

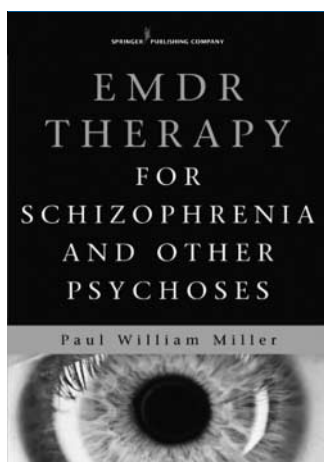
and spatial dimensions of group-analytic therapy in revealing how its developmental phasic nature – the group progressing through relational, reflective and reparative stages; from monologue to dialogue to discourse; and from cohesiveness to coherence – is intertwined with the group's complex interpersonal dynamics that form the relational matrix at any one time. Engaging clinical vignettes included throughout give voice to discussions on theory and technique and bring the text alive.

It is difficult to pay justice in this brief review to the book's value for not just being one of the most comprehensive and accessible textbooks about group therapy for many years, but also for its wisdom about human nature, the complexities of interpersonal relationships and the dynamics of groups. There is some repetition; however, the elegant prose greatly outweighs any minor irritation at too much cross-referencing to other chapters.

This book will be of use to psychiatrists and other mental health professionals at all stages of their career, and who are involved in any type of group work. It will hopefully inspire others to undertake such work and to become convinced of the centrality of the analytic group method within a model of therapeutic psychiatry that informs the totality of our field.

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EMDR Therapy for Schizophrenia and Other Psychoses

By Paul William Miller.
Springer Publishing Company.
2015.
\$65.00 (pb). 296 pp.
ISBN 9780826123176

Dr William Miller has written a beautifully presented and interesting introduction to eye movement desensitisation and reprocessing therapy (EMDR). Excitingly, it refers to the relatively new idea that EMDR might be a therapy useful for the treatment of psychotic disorders, but this risks disrupting the focus of the book.

For a work about EMDR, quite a bit of this text refers to more general topics. Early chapters explore the relationship between trauma, psychosis and schizophrenia, followed in later chapters by the psychopathology of dissociation and psychotic disorders, clinical skills in psychotic disorders, and a critique of modern psychotherapeutic methods within the framework of a slightly strained Disney metaphor ('Psychotherapy for psychosis and schizophrenia: the Wizard of Oz fallacy'). The extent to which this book is an advance of an argument that EMDR is effective, a model for the mechanism by which EMDR might work, or a manual for the implementation of EMDR in schizophrenia is

not clear. Finally, as a relatively junior psychiatrist and relative novice to EMDR, to me the book was a rich, characterful introduction to the development of EMDR as an intervention, but I was left uncertain about the empirical evidence, its applicability to EMDR in clinical settings, or the compatibility of EMDR with modern clinical practice.

Chapters are composed of short sections, are well referenced and clearly written. Each has a very short 'intention' at the beginning, which helps to orient the reader. Case descriptions of patients with psychosis treated with EMDR, presented at the end of the book, help to paint a picture of the therapy in action, but often emphasise an optimistic approach.

In conclusion, this book is not a destination for those of us who are interested in a dispassionate evaluation of the evidence base for EMDR. Rather, it is a description of an emerging treatment from a singularly interested observer and practitioner of this fascinating intervention.

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Small Acts of Disappearance: Essays on Hunger

By Fiona Wright.
Giramondo. 2015.
AUS\$24.95 (pb). 224 pp.
ISBN 9781922146939

Fiona Wright is an acclaimed writer from Sydney who is recovering from anorexia nervosa. In 2016, Wright was awarded the prestigious Kibble Literary Award for her semi-autobiographical essay collection, *Small Acts of Disappearance: Essays on Hunger*. I was curious about its success and wanted to see what it could teach a psychiatry trainee about the internal world of a person suffering from an eating disorder.

The collection consists of ten essays, in mostly chronological order, and progresses through the phases of Wright recognising she has a disorder, identifying its precipitating and maintaining factors, and starting the recovery process. The majority of the essays are Wright's reflections on her own illness, which lasted over 8 years. Wright also reviews the existing scientific and literary research on eating disorders, which provides an interesting and informative interlude while also illustrating her own intellectualisation of her disorder.

Small Acts explores how anorexia maintains its grip on an individual, beyond the textbook fear of fatness. Wright, interestingly, never uses terms such as 'fat' in reference to herself. Instead, she addresses two drives that maintained her illness: the sensation of hunger and the need to be small. From her opening lines onwards, we learn how hunger can be experienced as a positive internal sensation. The importance of being small is

frequently referred to and has its own essay, 'In Miniature', which weaves the history and philosophy of miniature objects with Wright's reflections on why this was such a stronghold, or as it might appear to us, an overvalued idea.

Wright's essays permit a reasonable psychiatric formulation but they are not a full psychiatric history. She has, of course, chosen what not to publicise. Her family relationships, for example, are not explored in great depth. Her rumination disorder and anorexia are difficult to disentangle, both for herself and the reader, particularly as the narrative indicates that the rumination disorder leads to anorexia, yet Wright alludes to anorectic cognitions before the disorder developed. Regardless, the book highlights the complex psychopathology and the importance of exploring the patient's narrative of their symptoms.

Small Acts gives a valuable insight into a disorder that thrives on secrecy and is presumably difficult to discuss in public. It addresses the tyranny of an eating disorder from multiple perspectives, with beautiful poetic prose and wide-ranging historical insights, and is recommended to anyone interested in the complex relationship people can develop with food and with themselves.

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