

organization, starting with a "perspective on the disorder" in which Perlmutter discusses "aspects of the disorder that relate specifically to family considerations." He then discusses the relationship of the "clinical family system" to that particular disorder, with reference to the effects of the disorder on the family, family maintenance of the symptoms, the function of the symptoms within the family, and the adverse consequences of change for the family. He proceeds to the development and progression of the disorder, in terms of family history, and concludes with a discussion of individual and family treatment modalities.

Perlmutter achieves his purpose.

The book is readable and remarkably jargon free. Practitioners of individual therapies will find it helpful in understanding the work of family therapists and in recognizing how they might better integrate their work with that of family practitioners, to their patients' gain. Family therapists will similarly benefit in understanding how to better communicate and integrate their work with that of their colleagues who practice individual therapies.

Reference

1. Hazelrigg MD, Cooper HM, Borduin CM: Evaluating the effectiveness of family therapies: an integrative review and analysis. *Psychological Bulletin* 101:428-442, 1987

The Couple and Family in Managed Care: Assessment, Evaluation, and Treatment

by Dennis Bagarozzi, Ph.D.; New York City, Brunner/Mazel Publishers, 1996, 176 pages, \$21.95 softcover

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Effective and efficient mental health treatment in a managed care setting demands specificity. Accurate diagnosis, identification of narrow and measurable treatment goals, and application of focal treatments are crucial if clinicians hope to provide a useful service.

The Couple and Family in Managed Care provides a blueprint for treatment from the point of entry into the system to posttermination follow-up. Its author, Dennis Bagarozzi, Ph.D., is a psychologist in private practice who specializes in the care of troubled couples and families. He is also the director of a company that assists organizations, including managed mental health care organizations, in evaluating the outcomes of their programs.

The principal focus of this book is on the assessment process, in particular how the careful selection of mar-

ital and family assessment instruments can streamline the therapeutic endeavor. Although the use of such questionnaires may be familiar territory to psychologists and other clinicians trained in behavioral or cognitive-behavioral approaches, it is terra incognita for most practitioners. Dr. Bagarozzi explains the rationale for using such techniques, describes a number of assessment tools that are well suited to clinical practice in managed care environments, and shows how the collected data can assist in the definition and refinement of a treatment focus.

The first three chapters of the book take the reader from the initial interview, often with an individual client, to the inclusion of the spouse, other family members, or both and the use of clinical interview and assessment instruments to arrive at a diagnosis and treatment plan. According to the author, most managed mental health care organizations view marital and family therapy as adjunctive to individual treatment and strictly limit the number of joint

visits or "collateral contacts." The clinician must be prepared to demonstrate the need for this intervention and then maximize its impact, as a typical allotment would be three to five visits.

The author's model assumes that providers of short-term family treatment have had training in the areas of brief, problem-focused therapies for marital and family issues as well as structural, strategic, and functional approaches to family therapy. This volume does not discuss these treatments in detail, but rather uses clinical cases to highlight the therapeutic strategies that are most useful in a managed care context.

Ample case materials are presented to illustrate the author's approach. Dr. Bagarozzi's goal is to "demonstrate how concise and pragmatic assessments can be completed in a relatively short time with a limited number of collateral contacts." The case studies are varied and include a demonstration of the complementary processes of individual diagnosis and systems evaluation and a description of how assessment tools are used to refine the treatment process. Couples in crisis, couples who are undergoing a developmental transition, and nuclear and intergenerational family systems are represented.

The issue of accountability for quality of care is addressed in the final chapter. This responsibility is ideally shared by employers, managed care companies, and clinicians who all have a stake in promoting high standards of service. Of particular interest to clinicians is the assessment of therapeutic outcome. Some basic parameters of outcome research are discussed, and a model follow-up questionnaire is provided.

Clinicians who are trying to adjust to the realities of managed care will find this a useful volume. Without sufficient awareness, therapists can become entangled in complicated ethical and legal dilemmas. Dr. Bagarozzi's emphasis on precision, from start to finish, is a value that can be embraced by payer, provider, and patient alike.

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