

Examples of psychoeducation and exposure therapy are well explained. Given the premise put forth in the beginning of the book, the exposure techniques seem quite reasonable. Strategies to use imaginal exposure and to titrate anxiety are explained and sound as though they would be effective.

The book ends with rather detailed examples of cognitive restructuring and methods to use restructuring in a variety of post-traumatic conditions. A number of helpful scales for measuring cognitive change and other supplemental tools are included near the end of the book.

This book is very helpful. It eloquently packages PTSD as a Cognitive-Behavioral Disorder and guides the reader to practical methods of managing patients with such issues. The approximately 250 pages of text do not allow space for all the details one would like to see from this book. It is, however, a very informative introduction to the topic of CBT for PTSD. I believe the general audience of mental health professionals will find it useful and pleasant.

James A. Wilcox, DO, PhD
Professor of Clinical Psychiatry
University of Arizona

Gambling as an Addictive Behavior: Impaired Control, Harm Minimization, Treatment and Prevention. By Mark Dickenson and John O'Conner, Cambridge University Press, New York, New York; 2006; ISBN: 0-521-84701-X; \$95.00 (hard cover), 176 pp.

It is obvious that gambling is addictive. An observation of any Las Vegas casino will show many people engaged in self-destructive, maladaptive spending at the gambling tables. One may reasonably ask why this book is necessary when the topic is already well known. A quick look in the text will provide the answer.

This book describes theoretical mechanisms of re-enforcement for gambling behaviors. It gives interesting information about risk factors for this kind of addiction. The authors cite research on various models for this behavior and also provide interesting statistics about which kind of people are likely to engage in different types of gambling activity. A good case is made for a model of vulnerability involving biological diathesis and psychological patterns leading to poor impulse control in compulsive gamblers. This is then linked to stimulus-response activity, which they hypothesize, causes great difficulty terminating the gambling habit. When one stands back and considers this type of addiction, the ideas of the authors make sense.

Various methods for treatment and harm minimization are discussed in the latter half of the book. The authors address the question of whether any treatment is effective for gambling addiction. They look at old treatment methods and explain how epidemiology indicates a need for vigilance. Issues of education, prevention and models for treatment are well handled.

The end of the text includes considerable data on outcome and on trends among gamblers in Australia.

This is a timely book. While gambling has existed for centuries, the depth of the problem has never approached current levels in terms of availability, variety and potential risk. These days we have gambling of all types as well as both state and national lotteries. Perhaps most dangerous is the acquisition of internet gambling on a continuous basis with electronic losses via on-line credit cards and balance transfers, current technology that allows continuous modest betting to liquidate one's savings overnight. As many individuals fall prey to addiction to gambling, this book is welcome. It is a good addition to any clinician's library.

James A. Wilcox, DO, PhD
Professor of Clinical Psychiatry
University of Arizona

Psychotic Symptoms in Children and Adolescents: Assessment, Differential Diagnosis, and Treatment. By Claudio Cepeda; New York, Routledge (Taylor & Francis Group, LLC); 2006; ISBN: 10: 0-415-95364-2, retail price: \$75.00 (hardcover), 552 pp.

At first glance, this would seem to be a very long book about a relatively rare set of symptoms. However, once you begin reading, it becomes clear very quickly that Dr. Cepeda has produced a detailed compendium of how to assess, categorize, and treat psychotic symptoms in youth, and that the length of the book is due to the fact that Dr. Cepeda discusses each step and, indeed, each question in the assessment process for thought, mood, and affect, and in most chapters has a clinical vignette illustrating each point.

He devotes the first chapter to an overview of psychosis in the lives of children. In this chapter he states that illusions, hallucinations, and delusions are common in children, and that reports of these psychotic events are fairly common in the clinical setting. However, he goes on to note that clinically *relevant* psychotic disorders are not so common and that schizophrenia itself in children is quite rare, a finding with which most child psychiatrists would, I think, agree. The next segment of the book is a grouping of six chapters on assessment and diagnosis. This is followed by a chapter on etiology and pathogenesis and then another six chapters dealing with treatment.

The tables in the assessment chapters are helpful, but they are really adjuncts to the text which describes everything found in the tables in greater detail. The treatment chapters are very detailed as well, and include discussions of psychosocial interventions as well as anti-psychotic and mood stabilizing pharmacotherapies. These chapters also make use of tables to summarize information for quick reference, but again one could skip the tables and read only the main body of the text and miss no information. Side effects and approaches to treat