

ity to low-dose ethanol-induced behavioral activation, although all studies were in adult animals.

In his concluding chapter, Goodlett does a good job of explaining why each of the four chapters described above serves a specific purpose in the volume. Specifically, he reminds us that the cellular models discussed by the first two are crucial to the development of successful pharmacotherapies, and that the third shows that progress is being made toward development of successful psychotherapies as well. Finally, (and here I needed no convincing) he points out that there is an increasing interest in genetic analyses in this and many other areas, and that Dudek et al.'s chapter is a textbook case of the power and elegance of careful genetic analysis.

In sum, this is a very well integrated book that comprehensively surveys an important field. It could easily serve as the basis for a graduate seminar, but it is written clearly enough that undergraduates could also use it profitably. Bench scientists and clinicians will also find it helpful.

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Couple and Family Therapy of Addiction, by J.D. Levin. Northvale, NJ: Jason Aronson, 1998, 340 + xvii pages, \$60.00 (cloth).

Couple and Family Therapy of Addiction is not a typical edited volume; that is, a compendium of chapters by contributors who are experts in their respective approaches to family therapy for substance abuse. Rather, this book is written in a very personable style; one feels as if one is reading transcripts of a lecture series given by the author. In Part I, a historical overview of systems theory, major theories of family therapy and certain theories of addiction are described. Part II switches format, using Levin's clinical cases to illustrate various approaches to family and couples therapy.

The book is meant to address two audiences—mental health professionals and students, and, in his preface, Levin urges the reader to pick and choose from among the topics and level of coverage: "Don't get bogged down in what is too arcane for you or allow yourself to be bored by what is old hat to you. Plenty of meat remains to be enjoyed." This is good advice, and the book is better used in a modular fashion rather than as a "cover to cover read."

The first chapter is a detailed and wide-ranging discussion of general systems theory. Levin is, foremost, a historian and he demonstrates an impressive breadth and depth of knowledge about systems and intrapsychic theories. He discusses philosophical and psychological theories dating back to Kant and Plato, and continually weaves in ideas from many theorists, including Kohut, Bowen, Bateson, Ludwig Von Bertalanffy, Husserl, Heidegger, Cannon and Whitehead.

Chapter 2 continues in the same vein for a wide-ranging discussion of major theories of family therapy. This chapter is almost 100 pages and could stand alone as a brief review separate from any information on alcohol or drug addiction.

Chapter 3, "The Addicted Family: Addiction Specific Family Therapies," starts off with the etiology of addiction, discussing the adult children of alcoholics (ACOA) literature, genetic factors in alcoholism, psychodynamic theories of etiology of addiction, ego and self-psychology approaches and Jungian contributions. This chapter also briefly discusses "the addicted family" focusing on the ACOA literature, Steinglass, and Bradshaw. The last few pages of Chapter 3 briefly cover more recent approaches specific to the treatment of addiction in the context of family therapy. Levin mixes recent empirically supported approaches with older, less research-based treatments and even with approaches from the popular literature. This mixture is somewhat disconcerting to a clinical researcher, but does give a wide-angled view of the field. Approaches that focus on family therapy for adolescent substance abusers are also intermingled with treatments targeted for adults in couples therapy.

Chapter 4, in Part II of the book, presents a case study. The case of an adolescent marijuana smoker and his family is somewhat contrived, and the chapter is a bit forced, presenting hypothetical interventions by therapists from strategic, structural, intergenerational, experiential, behavioral, dynamic and "substance abuse" approaches. This chapter is saved by the author's clinical skill and chatty writing style, which make it interesting and useful for beginning family therapists.

Chapter 5 presents six case studies of couples therapy, and Chapter 6 describes three family therapy cases. All of these case studies are real, and here Levin demonstrates his skill as a couples and family therapist. These two chapters are interesting, more as a snapshot of a "master clinician" doing psychodynamic and systemic family and couples work than as a training tool for treating substance abusers.

In this book, the author hopes to connect the family therapy with the addictions therapy literature, to link theoretical context with clinical practice and to integrate psychodynamic and systemic clinical approaches to treating substance abusers in the context of family therapy. The result, largely due to Levin's relaxed and clever writing style, is an interesting, meandering read. One feels lost in detail at many points in Part I, however, and wonders occasionally why the word "addiction" is in the title of the book. The several case studies in Part II are fascinating, more because of Levin's seasoned psychodynamic and systemic interpretations and analysis of family therapy issues than because of generalizable information regarding substance abuse. Many of the therapeutic techniques here focus on more general therapy issues and seem to address actual treatment of alcohol and drug abuse only in a cursory way. In other words, one learns a great deal from this book about systemic and psychodynamic approaches to family therapy in general. Also, a nice overview of major family therapy approaches is provided. There is far less to learn about addiction and about how to

help an individual become and stay clean and sober via family or couples therapy. It also must be noted that this book is primarily concerned with systemic and analytic approaches to family and couples therapy, and only briefly mentions other more empirically supported approaches such as cognitive-behavioral.

In all, *Couple and Family Therapy of Addiction* is an interesting edition to any family therapist's library primarily

because of its information about psychodynamic and systems family therapy, and it is an entertaining read if used as the author suggests in the preface.

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