

CBT for Adults: A Practical Guide for Clinicians

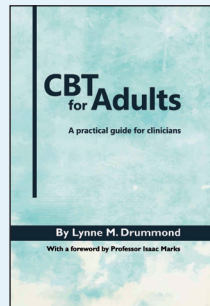
Lynne M Drummond

RCPsych 2014

Price £30.00. Pp 280

ISBN 978 1909726277

This author is to be applauded for distilling considerable clinical experience into a clear, surprisingly readable book. Written by a senior psychiatrist and cognitive behavioural therapy psychotherapist, it has a practical emphasis, with lots of case studies and examples. Equally, it is rich with references and historical context and endorsed with a preface by an eminent figure in the field, Isaac Marks, who influenced a generation of psychiatrists at the Maudsley



Hospital in London with his teaching and research on behavioural therapy.

The introduction very helpfully sketches the history of the development of cognitive behavioural therapy, including the distinction between first, second and third wave therapies. Chapters are clearly laid out along clinical lines, for example depression, obsessive compulsive disorder, personality disorder, but also social skills training and a chapter on combining cognitive behavioural therapy with other therapy including medication. References are complete – both older therapy models and recent research are cited. There is an additional contents page listing different case vignettes for rapid access. The publishing layout is rather

dated, but this is a very readable book which is easy to navigate and dip into with a specific clinical question (as I did in my clinical practice as a liaison psychiatrist).

There are many books on cognitive behavioural therapy – for the challenges of modern service provision in the NHS, they cover computer-delivered and other forms of ‘low-intensity’ cognitive behavioural therapy. This book is distinct by having the voice of a single author without the glib patina of one trying to sell their particular model of therapy. Aimed at clinicians working in mental health, it is also accessible to the non-specialist clinician.

This book rewards attention and communicates an authentic, deep knowledge of its subject.

Wojtek Wojcik, Royal Infirmary of Edinburgh, Edinburgh

Essential Geriatrics (3rd edn)

Henry Woodford

CRC Press 2015

Price £39.99. Pp 495

ISBN 978 19 1022765 7

A good foundation in the principles of geriatric medicine has never been more important. *Essential Geriatrics* addresses this need, providing a solid basis for the understanding and further study of this evolving specialty.

This newest edition, the third in 8 years, has expanded to include a chapter on peri-operative medicine, reflecting developments in clinical practice, and 200 ‘best of five’ MCQ format questions.

The book is divided into six main sections covering the ‘geriatric giants’ and general medical topics relevant to the health care of the older person. Each section is further subdivided into specific chapters and concludes with self-test questions. This format makes it a versatile resource, as it can be used as a reference text or as a self-test revision aid.

The book is aimed at specialty trainees just starting in geriatric medicine, but would also serve as a useful resource for medical students and junior doctors undertaking a placement in geriatrics or GPs with a special interest in care of the older person.

Each chapter is written in an easy-to-read accessible style and the knowledge presented is evidence based, referencing current national guidelines and up-to-date clinical

research. It is also thoroughly grounded in clinical practice, with key definitions and useful practice tips presented throughout.

Tables and diagrams are used intermittently throughout the text, but they can be over-simplistic at times and used instead of more useful real-life examples, e.g. computed tomography cross-sectional images.

This is a well-written textbook, of a good length, covering a wide breadth of key topics in geriatric medicine. Further reading may be required as areas such as nutrition and geriatric oncology are not covered comprehensively. It is a useful resource for those interested in geriatric medicine and candidates preparing for their specialty exams.

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Interventional Radiology Cases

Edited by Anne M Covey, Bradley P Pua, Allison Aguado, David C Madoff

OUP USA 2015

Price £52.00. Pp 336

ISBN 978 0 19 933127 7

This first edition features 103 cases of non-vascular and vascular interventional cases all accompanied by excellent and high quality images. With the exception of neuroradiology, this book comprehensively covers the spectrum of cases encountered within interventional radiology and is organized in defined topics as you progress through the book, varying from the common to the more unusual and

complex. It is unlikely that an individual would routinely practice in all of the areas presented, making this a valuable book to have within your collection.

Knowledge can be amassed from textbooks, reading journals and attending meetings, but experience has to be gained on the job. Interventional cases are rarely the same, each offering subtleties which prepare clinicians for the unusual and urgent referral. This casebook helps with this, offering further practical experience to both trainee and trainer.

Each case is thoughtfully presented with succinct sections for history, findings, teaching points and management. Trainees who perform interventional cases could use this book as a refresher for upcoming cases or for self-assessment before oral examinations such as the European Board of Interventional Radiology.

The authors intend this book to be used in different ways by readers at different levels and this would work well. While this book is certainly recommended to those performing interventional radiology cases, it would also sit well within hospital libraries for interested medical students and doctors to review. *Interventional Radiology Cases* offers an insight into the procedures that they request and is a window into the exciting, ever-evolving world of interventional radiology.

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