

C. PHILIP WILSON, M.D., CHARLES C. HOGAN, M.D., IRA L. MINTZ, M.D., EDs.: *Psychodynamic Technique in the Treatment of the Eating Disorders*. Jason Aronson Inc., Northvale, New Jersey, 1992, 425 pp. 24

Psychodynamic Technique in the Treatment of the Eating Disorders is a sophisticated text for the experienced clinician who is trained in psychoanalytic theory. Although the volume is a collection of independent pieces by 10 contributors, the bulk of the writing is by the editors themselves, thus allowing for a consistent point of view.

It is an important reference work for those in the field of eating disorders and obesity. The clinician has a chance to gain an in-depth view of the unconscious world of people with these disorders through clinical vignettes that demonstrate the use of psychoanalytic techniques in their treatment.

The symptom complexes of eating disorders and obesity are multidimensional. Although the symptoms of these patients are similar, they differ widely both in their psychodynamics and in the types of character disorders they present, ranging from the hysterical and obsessive-compulsive to the borderline and near psychotic. The editors' hypothesis in this volume is that eating disorders and obesity result from unresolved preoedipal and oedipal conflicts. They present case after case in which the use of psychoanalytic interpretation of the underlying personality disorder was able to resolve and diminish the symptom complex.

The book is divided into six parts. Each is well written and well documented. Some chapters are laborious and the information is repetitive. However, most of the material is invaluable and covers every facet of eating disorders with one major chapter devoted to obesity.

Part I, *The Fear of Being Fat* contains two excellent chapters by C. Philip Wilson in which he deftly explores and differentiates the personality structure and ego functioning of the anorexic, bulimic, and obese patient. His discussions of body image, countertransference, and counterreactions to these patients are highlighted. Dream symbolism is also reviewed. He emphasizes the dangers of symptom relief without analytic resolution of the underlying personality disorder. The part concludes with Ira L. Mintz's pertinent analysis that the fear of being fat can cover the unconscious need to be fat.

Part II, *Developmental Issues* reviews the sexual identifications and adolescent crises in the anorexic. Although Charles C. Hogan makes some salient points, the section as a whole is average.

Part III, *Restrictor Anorexia Nervosa*, is a section shared by Hogan and Mintz. Hogan reviews the classical analysis of a restrictor anorexic, while Mintz gives us a rare opportunity to compare an anorexic's treatment through the analyst's view with the patient diary.

Part IV, *Bulimia*, is a section highlighted by the description of the analysis of an adult male bulimic.

Part V, *Children*, is an exceptional section. John Hitchcock shows us the purported connection between a child's onset of symptoms and the parenting

patterns within the child's family. Christina Sekaer gives us a readable and valuable step-by-step case report of the psychotherapy of a child with esophageal atresia who refused to eat.

Part VI, *Special Topics* includes a chapter by Mintz exploring the unconscious role of teeth in anorexia and bulimia and another chapter by Barton J. Blinder containing an interesting perspective on rumination.

The volume makes a responsible case for not treating this population with short-term, symptom-relief-oriented programs, i.e., cognitive/behavioral/weight control programs, which ignore psychodynamic factors. Contrary to discussion in the field, the editors demonstrated in no uncertain terms that many of these patients are able to respond to analytic treatment. The volume is a welcome contribution to the field.

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BOOK REVIEWS

ALLAN S. KAPLAN AND PAUL E. GARFINKEL, EDs.: *Medical Issues and the Eating Disorders: The Interface*. Brunner/Mazel, New York, 1993. 256 pp. \$30.95.

In their introduction to this volume, the editors evoke the need "for a comprehensive clinically oriented medical text on the eating disorders for clinicians." Without question, there is a need for a text that would address psychiatrists' (and nonmedical therapists') concerns regarding medical complications, and also answer internists' and pediatricians' questions regarding the optimal medical management of patients with eating disorders. However, this book fails to fulfill this promise.

Certain chapters are adequate—concerning the medical and nutritional assessment of anorexic and bulimic patients, the differential diagnosis of weight loss, dental complications of eating disorders, reproductive function in the eating disorders, and the interaction between chronic medical illness and eating disorders. Other chapters, while of intrinsic interest, seem misplaced in a clinical volume—concerning neurotransmitter, neuropeptide and neuroendocrine disturbances, genetic contributions to eating disorders, binge eating in obese patient and alterations in metabolism and energy expenditure in eating disorders.

But the fatal deficiency of this volume is the absence of systematic, coherent, and clinically savvy guidelines for managing critical, common medical complications in bulimic and anorexic patients. The chapter on managing the hospitalized patient skims over vital issues like refeeding edema and the need for careful monitoring of the severely compromised patient during early refeeding. There is no comprehensive outline of outpatient management. Especially lacking is a careful decision tree regarding medical indications for hospitalization, the management of ipecac use, a discussion of potential risks and benefits of potassium supplementation, or a correlation between binge frequency and the likelihood of electrolyte imbalance. Clinical strategy is rarely presented, in favor of lists and compilations which, although useful indicators of what can go wrong with eating-disorder patients, fail to provide sufficient guidance for the management of common complications. For this