed by discussants may not be exactly mainstream, although this is generally made clear by the context.

**Russell G. Andreasen, M.D.**  
Texas A&M University  
Health Science Center College of Medicine  
College Station, Texas

United States Postal Service  
**Statement of Ownership, Management, and Circulation**

|   |  |   |
|---|--|---|
| 1. Publication Title<br>THE JOURNAL OF CLINICAL PSYCHIATRY  | 2. Publication Number<br>0 1 6 0 - 6 6 8 9   | 3. Filing Date<br>09-10-04                                    |
| 4. Issue Frequency<br>Monthly   | 5. Number of Issues Published Annually<br>12 | 6. Annual Subscription Price<br>\$120.00                      |
| 7. Complete Mailing Address of Known Office of Publication (Not printer) (Street, city, county, state, and ZIP+4)<br>Physicians Postgraduate Press, Inc.<br>3175 Lenox Park Blvd Ste 409<br>Memphis Shelby County, TN 38115   |  | Contact Person<br>Sharon Landers<br>Telephone<br>901-273-2705 |
| 8. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer)<br>Physicians Postgraduate Press, Inc.<br>3175 Lenox Park Blvd Ste 409<br>Memphis Shelby County, TN 38115   |  |   |
| 9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor (Do not leave blank)<br>Publisher (Name and complete mailing address)<br>John S. Shelton, Ph.D.<br>641 River Trail<br>Memphis, TN 38120<br>Editor (Name and complete mailing address)<br>Alan J. Gelenberg, M.D., Professor and Head, Department of Psychiatry,<br>Arizona Health Sciences Center, 1501 N. Campbell Avenue, Tucson AZ 85724<br>Managing Editor (Name and complete mailing address)<br>Kathryn M. Hedges, 9206 Fletcher Trace Parkway, Arlington, TN 38002  |  |   |
| 10. Owner (Do not leave blank. If the publication is owned by a corporation, give the name and address of the corporation immediately followed by the names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock. If not owned by a corporation, give the names and addresses of the individual owners. If owned by a partnership or other unincorporated firm, give its name and address as well as those of each individual owner. If the publication is published by a nonprofit organization, give its name and address.)<br>Full Name Complete Mailing Address<br>Physicians Postgraduate Press, Inc. 3175 Lenox Park Blvd Ste 409<br>Memphis, TN 38115<br>John S. Shelton, Ph.D. 641 River Trail, Memphis, TN 38120 |  |   |
| 11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities. If none, check box <input checked="" type="checkbox"/> None<br>Full Name Complete Mailing Address   |  |   |
| 12. Tax Status (For completion by nonprofit organizations authorized to mail at nonprofit rates) (Check one)<br>The purpose, function, and nonprofit status of this organization and the exempt status for federal income tax purposes:<br><input type="checkbox"/> Has Not Changed During Preceding 12 Months<br><input type="checkbox"/> Has Changed During Preceding 12 Months (Publisher must submit explanation of change with this statement)   |  |   |

PS Form 3526, October 1999 (See Instructions on Reverse)

|  |   |   |
|--|---|---|
| 13. Publication Title<br>THE JOURNAL OF CLINICAL PSYCHIATRY  | 14. Issue Date for Circulation Data Below<br>OCTOBER 2004 |   |
| 15. Extent and Nature of Circulation   | Average No. Copies Each Issue During Preceding 12 Months  | No. Copies of Single Issue Published Nearest to Filing Date |
| a. Total Number of Copies (Net press run)  | 36,214  | 36,544  |
| b. Paid and/or Requested Circulation   |   |   |
| (1) Paid (Requested Outside-County Mail Subscriptions Stated on Form 3541 (Include advertiser's proof and exchange copies))  | 24,199  | 24,211  |
| (2) Paid In-County Subscriptions (Stated on Form 3541 (Include advertiser's proof and exchange copies))  | 0   | 0   |
| (3) Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Non-USPS Paid Distribution  | 0   | 0   |
| (4) Other Classes Mailed Through the USPS  | 0   | 0   |
| c. Total Paid and/or Requested Circulation (Sum of 15b(1), (2), (3), and (4))  | 24,199  | 24,211  |
| d. Free Distribution by Mail (Samples, complimentary, and other free)  |   |   |
| (1) Outside-County as Stated on Form 3541  | 11,786  | 12,117  |
| (2) In-County as Stated on Form 3541   | 0   | 0   |
| (3) Other Classes Mailed Through the USPS  | 0   | 0   |
| e. Free Distribution Outside the Mail (Carriers or other means)  | 0   | 0   |
| f. Total Free Distribution (Sum of 15d and 15e)  | 11,786  | 12,117  |
| g. Total Distribution (Sum of 15c and 15f)   | 35,985  | 36,328  |
| h. Copies not Distributed  | 229   | 216   |
| i. Total (Sum of 15g and 15h)  | 36,214  | 36,544  |
| j. Percent Paid and/or Requested Circulation (15c divided by 15g times 100)  | 67%   | 66%   |
| 16. Publication of Statement of Ownership<br><input type="checkbox"/> Publication required. Will be printed in the OCTOBER 2004 issue of the publication. <input type="checkbox"/> Publication not required. |   |   |
| 17. Signature and Title of Editor, Business Manager, or Owner<br>Date: 9/13/04   |   |   |

I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

**Instructions to Publishers**

- Complete and file one copy of this form with your postmaster annually on or before October 1. Keep a copy of the completed form for your records.
- In cases where the stockholder or security holder is a trustee, include in items 10 and 11 the name of the person or corporation for whom the trustee is acting. Also include the names and addresses of individuals who are stockholders who own or hold 1 percent or more of the total amount of bonds, mortgages, or other securities of the publishing corporation. In item 11, if none, check the box. Use blank sheets if more space is required.
- Be sure to furnish all circulation information called for in item 15. Free circulation must be shown in items 15d, e, and f.
- Item 15h, Copies not Distributed, must include (1) newsstand copies originally stated on Form 3541, and returned to the publisher, (2) estimated returns from news agents, and (3) copies for office use, leftovers, spoiled, and all other copies not distributed.
- If the publication had Periodicals authorization as a general or requester publication, this Statement of Ownership, Management, and Circulation must be published; if not, it must be printed in any issue in October or, if the publication is not published during October, the first issue printed after October.
- In item 16, indicate the date of the issue in which this Statement of Ownership will be published.
- Item 17 must be signed.

Failure to file or publish a statement of ownership may lead to suspension of Periodicals authorization.

PS Form 3526, October 1999 (Reverse)