

fruitful addition to their libraries. Still, those unfamiliar with the field would likely benefit from first reading Landy's (1986) *Drama Therapy: Concepts and Practices*, which, in my view, provides a more clearly written overview of drama in the context of psychological theory and practice. As Jennings (Jennings et al., 1994) notes, "Drama and theatre are such vast topics that it is easy to get lost in the plethora of possible formulations" (p. 6). While concepts such as role, dramatic reality, and dramatic distancing weave throughout the handbook, at times I found myself feeling lost in the contrasting models and looked back to Landy's exemplary book for clarification. Although Landy provides a more exhaustive and clearly written overview of the field with a wider population, this book provides a more updated and perhaps more integrated look into the theory and practice of dramatherapy.

Those interested in obtaining dramatherapy training in programs recognized by the British Association for Dramatherapists are provided in the appendix with current addresses of the five available institutions. The appendix is also useful in providing the reader with information regarding The British Association for Dramatherapists, the professional body governing dramatherapists, as well as a Code of Practice and Ethics as developed by the Institute of Dramatherapy.

The book's focus in chapter eight on current assessment tools and research in dramatherapy brings to light both the difficulty of and the dire need for "creative" assessment and evaluation in the field. Disappointingly, the authors fail to explore in sufficient detail the use of phenomenological methodologies that would likely be conducive to understanding the dramatherapeutic experience from the perspective of both dramatherapists and clients.

While *The Handbook of Dramatherapy* has its limitations, it is recommended as a source of rich information for those interested in the field. What the book makes most evident is the powerful therapeutic impact of drama-therapy on a wide range of populations, and wets the reader's appetite for further training in the area.

References

- Landy, R. (1986). *Drama therapy: Concepts and practices*. Springfield, IL: Charles C. Thomas.
 Schattner, G. & Courtney, R. (Eds.). (1981). *Drama in therapy: Vols. I and II*. New York: Drama Book Specialists.

Szmukler, George, Dare, Chris, & Treasure, Janet. (eds.). (1995). *Handbook of Eating Disorders: Theory, Treatment and Research*. Chichester, England: John Wiley & Sons. 420 pp.

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Looking for an outstanding up-to-date comprehensive review of anorexia nervosa and bulimia nervosa? This handbook touches on the evolution and manifestation of the eating disorders, as well as types of treatment. It is

perhaps one of the more sophisticated and informative books on the eating disorders introduced to the professional and public reading market over the past few years. This high quality text would well serve the counsellor, health professional, or researcher.

This volume serves to mark the occasion of the retirement of Professor G. F. M. Russell, and hence is formatted and presented in such a fashion that it reflects the breadth of topics and philosophies that G. F. M. Russell himself held with respect to the eating disorders. The text is written and organized by students and colleagues of G. F. M. Russell as a tribute to his distinct contribution to the understanding and treatment of anorexia nervosa and bulimia nervosa over the past 30 years. Its primary intent is to further explore and expound on G. F. M. Russell's areas of special interest, as well as to acknowledge and emphasize his perspective that the eating disorders should be observed in both a scientific and humanistic manner. The volume's secondary intent is to provide its readers with a more broad and current understanding of the precise nature of the eating disorders in reference to powerful ideas, hypotheses, or models which have dominated the field. Thus, the book attempts to provide its readers with an appreciation of how G. F. M. Russell's view that theory and research may be integrated in the diagnoses and treatment of eating disorders, while simultaneously expanding their present knowledge of these disorders. The editors have achieved this aim admirably.

Although the volume is comprised of 22 chapters and 28 contributors, it is lucid, concise, and well organized in its presentation. The chapters are fairly short, but are extremely informative, as each contributor appears to deal with only pertinent and relevant material. The message that each contributor attempts to convey in his or her chapter is both academic and readily understandable. The text essentially strives to introduce new and familiar concepts in such a fashion that the reader cannot help but conceive of the eating disorders with new eyes. The ample references at the end of each chapter suggest the contributors are scholarly, well-researched, and diverse in their insight of the eating disorders.

Handbook of Eating Disorders: Theory, Treatment and Research is divided into six major sections, each section with its own introduction. The first is entitled "Concepts and Definitions." This section investigates how anorexia nervosa and bulimia nervosa are defined and conceptualized as "eating disorders," and in doing so looks at the specific diagnostic criteria that have been established in order to devise a classification system for the eating disorders. Issues such as the history, incidence, and the changing nature of the eating disorders are also explored. The second is entitled "Aetiology." In this section, significant hypotheses or models are examined with special attention to the theoretical and empirical evidence supporting them, along with the scope and limitations of their explanatory power. The range of hypotheses or models that seek to provide plausible explanations for the occurrence of eating disorders consists of causal and genetic factors, deliberate starvation, cognitive-behavioural, physiological, sociocultural, psychological, and familial approaches. The third is entitled "Consequences and Maintaining Factors." This section takes into consideration medical compli-

cations that are likely to result, as well as the possible psychological and social consequences that are implicated in having an eating disorder. Also observed in this section are maintaining factors arising from the eating disorder, either within the individual or in relation to others. The fourth is entitled "Treatment." This section describes different approaches to the treatment of anorexia nervosa and bulimia nervosa, and attempts to highlight significant benefits and drawbacks of each treatment regime. The treatment approaches which are investigated vary from family therapy, psychoanalytic psychotherapy, cognitive therapy, and inpatient treatment, and physical treatments. The fifth is entitled "Prevention." The focus of this section is to question and determine if an adequate knowledge base has been established in order to prevent the occurrence of eating disorders in the future. Concepts such as recognition, identification, and intervention of the eating disorders are also discussed. The sixth is entitled "Acknowledgment of the Contribution of G. F. M. Russell." This final section is a brief summary of G. F. M. Russell's lifework as a psychiatrist who earnestly sought not only to combine the essential qualities of clinician and scientist in his practice, but further sought to achieve a fusion of science and art in his research of the eating disorders.

In conclusion, it is perhaps suffice to say that this book is enormously useful in a field that is fragmented in its knowledge and understanding of anorexia nervosa and bulimia nervosa. Szmuckler, Dare, and Treasure should be highly commended for their efforts in compiling a book that not only provides its readers with a unified conceptual view of the eating disorders, but is successful in capturing the very essence of G. F. M. Russell's career, as the handbook is truly a scientific manual and a work of art.