

also addresses the internalized disorders, characterized by anxiety and stress-related difficulties, depression, phobias, low self-esteem, identity issues, elective mutism and others. These behaviours are more often over-controlled, and on which the term emotional problem is most often labelled.

By utilizing the central themes of ecology, competency, and classification for the school practitioner, the authors present the readers of this publication with various perspectives in behaviour management. We are asked to adopt these perspectives when using the techniques presented. Central to the practitioner's approach must be the realization that successful therapy in the school system relies less on treating mental illnesses and more on providing children with the skills and environmental structures that foster academic, behavioural and social competence. The result is reduced vulnerability to high-risk behaviours and relative freedom from psychological distress.

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Guex, Patrice. (1994). *An Introduction to Psycho-Oncology* Translated by Heather Goodare. Originally published in French in 1989, translation 1994. New York, NY: Routledge. 191 pp.

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*Reviewed by:* Barry D. Bultz, University of Calgary.

There is a tendency in academic circles to discard any work that is not absolutely the most recent available on the topic. This is the unfortunate fate that may befall Heather Goodare's 1994 translation of Patrice Guex' text *An Introduction to Psycho-Oncology*. It is unfortunate because even with its flaws this is a valuable introductory book that surveys the broad view of psycho-oncology.

This dilemma did not escape Professor Karol Sikora of Hammersmith Hospital in London, England, who wrote the Foreword for the text. He points out, quite correctly, that much has changed in the field of medical practice and the care of cancer patients and their families in the decade since Guex did her original research. Nonetheless, he notes the value of the work.

This book is not intended to be exhaustive in its coverage of psycho-oncology. In the writing of this text, Guex appears to survey literature in two time frames. The bulk of the book is written with references that are from the late 1970s and early 1980s. One chapter, the one on Complementary Medicine is most current with references from the 1990s. Unfortunately for Guex' text, the science of psycho-oncology has been evolving at a rapid pace. Ten to fifteen years ago one rarely found references in the field. Now, in virtually every major oncology or behavioural medicine journal, references to psycho-oncology, quality of life for the patient, family issues, and even survivorship issues are discussed. Unfortunately, Guex did not pay sufficient attention to innovations and current developments; nor has she incorporated current thinking to enhance her text written and published originally in French in 1989. This is unfortunate because long before most

practitioners in this area, Dr. Guex recognized that a significant gap existed in the field; the human side of this very painful and tragic disease had been ignored.

One of the best things about this book is that the author has captured all of the relevant subject areas to help professionals and students working with cancer patients and their families. Each chapter deals with a specific topic and details the author's views of the then current literature supporting those views. The unfortunate downside of this is that the material presented is not the most current and not the most up-to-date.

The book begins with the review of the psychosomatic aspects of cancer. This is followed by a chapter outlining the ways cancer patients adapt to the knowledge of cancer and their possible defense mechanisms. The next section discusses the important physical and psychological symptoms that patients can experience and also discusses the use of psychotropic drugs and pain control. There are then a series of chapters dedicated to the role of various health care professionals and the effects of both conventional and complementary types of therapy for the treatment of cancer. The final part of the book discusses psychosocial interventions and palliative care and it is in this area that case studies from the author's experience are brought to bear on the material. The case studies are valuable from several perspectives. One is that it will assist the reader to understand the value of listening and support to patients suffering from this difficult disease. Secondly, the case histories established the author as being a very credible and experienced teacher/clinician with much to offer.

Though this book is easy to read and contains considerable valuable information, I cannot give this work anything better than a mixed review. Some parts are wholly relevant, and some material falls short of the mark of providing all the necessary and relevant data.

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Szasz, T. (1994). *Cruel Compassion: Psychiatric Control of Society's Unwanted*. Toronto: John Wiley & Sons, Inc.

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*Reviewed by:* Kieron Downton, University of Alberta.

Writing about the history of war correspondents, Philip Knightly (1974) said that in any war the first casualty was truth. Thomas Szasz (1994), using a different metaphor, comes to the same conclusion, albeit regarding psychiatric practices and the "war" on mental illness. According to Szasz, the macro business of psychiatry (i.e. mental health professionals) is ultimately concerned with distributing poor relief to adult dependents.

Szasz's book views involuntary hospitalization as a problem of dependency and unwantedness. It is seen as a politico-economic issue involving power relationships between stigmatizers and stigmatized. For Szasz, the stigmatized is the mental patient whom he views as being unwanted by society. These unwanted have been seen throughout human history and have included the indigent, the debtor, the epileptic, the child, and the homeless.