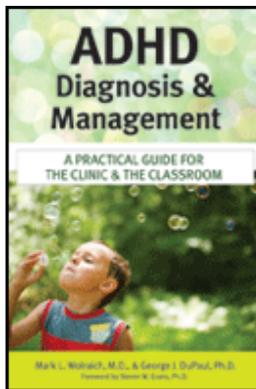


ADHD Diagnosis and Management: A Practical Guide for the Clinic and the Classroom

Mark L. Wolraich and George J. Dupaul. *Brookes Publishing Company: Baltimore, MD, 2010. 216 pages. \$34.95 (US), softcover.*



Two veterans in the field have come together to produce this well written summary of ADHD. Both authors are researchers and excellent clinicians, and they have married their backgrounds in research, pediatrics, psychology and extensive clinical experience. This is an easy to read book which is deceptively simple, and in fact would have something to offer to both beginners and to those who are experts in the field. The writing is seamless, succinct, and up to date. The book is easy to read and comprehensive. The authors have managed to include a historical perspective, a multidisciplinary point of view, and a very balanced set of recommendations that are realistic and can be incorporated into clinical practice.

The book starts with a historical review which provides clarity for the evolution of current controversies. The authors then go on to discuss the essential information on ADHD such as prevalence, etiology, and long term outcomes. Each chapter is well informed and followed by a useful bibliography listing the most helpful key sources. The procedures for management of ADHD are reviewed including screening, diagnosis, and treatment strategies. The book moves beyond symptoms to a comprehensive summary of functional impairments.

One of the unique features of this book is the marriage of the pediatric and psychology literature, thus reflecting the background of the authors. Thus, unlike most such books, it includes clear recommendations on how to help families optimize their well being, effective ways to intervene in the school classroom, and setting up interdisciplinary

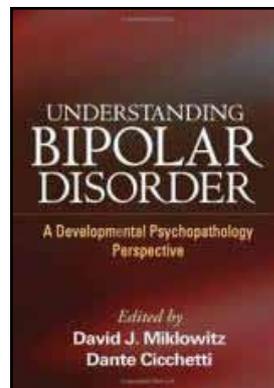
communication for optimal care. The book concludes by bringing this information together in a summary of future directions and a summary of very useful resources for patients. Each chapter ends with key references.

This book is a unique accomplishment. The authors have created something that is at once short, readable, well balanced and accurate. In this way they have managed to produce something that can be read by residents or students and come away not only with the most current knowledge, but a balanced, well thought out, consistent view of this disorder. At the same time, the expert in the field is bound to learn from this review which brings many disparate points of view together in a cohesive fashion.

Margaret Weiss MD, PhD, FRCPC
West Vancouver, British Columbia

Understanding Bipolar Disorder: A Developmental Psychopathology Perspective

David J. Miklowitz, and Dante Cicchetti, eds. *Guilford Press: New York, NY, 2010. 574 pages. \$75 (US), hardcover.*



At the beginning of the nineteenth century, Emil Kraepelin coined the term “manic-depressive insanity”; ever since, countless studies have sought to understand what is now known as bipolar disorder. Clinicians incorporate this knowledge into formulating cases from a nosological stand-point whereby risk factors predispose individuals to categorical disorders, typically defined by criteria crystallized from adult psychopathology. These disorders are brought to bear under the influence of precipitating factors, and may be perpetuated by a number of variables with the mitigating influence of some protective features. Certainly, this model ignores other unavoidable levels of complexity emerging when working with children and

adolescents, deeply embedded in their environment, while their neurobiological substrate changes at a rapid pace. Many issues come to the fore in this setting, such as the impact of nature versus nurture and discrepancies in disease pathways and outcomes. In addition, it is thought that traits that may be disruptive at one stage of development maybe adaptive in others. Therefore, a developmentally informed nosology advocates that the expression of illness evolves with the individual, who is constantly changing across the life span. Within this framework, each disease stage may have its own gestalt determined by the biopsychosocial variables pertinent to specific developmental phases. Reconciling this view with the current categorical conceptualization of mental illness is a brave challenge.

Addressing the above-mentioned challenge is the daunting task of developmental psychopathology, showcased in *Understanding Bipolar Disorder*. This scholarly work is a *tour de force* of bipolar disorder across the life-span. Each chapter is a solid review of the literature on different core aspects of the disease from a developmental perspective. The use of language is precise and cogent, while the narrative in this book is compelling. The discussions are thoughtful, conscious of the limitations of current academic knowledge, and future-oriented towards what needs to be unearthed next.

Because each chapter is a comprehensive review in its own right, there is some redundancy in explaining developmental psychopathology concepts throughout the volume. This may be helpful to readers less familiar with the content given the complexity of the material.

One of this work's greatest achievements is that it is comprehensive without losing its depth. This is a significant book for any mental health professional interested in the matters of nature versus nurture across the life span. Whether your focus of interest lies in biological, psychological, or social matters, this book contains thought-provoking material on the developmental psychopathology aspects of each field. Although the volume focuses on the bipolar spectrum, the featured concepts are relevant to understanding mental illness at large.

Roberta De Oliveira MD, PhD

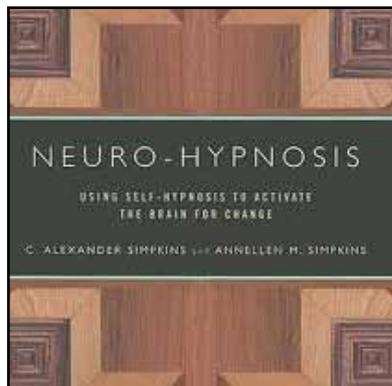
Resident in Psychiatry
University of Toronto
Toronto, Ontario

Abel Ickowicz MD, FRCPC

University of Toronto
Toronto, Ontario

Neuro-Hypnosis: Using Self-hypnosis to Activate the Brain for Change

C. Alexander Simpkins, and Annellen M. Simpkins. W. W. Norton and Company: New York, NY, 2010. 277 pages. \$24.95 (US), softcover.



This book is actually the result of a combination of two well-documented books. The first contains a very detailed history of the evolution of hypnosis from the era of the ancient Egyptians and the early Greeks to contemporary authors (Hull, Hilgard, Milton Erickson, & Sarbin) and including the various theories of animal magnetism (Mesmer), somnambulism (Bertrand & Noizet), inner influence (Charcot), mind changing the brain (Liebault & the Nancy school), dissociation (Janet, Sidis James), the unblocking of unconscious conflicts (Breuer, Freud), and hypnosis as forerunner to psychotherapy (Munro). Following this detailed history, the authors proceed to test the various theories through the meticulous use of modern neuro-imaging techniques, allowing the authors to propose an interesting integration of mind-brain-body connections. Although neuro-imaging does not give a final conceptual solution, it nevertheless significantly improves our understanding of the field.

In the second part of the book, dealing specifically with self-hypnosis, the authors first describe the basic tools necessary to induce self-hypnosis, followed by three chapters that describe in detail the clinical process of self-hypnosis (accompanied by many exercises) including one chapter on overcoming resistance to self-hypnosis. The last section is devoted to the application of self-hypnosis to various clinical fields such as substance abuse, weight regulation, and improving performance in sports.

Some unexpected bonuses given along the way are new explanatory outlooks on various scientific concepts such as attention, the unconscious, and pain. For example, a whole chapter is devoted to the topic of the brain's stress pathways, with improvement of Selye's general adaptation syndrome based on the concept of homeostasis with a new model of a more dynamic balance known as allostasis (i.e the search after the stress episode of a new and more flexible equilibrium rather than returning to the previous

equilibrium). The numerous neuro-cognitive explanations are illustrated by a set of good pictures of the brain with precise indication of its various pathways.

This book belongs within the trend of examining the role of neuroplasticity of the brain, to which other contributors have included Bach-y-Rita, Finger, Merzenich, Taub, Melzack, Pascual-Leone, Kandel, and Grafman — this trend has been well summarized by Doidge (2007). The main strength of the book under review here is the very rich information on hypnosis and self-hypnosis and on numerous theoretical and clinical connections with them. The main weakness lies in the too frequent repetition of mind-brain-body connections. As far as child psychiatry is concerned one does not find in the book any discussion of the minimal age for clinical use of self-hypnosis. My own impression is it should not be allowed before late adolescence and it should be closely supervised by an adult therapist.

Reference

Doidge, N (2007). *The brain that changes itself*. New York, Viking.

Jean-François Saucier MD, PhD, FRCPC
Ste-Justine Hospital Research Center
Montreal, Quebec

Bodies Under Siege: Self-mutilation, Nonsuicidal Self-injury, and Body Modification in Culture and Psychiatry, 3rd edition

Armando Favazza. *The Johns Hopkins University Press: Baltimore, MD, 2011. 333 pages. \$28.95, softcover.*



As busy clinicians, we often read only the abstracts of published studies, or enroll in workshops that summarize current knowledge on a topic, or scan literature for clinical pearls. If your practice contains a young woman who cuts herself each week, a child who suffers from mental retardation and head-banging, or a patient who has attempted self-castration or other often irreversible

acts of self-maiming, this book will not help you design a management plan before the next clinic visit. By skipping directly to Part III—“Insight and Treatment”—you might become a more compassionate clinician or understand some broad trends in the treatment of non-suicidal self-injury, but you will not find what to try next. By starting at the beginning of this book, you may feel under siege yourself as Armando Favazza presents page upon page of descriptions of mutilation, past and present, with little context. While the sheer volume of anecdotes gives the façade of completeness, he manages simultaneously to give only superficial coverage to some major examples and traditions of self-injury while including many irrelevant ones.

Favazza himself agrees with one reviewer of an earlier edition that the book is a “classic” (page xi). Since the publication of the first edition in 1987, *Bodies Under Siege* has legitimized the scholarly study of self-mutilation while putting modern self-mutilating behaviours seen in psychiatric practice into a cultural and historical context. Many of the topics mentioned—initiation rites, torture, masochism—have been studied from various angles within academia, but few books describe both decapitation during France’s 18th-century Reign of Terror and also the biology of self-injury in 21st-century hospitals. Bringing together these disparate strands is an accomplishment. However, while a classic by definition has enduring features, it is often surpassed in its day-to-day usefulness: the union of history, anthropology, sociology, psychology, and medicine that was novel 25 years ago, now leaves the reader wishing the connections were tighter and the explanations more plentiful, despite Favazza’s protest that his book “is more than a catalog of horrors. It goes beyond mere description to search for meaning” (page xv).

This third edition is divided into three parts. The first examines beliefs about mutilation in different cultures and religions over time; the second could be the “catalog of horrors” to which the author was referring but distancing himself from in his preface, as it lists clinical cases under anatomical headings—e.g. “The Genitals”; the third deals with assessment and treatments and attempts to provide the promised “meaning” of mutilation.

The first two parts suffer most as the reader is presented with stories and examples with too little context, the “meaning” to all this evidence coming too late on page 197. An example of the superficial nature of the treatment are the pages on Christian mortification of the body, for Christian “self-mutilation” from the 2nd to the 20th centuries was far more than Favazza concedes (page 33-39), the concept of penance and its integral physical component in the Middle Ages demanding better analysis. The ancient, medieval, and modern concept of fasting is ignored altogether. It is true, his point is to compile examples from different centuries and cultures rather than give an exhaustive treatment of any

single example. And case catalogs have a long and illustrious history in psychiatry and have provided great insights into the classification, natural history, and phenomenology of disorders. However, if more than a catalog is the objective, more explanation is necessary.

The subtitle to *Bodies Under Siege* includes the terms “self-mutilation” and “nonsuicidal self-injury,” and since Favazza has authored articles on self-injurious behaviours in college students (Favazza, 2006), we were expecting to gain a better understanding of the growing proportion of adolescents we see in our clinical work with nonsuicidal self-harm behaviours. To our dismay, the majority of the book is about the not-so-common and extreme forms of mutilation of the body. For example, we started Chapter 3, entitled “Self-injury and Eating Disorders,” hoping for a better understanding of this association, but were disappointed to find yet another anthropological-psychodynamic narrative mostly about religion and cannibalism.

Favazza’s extensive observations and compilations do provide the foundation for his useful classification of self-injurious behaviours later in the book. This is divided into “Culturally Sanctioned Body Modification” with the subheadings of “Rituals” and “Practices,” and “Pathological Self-Injury” with the subheadings of “Major,” “Stereotypic,” “Compulsive,” and “Impulsive (episodic and repetitive)”. Dividing the culturally-sanctioned from the pathological is, after all, a major role of the psychiatrist, whether when teasing out delusions or separating major depression from normal grief. Also, the author provides information on non-medication treatments of self-injury including CBT (cognitive behaviour therapy), DBT (dialectic behaviour therapy), and S.A.F.E. (Self Abuse Finally Ends), this last a programme that gets Favazza’s applause as it is billed

as “no-nonsense, highly practical, tough but caring, and efficacious but non-academic” (page 264), while DBT, which has demonstrated efficacy, is portrayed as the concrete child of a superficial and lesser god.

The reader closes *Bodies Under Siege* in agreement with its author that he has “presented an overwhelming array of cultural and clinical information on deliberate self-harm” (page 195). Whether he has fulfilled his second mandate, that of “pulling the material together and making sense of it all,” is in question. This book does not help understand or plan treatment for adolescents presenting to psychiatrists with nonsuicidal self-injurious behaviours, regardless of the presence of comorbid diagnoses. However, it would be of interest to students of ethnology and anthropology and the study of self-mutilation through the ages.

The topic is, to many, mysterious and macabre, and many readers may leave with more questions than answers, thus prompting close scrutiny of Favazza’s extensive and current bibliography. If a book ultimately forces this attitude upon a reader, perhaps it is a classic.

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Favazza, A. R. (2006). Commentary: Self-injurious behavior in college students. *Pediatrics*, 117(6), 2283 -2284.

Eric Prost MD, FRCPC

Queen’s University
Kingston, Ontario

Nasreen Roberts MBBS, FRCPC

Queen’s University
Kingston, Ontario

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Editorial staff invite CACAP members and Journal readers to forward listings for upcoming conferences and meetings to be promoted in the Journal of the Canadian Academy of Child and Adolescent Psychiatry “Conference Watch”.

Please submit listings to: MS VICKI SIMMONS, Editorial Assistant vsimmons@shaw.ca