BOOK REVIEWS

IAP Text Book of Paediatrics. Edited by A Parthasarthy, PSN Menon, MKC Nair. Published by Jaypee Brothers. Medical Publishers (P) Ltd, B-3 EMCA House, 23/23B Ansari Road, Daryanganj PB No 7193, New Delhi-110002 in 1999. 918 pages, hard bound, Price Rs.290/-, ISBN No.81-7179-664-8.

Paediatrics has been included as separate subject alongwith Medicine, Surgery and Obstet and Gynaecology for the final MBBS students, as per the directives of Medical Council of India. This has resulted in the need for a text book for undergraduate medical students, according to the required syllabus, and different from other already popular textbooks which are by and large meant for further specialised teaching/learning for postgraduate students. The IAP text book of paediatrics fulfils this need.

The choice chapters and their contents have been contributed by

COMPREHENSIVE GROUP PSYCHOTHERAPY, Third edition by Harold I Kaplan and Benjamin J Sadock, Published by Williams and Wilkins, Baltimore in 1993, ISBN No. 0-683-04534-2, 775 pages, Hard bound, Price \$ 78.

After a generation of nascency, group therapy had evolved as a definitive type of psychotherapy largely out of the need to treat large number of patients in the last great war. The ever increasing number of distressed clientele, financial constraints, shortage of trained personnel and above all proven effectivity have contributed to the increase in application of group methods in therapy.

Comprehensive group psychotherapy has remained a classic far more than two decades. The present edition continues to maintain

EYE MOVEMENT DESENSITIZATION AND REPROCESSING. Author-Francine Shapiro. 1st edition. Published in 1995. ISBN No-0-89862-960-8, 398 pages, Hard bound, Price \$ 40/-

Eye Movement Desensitization Reprocessing (EMDR) is a recent entrant into the quiver of a qualified psychiatrist. Almost all known schools of psychotherapy accept that past experiences play a crucial part in the formation of psychological problems. EMDR too subscribes to that basic premise. The initial use of eye movements in therapy was based on chance observation by the author in 1987, that spontaneous movements of her eyes made distressing thoughts disappear. EMDR is deceptively simple. A patient has to follow the quickly moving finger of the therapist while keeping the disturbing thought, image or feeling in the mind. However the technique cannot be effectively employed unless a detailed description of the stressful experience, as well as the attendant cognitions and feelings are obtained by means of a skilled interview. The author rightly emphasises the importance of

select Paediatricians of repute in their fields of interest. Priority is given to common problems of childhood including nutrition, infectious diseases, and newer developing subspecialties such as cardiology, neurology, nephrology, endocrinology and oncohaematology also find worthy mention in the book.

The contents of the book are quite innovative and well presented. Uniform style and vital contents have been preserved in simple language and style. The sections are well sequenced preparing the undergraduate medical student to be an effective middle level manager in primary health care.

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the secular tradition of not extolling the virtues of any particular school. This book is organised into six areas (for some reason they are not called chapters). The first, area 'A' deals with basic principles. Area 'B' covers the broad range of specialised techniques. The chapter on group psychotherapy with special population (area 'D') is quite exhaustive. The last area is devoted to training, research, and other contemporary issues of interest. A book of this nature can only give the essential outlines. Fortunately references are given at the end of each sub chapter. Interested readers might find this fairly convenient to enlarge his area of interest. This book must find a place in the library of every psychiatric centre. Even physicians might profit from a reading of area D of this book.

establishing a therapeutic relationship. The basic technique and the various technical elaborations are lucidly described. Therapeutic effect is sought to be explained from a cognitive perspective.

This book is written in the style of a teacher imparting knowledge to a pupil. The present day medicalised psychiatrist will find the matter of fact style quite inviting. Within a short time EMDR has generated an impressive corpus of research work. The reviewer has modest personal experience in this area and believes that it is a useful method of treatment. The author of the book is convinced that with EMDR suffering can be transformed not only into art but life. The goal should perhaps be more realistic. References given at the end of the book are fairly extensive and upto date.

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