

to raise nine children without support or even a modicum of personal control is the story that lays the groundwork for the story that Phillips has chosen to tell.

Although *Unto Us a Child* is an ab-

sorbing account of the impact of abuse, it leaves the reader wishing that Phillips had chosen to make some of the connections that would have made his work a more significant contribution.

Concise Guide to Marriage and Family Therapy

by Eva C. Ritvo, M.D., and Ira D. Glick, M.D.; Washington, D.C., American Psychiatric Publishing, Inc., 2002, 272 pages, \$27.95 softcover

Multifamily Groups in the Treatment of Severe Psychiatric Disorders

by William R. McFarlane; New York, Guilford Press, 2002, 403 pages, \$45

William Vogel, Ph.D.

Two books on family therapy are reviewed here, one on marriage and family therapy and the other on multifamily groups.

The senior author of *Concise Guide to Marriage and Family Therapy*, Eva C. Ritvo, M.D., is chair of the department of psychiatry and behavioral medicine at Mt. Sinai Medical Center in Miami. Her coauthor, Ira D. Glick, M.D., is professor of psychiatry at Stanford University School of Medicine. Their book is designed for "psychiatrists, psychiatry residents, and medical students working in a variety of treatment settings." The authors state that the book is designed "to succinctly encapsulate the core material needed by a student (or a seasoned practitioner) in the diverse settings of current family treatment practiced around the world." However, it seems that the book would be most useful as a how-to primer for the beginning family therapist. For example, there is little focus on cross-cultural, racial, or class issues.

Concise Guide to Marriage and Family Therapy is a general guide, covering issues that might be of use to the beginner, including the history of the field; functional and dysfunctional families; how to conduct a family evaluation; the chief family problem areas; theories of family therapy; strategies and techniques; marital,

sex, and couples therapy; divorce; and indicators and contraindicators for family therapy—in brief, a broad discussion of the field. The discussion is very general, so there is little focus on specific populations—African American, Hispanic, or foreign-born persons; homeless families; persons with chronic mental illness; and older persons; for this, one must consult more specific texts.

Nevertheless, the book is well written, avoids jargon, and is very readable. It would be especially useful for medical students and residents.

William R. McFarlane, the author of *Multifamily Groups in the Treatment of Severe Psychiatric Disorders*, is a prominent, highly credentialed, and experienced psychiatrist with a wide reputation as a scholar, clinician, teacher, and administrator. In the book's preface, he writes "This volume is being published 20 years after the death of the person generally acknowledged as the pioneer of multifamily groups, H. Peter Laqueur. Remarkably, it is the first book devoted to this approach, and it is long overdue."

Long overdue, indeed. Multifamily groups are groups of families gathered in a treatment setting, all of whom have a family member afflicted by a specific illness. The focus of *Multifamily Groups in the Treatment of Severe Psychiatric Disorders* is on groups of families with a member who has schizophrenia. The technique used with these families is la-

beled psychoeducational; the families and the therapists interact and educate each other and benefit from recognizing the commonalities and differences among the families. This technique is on the cutting edge of the family therapy movement.

Part 1 of *Multifamily Groups* deals with the theory and empirical foundations of multifamily treatment, part 2 focuses specifically on schizophrenia, and part 3 discusses other mental disorders, with one chapter on chronic mental illness. The authors of the various chapters are people of reputation, eminence, experience, and credentials. I found all of the chapters to be well written and well edited. The chapters fit together to make a well-integrated, unified, mosaic-like whole, something that I find to be quite rare in edited books of this type.

This book is a must for any mental health professional who has an interest in families. It deals with an area and a methodology that were little recognized even a few years ago and that are now recognized as being of primary importance for clinical practice, teaching, and research. *Multifamily Groups in the Treatment of Severe Psychiatric Disorders* deserves a place on the bookshelf of every mental health professional.

Dangerous Minds: Political Psychiatry in China Today and Its Origin in the Mao Era

by Human Rights Watch and Geneva Initiative on Psychiatry; New York, Human Rights Watch, 2002, 298 pages, \$20 softcover

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Allegations of psychiatric abuse in China have agitated many in the psychiatric and human rights communities during the past few years, undoubtedly sensitized by such allegations in relation to the former Soviet Union. Human Rights Watch and

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Geneva Initiative on Psychiatry have published a book titled *Dangerous Minds: Political Psychiatry in China Today and its Origins in the Mao Era*. Included in the book is a well-documented, previously published article called "Judicial Psychiatry in China and its Political Abuses," by Robin Munro (1), which forms a major portion of the book.

Munro points out that the recent attention of the psychiatric and human rights community to violations of psychiatry since 1999 was due to the forcible detention of practitioners of the Falun Gong, a spiritual community, in psychiatric hospitals after their arrest on criminal charges. It is alleged that many of them had no psychiatric illness.

It turns out, according to Munro, that the forcible detention of political dissidents, whistleblowers, and religious groups has a long history in China. It reached its apogee during the period of the Cultural Revolution, between 1966 and 1976, then under the leadership of Mao Tse-Tung and the "Gang of Four," which instituted a very harsh and repressive regime. No opposition or deviance in practice or in thought was tolerated. Many of the dissidents were committed to psychiatric hospitals, particularly hospitals that were under the jurisdiction of the police, known as Ankang hospitals, where the commitment was made by forensic psychiatrists. It is noteworthy that the rationale of the forensic psychiatrists during the Maoist era was that dissidents' mental problems were caused by "incorrect or deviant thinking"—that is, these individuals were said to be possessed by bourgeois selfish ideas and personal concerns, which caused their mental illness.

After the death of Mao, the psychiatric community moved toward ideas and practices that were more in line with those of the West, and some courageous psychiatrists denounced the practice of committing political dissidents to psychiatric hospitals. Illustrative of this emergence of new ideas was the act of the Chinese Psychiatric Association of removing homosexuality from the official classification

of mental illness.

In the late 1990s, when the Falun Gong movement escalated in numbers, reaching 70 million, the regime felt that it was necessary to curb this movement as a dangerous criminal group that was seeking to undermine the government. Various means of repression were used: jails, labor camps, and commitment to psychiatric hospitals by forensic psychiatrists. To justify the commitment, a new notion developed, reminiscent of that practiced during the Cultural Revolution—namely, the notion that dangerous ideas could produce mental illness, which was described as "evil, cult-induced mental disorder." This notion became the rationale of the confinement of the Falun Gong.

Dangerous Minds serves as an important presentation of Chinese psychiatry and of international concepts of the ethics of psychiatric practice. Yet Munro's original monograph has

been subject to negative criticism, although others support him. Noteworthy is the criticism by Professor Alan A. Stone of Harvard, who vigorously disputes the substance and accuracy of Munro's report (2).

However, all parties agree with the strongest recommendation of this valuable reference book—that a rigorous inspection by outside experts with complete access to all psychiatric patients, including those in the Ankang hospitals, is mandatory. The World Psychiatric Association made such a request at its meeting in Yokohama. One hopes that this request will be fulfilled.

References

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The Neuroscience of Psychotherapy: Building and Rebuilding the Human Brain

by Louis J. Cozolino, Ph.D.; New York, W. W. Norton & Company, 2002, 377 pages, \$30

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Numerous studies have shown the efficacy of psychodynamic and biological approaches, alone and together, in the treatment of many psychiatric disorders (1–4). Recently, a great number of supporters of both biological and dynamic psychiatry, after decades of little tolerance for the beliefs of the other, have started to generate hypotheses and ideas to merge their opinions.

At the forefront of this movement is Louis J. Cozolino, Ph.D., professor of psychology at Pepperdine University. In *The Neuroscience of Psychotherapy: Building and Re-*

building the Human Brain, Dr. Cozolino does a spectacular job of linking the most updated knowledge about neuronal circuits and evolutionary brain models with developmental and psychodynamic theories, and he does it in understandable and jargon-free language. He also relates the different components of psychodynamic theories with the concordant pathways in the nervous system in general.

The book consists of 14 chapters organized into five different parts. Each chapter ends with a summary of the main points. The first three chapters in part 1 constitute an excellent overview of the different models and theories related to neuroscience and psychotherapy. In parts 2 and 3, new concepts of memory systems, executive brain func-

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