

## BOOK REVIEW

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### A Review of "Key to Psychiatry—A Textbook for Students"

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**REFERENCE:** Sainsbury, M. J., *Key to Psychiatry—A Textbook for Students*, Australia and New Zealand Book Co., Nov. 1973, 373 pages, \$5.95.

Dr. Sainsbury, the director of the New South Wales Institute of Psychiatry, has written a basic textbook directed not only to physicians but also to the nursing profession.

The volume is illustrative of the team approach as practiced in Australia, New Zealand, and Great Britain, following the familiar concepts of Maxwell Jones and Dennis Martin, which reflect the hospital practice as a therapeutic community.

Of particular interest are several chapters on the role of the nurse as an important member of the therapeutic team. The psychiatric nurse is seen as a surrogate parent and, and aide in assisting the patient in socialization, as well as a teacher, counselor, and communicator, a role which is considerably in extension of the traditional nurse stereotype. The text would be useful in teaching nurses the importance of the psychiatric nurse in the therapeutic community setting.

The classification of psychiatric disorders used throughout the text is that of Section V of the World Health Organization's Eighth Revision of the International Classification of diseases.

It is interesting to note that LSD therapy is included as a rational therapy within a hospital setting, a treatment modality currently unavailable in the United States.

The writing is terse and compact. The volume will be found useful in teaching psychiatric nurses the essentials of psychiatric diagnosis and treatment, as well as serving medical students and the psychiatric resident as a basic text.

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