BOOK MANAGER’S CHOICE


Not only does this book tell you how to get started using the essential skills of evidence-based medicine – it does it in the space of just 64 pages, and leaves you feeling confident that you’ve covered all the angles.

The user friendly format guides you in:
• asking answerable questions
• finding the evidence
• critical appraisal
• study designs.

Keep the Toolkit at your elbow when you are writing on or appraising papers and reviews, and it will act as an aide mémoire. If you need more in-depth information, it will direct you where to find it.

BOOKS RECEIVED

The receipt of these books is acknowledged, and this listing must be regarded as sufficient return for the courtesy of the sender. Books that appear to be of particular interest will be reviewed as space permits. The SAMJ does not publish unsolicited reviews.


PSYCHOTHERAPY WITH CHILDREN AND ADOLESCENTS


This specialist book captures the current state of developments and is also a generalist book that overviews the broad field. It is rationally laid out in four parts: underlying principles of psychotherapy; approaches derived from the important theoretical schools; disorder-specific applications, and the practice of psychotherapy in specific settings. It reflects a concept of psychotherapy that is contextual, developmental and dimensional.

Two specific sections should be highlighted. The first of these is the chapter on interpersonal psychotherapy for adolescents which includes 12 restricted sessions of standardised treatment of depression for adolescents. It is an approach currently receiving much positive evaluation. The final section is noteworthy as it describes the use of therapy in particular settings, such as in- and day-patient units and at home. However, the flaws endemic to this book are clear from the first chapter. It was originally published in German in 1997 and the poor translation makes for uninspiring and uninteresting reading. Less than 5% of the references are post 1996, dating the material to mid-1990s relevancy. Since the vast majority of the references were originally published in German journals, the information contained in them was inaccessible to some researchers.

In summary, undergraduate students could find this book useful in its overview approach, but it does not compare well to other books in the field.

Willem de Jager