

Freudian in content. It discusses how a general practitioner can be aware of patients' hidden sexual problems during routine consultations. It certainly cannot be regarded as a good reference book for non-Freudians.

The field of psychosexual counselling is highly specialized, and any attempt to teach it to a wider audience should be met with caution. As such, it is doubtful whether this book will be of value to all doctors, nurses, students, and other health professionals as is suggested by its subtitle. It should be placed beside volumes that express alternative points of view in psychosexual medicine.

P S McDONALD  
Psychologist, Department of General Practice,  
University of Nottingham

### PALLIATIVE CARE OF THE TERMINALLY ILL

*J F Hanratty*

Radcliffe Medical Press, Oxford (1989)  
96 pages. Price £5.95

Written by a doctor with 10 years' experience of running a hospice this excellent little book is full of concise and beautiful insights. The first 26 pages deal entirely with the philosophy of terminal care, giving this most difficult part of caring the priority and importance it deserves. The author's warm and humane text is illustrated by frequent quotations from the dead and buried, notably from Newman's text of the *Dream of Gerontius* which should of course be essential listening for trainees, preferably with Elgar's orchestration.

The second part of the book covers the control of distressing symptoms and the book emphasizes the need for medical competence as well as for compassion in looking after the dying patient. This section is well laid out, comprehensive and authoritative.

What is unusual for a 'hospice production' is how closely attuned the author is to the home situation and how he stresses the importance of trying to keep the patient at home and of looking after the caring relatives. This book is essential for the practice library and the busy family doctor.

PETER BARRITT  
General practitioner and tutor, Shrewsbury, Shropshire

### COGNITIVE BEHAVIOUR THERAPY FOR PSYCHIATRIC PROBLEMS

**A practical guide**

*Keith Hawton, Paul M Salkovskis, Joan Kirk and David M Clark (eds)*

Oxford University Press (1989)

456 pages. Price £40.00 (h/b), £15.00 (p/b)

I find it difficult to describe the cognitive approach to emotional and psychological problems without producing statements that appear banal and obvious. The essential elements are that people's habitual ways of making sense of themselves and of the world around them may be dysfunctional and may produce distorted thinking and behaviours. The focus of attention in behaviour therapy is on the present state — where the person is now rather than how he or she got there — and on how he or she can be helped to change it. Developing understanding of the reasons for the problem proceeds simultaneously with learning and practising new behaviour. It is always interesting, and sometimes necessary to discover the origins of present patterns of behaviour but in cognitive behaviour therapy this is subsidiary to the task of creating new modes of thinking and new ways of behaving.

This book is an instruction manual for therapists who seek to apply cognitive and behavioural approaches to people with a wide variety of psychiatric disorders. It is therefore a highly structured text with many examples of individual cases and of therapists' responses to clinical problems.

There is a risk that the cognitive approach may become the psychiatric equivalent of the philosopher's stone and it is good, therefore, that the authors state frankly that there is little evidence that this treatment produces better results than other treatments. General practitioners will find the historical review at the beginning, the chapter on somatizing patients and the final chapter on problem solving useful. They will also pick up useful tips on how to phrase responses to patient's statements and how to deal with setbacks, and gain a sense of the value of a structured approach to problems.

P M HIGGINS  
Retired professor of general practice, Guy's Hospital, London

## CLASSIFIED ADVERTISEMENTS

THE LISA SAINSBURY FOUNDATION  
Residential Workshop (2 Nights)

### 'TERMINAL CARE IN THE COMMUNITY'

Either — Wednesday 16th to Friday 18th May, 1990  
Or — Wednesday 19th to Friday 21st September 1990

Venue: Holland House, Crothorne, Pershore, Worcester

Family practitioners are invited to join a group looking at terminal care in the community. The major issues to be covered are talking with the dying patient and family, concepts of loss and pain relief and symptom control. This workshop is designed so that considerable benefit can be gained if a general practitioner is accompanied by a community nurse from the same practice.

Section 63, zero-rated, is being sought. Fee: £30.00

Details and application form from: Sandra Fast, The Lisa Sainsbury Foundation, 8-10 Crown Hill, Croydon, Surrey, CR0 1RY.  
Tel: 01 686 8808

### WELSH MRCGP COURSE AT ABERYSTWYTH, DYFED

Tuesday 3rd April 1990 to Saturday 7th April 1990

The above Course has been instigated by a decision of the Welsh Council of the RCGP and will be a residential course in buildings of the University College of Wales where opportunity will be offered for individual and group work in preparation for MCQ, MEQ and vivas of the MRCGP examination. Examiners of the College will be present. Pre-course work will be required and Section 2 approval has been sought.

The cost of the Course is £230 payable at the start of the Course, and a deposit of £50 will be required on confirmation of being offered a place on the Course.

Please apply to Mrs. Rita Slade, Postgraduate Centre, Bronllais General Hospital, Aberystwyth, Dyfed, SY23 1ER.