

lusion to drown out the voices of girls.

An equally compelling political question concerns what happens to those "at-risk" girls who refuse to be silenced. How does society contend with the poor, minority, disenfranchised woman who refuses to shut her "big mouth?"

The authors suggest that these women may experience even further marginalization in adulthood. Just how might that happen? Homeless shelters, mental hospitals, and prisons are filled with women who refused to be silent. In each of these institutions, from the most community based and lenient to the most structured and punitive, women who failed to be socialized into silence are given one more chance to

keep their mouths shut and behave like good girls. While in adolescence, these women had to choose between saying what they felt to be true and honoring their important relationships. Now they must choose between speaking out and maintaining shelter, liberty, and survival.

Perhaps the most interesting reading in the book comes from the authors' attempts to interweave their more personal work on issues of race and voice, culled from six weekend retreats over two years, with the stories of the adolescent girls. The parallel struggles of the girls and the authors highlight just how difficult it is for any of us to overcome the pressures to silence our true voices.

Meeting the Needs of Ethnic Minority Children: A Handbook for Professionals

edited by Kedar N. Dwivedi, D.P.M., F.R.C.Psych., and Ved P. Varma, Ph.D.; Bristol, Pennsylvania, Jessica Kingsley Publishers, 1996, 196 pages, \$24.95

Jeanne Spurlock, M.D.

Dwivedi and Varma have collected a series of 12 papers that address various aspects of cultural diversity that warrant understanding in the assessment and treatment of children with mental disorders. Although the setting is England and the focus is on ethnic minority children and families, the issues addressed are relevant to minority people of other countries, such as Canada and the U.S. Thus the volume should be of interest to a wide range of service providers in countries that have a sizeable immigrant or minority population or both. Of course, the matter of culture should be considered by service providers in the delivery of care for any individual.

In the introductory chapter Kedar Dwivedi addresses differences in cultural ideology and how these differences affect children and their fami-

lies as well as service providers and policy makers. Attention is also given to legislative acts that influence professional practice. Other contributors focus on single topics mentioned by Dwivedi. For example, Harish Mehra writes in chapter 6 on the impact of legislation in the United Kingdom, the Race Relations Act, on residential care for ethnic minority children.

A range of mental health services is discussed in several chapters, such as those on psychiatric needs of ethnic minority children; on children, families, and therapists; and on family therapy and ethnic minorities. The practice and value of community psychiatry are spelled out and well documented by Radha Dwivedi in a chapter on community and youth work with Asian women and girls.

Harry Zeitlin addresses a topic of particular interest and concern to professional groups in the United States, adoption of children from minority groups. Zeitlin's findings and conclusions are relevant to the work of all service providers working in the arena of foster care and adoption. Issues ad-

dressed in other chapters, such as antiracist strategies for educational performance and the health needs of children from ethnic minorities, are also relevant to a range of communities beyond the shores of England.

This volume should be a valuable addition to the libraries of mental health training programs as well as of individual service providers.

Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body, and Society

edited by Bessel A. van der Kolk, M.D., Alexander C. McFarlane, M.D., F.R.A.N.Z.C.P., and Lars Weisaeth, M.D., Ph.D.; New York City, Guilford Press, 1996, 596 pages, \$55

Daniel L. Breslin, M.D.

This book is a state-of-the-art compendium of knowledge about the psychiatric and social sequelae of traumatic experience. It includes the work of 33 contributors from the United States, Europe, Israel, and Australia and is divided into six sections: Background Issues and History; Acute Reactions; Adaptations to Trauma; Memory (mechanisms and processes); Developmental, Social, and Cultural Issues; and Treatment.

Much of the research reviewed in the book investigates the responses of individuals to natural disasters and to the large-scale disasters that are the products of human civilization, including warfare, accidents, and terrorist and other anonymous criminal assaults. There are both methodological and epidemiological reasons for this content. American psychiatry's encounter with returning Vietnam veterans was one of the direct stimuli for the creation of posttraumatic stress disorder (PTSD) as a diagnostic entity, and the military around the world continues to generate an ample

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