



**Review of the book edited by Lidia Cierpiałkowska
and H. Sęk entitled *Clinical Psychology*
(*Psychologia kliniczna*), Wydawnictwo PWN,
Warsaw, 2016, pp. 855**

This book is the first so comprehensive study of the issues dedicated to clinical psychology in the Polish publishing market, taking into account at least a dozen or so problems of various types. The reviewed publication consists of six parts, each of which is dedicated to a different issue. The publication begins with an introduction, and ends with annexes, bibliography, index of names, subject index and information about the Authors of particular chapters. The book is composed in a very transparent way. Each chapter starts with a clear table of contents and ends with a brief summary and a list of basic concepts and recommended literature. It is also worth noting that in each chapter, apart from its basic content, extended sections are presented, describing interesting research and experiments related to the topic.

The first part (Chapters 1-5) is dedicated to the general issues of clinical psychology. In Chapter 1 entitled *Clinical Psychology as a Field of Research and Practice (Psychologia kliniczna jako dziedzina badań i praktyki)* by L. Cierpiałkowska and H. Sęk, a historical outline of the psychological thought origin is presented in a very synthetic way. The psychology of other sciences is discussed in the following chapters (Chapter 2, 3, 4; eds.: L. Cierpiałkowska, H. Sęk), as well as the concept of a norm, normality and health, together with the issue of clinical psychology and psychopathology. When presenting psychiatric disorders, the Author not only describes the concept but also refers to the International Statistical Classification of Diseases and

Health Problems ICD-10 and to the ICD-11 classification. The presentation of psychiatric disorders in the perspective of the DSM V classification may be also very useful for the reader, as well as references to the International Classification of Functioning, Disability and Health. In Chapter 5: *Clinical Psychologist Ethics in Scientific Research and Practice (Etyka postępowania psychologa klinicznego w badaniach naukowych i praktyce)* its Author (J.M. Brzeziński) draws the reader's attention to the very important issue that every psychologist should keep in mind when conducting both research and therapy, i.e. the ethical aspect. The content of the entire first part has been presented in the form combining text, tables and diagrams.

Part 2 entitled *Directions and Approaches in Clinical Psychology (Kierunki i podejścia w psychologii klinicznej)* covers topics such as contemporary psychoanalysis and its relevance to clinical psychology (Chapter 6), behavioural directions and cognitive approaches in clinical psychology (Chapter 7), phenomenological, existential and humanist approach in clinical psychology (Chapter 8) and system concepts and their relevance to clinical psychology (Chapter 9).

In Chapter 6: *Contemporary Psychoanalysis and Its Significance for Clinical Psychology (Współczesna psychoanaliza i jej znaczenie dla psychologii klinicznej)* L. Cierpialkowska starts her considerations by explaining what the psychoanalysis of Z. Freud is. She presents the main ideas of psychoanalysis (the concept of drive, division of personalities, defence mechanisms which, according to the Freudian thought, man uses in his life). She also draws the attention to the emergence of neurosis and sexual persuasion. In this chapter, the Author also deals with the topic of the pre-Oedipal period in the theory of relations with the object and the psychology of self. The presentation of knowledge about contemporary psychoanalysis and its comparison to other psychodynamic concepts may be very valuable for the reader, as well as the explanation on how personality and psychosocial disorders are formed based on the object relations theory. The third aspect discussed in Chapter 6 is the issue of the psychology of defects and the false self.

The next chapter (Chapter 7, authors: D. Górska, A. Jasielska) deals with the topics associated with two fields in psychology, i.e. with the behavioural and cognitive approach. The Authors start with presenting the behavioural trend. They show what classical and instrumental conditioning is, but they also point out to different ways of manipulating behaviour. They describe quite broadly e.g. Albert Bandury's Social Learning Theory, as well as behavioural techniques applied in the process of psychological

help and treatment of psychiatric disorders. Another aspect elaborated on is the cognitive approach and its underlying assumptions. In addition to discussing the key concepts, the Authors explain how a disorder emerges, what the cognitive models of mental disorders are and what mechanisms support them. Drawing the readers' attention to new directions dominating the cognitive behavioural approach, i.e. the biosocial theory of borderline personality disorder by Marsha M. Linehan, or the Young's schema theory, is of great value to the readers.

The last but one chapter (Chapter 9) of Part 1 by H. Sęk deals with the phenomenological, existential and humanistic approach in psychology. The Author describes the importance of the three models, presenting all pros and cons of those approaches. Attention is also drawn to the extended concepts characterizing human personality, and the approach to both diagnosis and therapy.

The last chapter of Part 1 (Chapter 10, author: B. Józefik) presents system concepts in the approach to family and their application in clinical psychology. The Author presents the stages of systematic development, individual principles of family functioning as a system that is constantly changing and evolving, and also, in a very clear way, the family life cycle. The Author also describes various contemporary family models: M. Bowen's system model, the concept by I. Boszormenyi-Nagy, H. Stierlin's binding and delegation concept. The presentation of ahistorical concepts explaining the functioning of a family, i.e. the interaction and communication model, strategic model and structural model, additionally supplement the chapter's content. H. Sęk also addresses the problem of narrative approach in family therapy, which has become quite popular in the last two decades.

Part III entitled *Psychological Clinical Diagnosis (Psychologiczna diagnoza kliniczna)* is a very important issue discussed in this publication, as the entire therapeutic process is based on it. This part consists of four chapters. Chapter 10: *Clinical Diagnosis Models and Diagnostic Problems (Modele diagnozy klinicznej a problemy diagnostyczne)* by L. Cierpiałkowska, E. Soroko, H. Sęk. is presented in a tabular, schematic way with some broadly extended sections. The Authors made a very interesting presentation of the content comprising the types of diagnosis, such as: holistic, selective, epigenetic, developmental, nosological, psychological, structural and functional diagnosis. The presentation of a sequence of diagnostic and therapeutic procedures in the psychotherapeutic process also seems very interesting (Chapter 11, authors: L. Cierpiałkowska, E. Soroko, H. Sęk).

Another issue related to diagnosis elaborated on in the book in question are the methods used in psychological clinical diagnosis (Chapter 12 by E. Soroko). The chapter has been presented in such a way that it should become a compulsory article to read for students starting their studies in psychology. The Authors divided the methods into four basic groups. They distinguished: interview and observation, structured interviews, cognitive processes studies and projection methods, very difficult to interpret in clinical practice.

The last chapter (Chapter 13, authors: L. Cierpialkowska, E. Soroko) of Part III is the one dedicated to the clinical diagnosis quality. This chapter is divided into three parts. In the first one, the role of evidence-based diagnostics is discussed. The second one presents the issues of conditions of the diagnostic process, i.e. factors related to the patient and the diagnostician. The third part deals with the standards that should be met in the diagnostic process in order to prevent errors and occurrence of various artefacts. The Authors have also taken up the problem of goals that should be pursued in the process of educating future clinicians.

Part IV of the book is devoted to the psychology of adult psychiatric disorders, and thus the knowledge on individual disorders and dysfunctions in the diagnostic process is very important. In Chapter 14, *Personality Disorders Psychology (Psychologia zaburzeń osobowości)* by L. Cierpialkowska, D. Górka, the Authors focused on describing personality disorders in descriptive models. The characterization of contemporary approaches, especially psychoanalysis, cognitive, integration, bio-psycho-social and evolutionary approaches to personality disorders, seems to be of significant value to the readers. In the summary of this chapter the attention is drawn to contemporary research on the effectiveness of psychotherapy in the treatment of persons with personality disorders.

The next chapter - Chapter 15: *Psychology of Anxiety and Dissociative Disorders (Psychologia zaburzeń lękowych i dysocjacyjnych)* by L. Cierpialkowska, D. Górka) - describes the disorders that are beginning to appear more and more often in contemporary patients. The Authors start by presenting the diagnostic criteria according to the latest classifications: ICD-10 and DSM-V, and, as in the previous chapter, they show how a patient is diagnosed and treated following the behavioural, cognitive, and psychoanalytic approach.

Chapter 16 deals with a mental disorder which is very difficult to diagnose and treat, namely schizophrenia (authors: H. Sęk, S. Steuden). The

Authors begin by presenting the symptomatology of schizophrenia, and then they characterize its individual types. The section dealing with psychological experimental research in schizophrenia, concepts that explain the development of this mental disorder, and the way in which schizophrenic disorders are experienced, is worth special attention. At the end, the Authors discuss the psychosocial consequences of schizophrenia from the patient's perspective.

Chapter 17 is dedicated to the mood disorders psychology (author: H. Sęk). Affective disorders are one of the more common socially-based disorders. Their typical features include diverse symptomatology, varied course and different pathomechanisms of their formation. The most common are mania, hypomania, or depression. Manic-depressive disorders may be associated with posttraumatic stress disorders (PTSD), which are described in Chapter 18 (author: L. Cierpiałkowska). The notion of trauma, its consequences but also its pathogenetic mechanisms and concepts have been discussed. The data on the treatment of people suffering from PTSD have been also considered.

As 21st century is the period of problems related to e.g. the negative effects of legal highs, alcohol, or narcotic substances, Chapter 19 has been dedicated to the psychology of addiction. In this chapter, the reader becomes acquainted with the types of addictive substances, as well as syndromes and disorders associated with their consumption. The effects of withdrawal syndromes are also presented, and the patterns of addiction to psychoactive substances, including alcohol, are clearly characterized by means of drawings. It is worth getting acquainted with the disorders related to online games, which are outlined in the extended sections. The last issue discussed in this chapter is the effectiveness of treatment programmes in the light of the latest research.

The last two chapters of Part III refer to civilization diseases: eating disorders (Chapter 20) and sexual dysfunctions (Chapter 21).

The last but one part (Part V) entitled *Fields of Clinical Psychology Application (Dziedziny zastosowań psychologii klinicznej)* refers to diagnostic and therapeutic problems occurring in different areas.

Chapter 22: *Clinical Psychology of Children and Adolescents (Psychologia kliniczna dzieci i młodzieży)* by I. Grzegorzewska, E. Pisula and A. Borkowska contains the information that every practitioner psychologist, both diagnostician and therapist, should be familiar with. The first section of the chapter is more general and describes the specific character of childhood and adoles-

cence disorders. The presentation of various general problems in tabular and schematic form may be of special value to students or diagnosticians that have just started their professional career. Emotional and behavioural disorders in children, their development, symptomatology and effects have been described in great detail as well. In addition, the attention is paid to the problems of children in a difficult situation (parents' divorce, parents with mental illnesses). Much space in this chapter is devoted to the total developmental disorders. In addition to the basic information on definitions, classifications and aetiology, the Authors describe in detail the clinical image of these disorders and present the data on the diagnosis and treatment of autism, a brief description of the latest methods used in psychological diagnosis, and the principles of good interventions for ASD patients. Also the information on the problems that may arise in an autistic child family have been included. It should be emphasized that there are quite few monographs on neuropsychology of children and adolescents available in the Polish market. Therefore, the Authors devoted much space in this chapter to the discussion of issues related to neurodevelopmental disorders. They compared the neuropsychology of adults, children and adolescents, and they described the most common childhood disorders, such as ADHD, FASD, genetic syndromes, acquired CNS structural and functional changes in children and adolescents. The end of Chapter 22 is a description of the goals and tasks that are involved in the neuropsychological diagnosis of children, and the directions of neuropsychological therapy for children and adolescents.

In Chapter 23: *Clinical Neuropsychology as a Field of Research and Practice (Neuropsychologia kliniczna jako dziedzina badań i praktyki)*, Anna Herzyk discusses the main issues of clinical neuropsychology. She introduces the subject matter and scope of research, as well as the evolution of views. The presentation of the brain pathology determinants, with special emphasis on the types of neuropsychological deficits, is worth particular attention. The Author also elaborates on the diagnostic procedures and therapeutic interventions undertaken in neuropsychology.

Chapter 24 is devoted to health psychology (author: I. Heszen). The Author of the chapter pays much attention to explaining the paradigm of Lazarus and Folkman and the concept of stress, and she emphasizes that stressors impact every individual, and the way of dealing with them can determine the appearance of various diseases.

The next chapter (Chapter 26) deals with the issues related to the psychology of disability and psychological rehabilitation. S. Kowalik not only

explains what disability is, but also draws attention to the psychological consequences of disability and rehabilitation.

The last but one chapter in this part, i.e. the one entitled *Clinical Psychology of Seniors (Psychologia kliniczna seniorów; Chapter 26, author: S. Steuden)*, is a chapter describing one of the sub-disciplines of clinical psychology. The aging process and old age are increasingly often discussed in the literature of the subject. More and more scientists pay attention to the way of patients' functioning at this stage of life. It is of significant importance that the issue of experiencing old age by the elderly has been discussed, as well as their adaptation to old age, the wisdom of life, balance of life and attitudes towards their own old age. Finally, the information on the roles and tasks of the elderly in the family is provided.

The final chapter (Chapter 27 by B. Pastwa-Wojciechowska, J. Groth) deals with the topic of forensic psychology. The chapter contains many practical tips on the use of clinical forensic psychology. The tasks of psychologists as court appointed experts, forensic and psychological evaluation and credibility criteria of an expert opinion ordered by the court have been analysed, with special emphasis on the problems of forensic and psychological diagnosis. The chapter ends with a description of ethical and professional problems of court appointed experts and forensic psychologists.

The last part, i.e. Part VI: *Types of Psychological Assistance in Solving Health Problems (Typy pomocy psychologicznej w rozwiązywaniu problemów zdrowotnych)* consists of 7 chapters: *Individual and Group Psychotherapy (Psychoterapia indywidualna i grupowa - Chapter 28)*; *Psychological and Health Counselling (Poradnictwo psychologiczno-zdrowotne - Chapter 29)*; *Health Promotion and Prevention of Disorders (Promocja zdrowia i prewencja zaburzeń - Chapter 30)*; *Psychological Help in Various Types of Crises (Pomoc psychologiczna w różnych typach kryzysu - Chapter 31)*; *Social Rehabilitation of Mental Disorders. Environmental Methods of Help for People with Mental Illness (Społeczna rehabilitacja zaburzeń psychicznych. Środowiskowe metody pomocy osobom z doświadczeniem choroby psychicznej - Chapter 32)*; *Self-help Groups and the Therapeutic Community (Grupy samopomocy a społeczność terapeutyczna - Chapter 33)*; *The Effectiveness of Psychological Counselling and Psychotherapy (Efektywność poradnictwa psychologicznego i psychoterapii - Chapter 34)*. All the chapters listed above mainly aim at assisting in the counselling process in its broad sense.

The publication edited by Lidia Cierpiałkowska and H. Sęk entitled *Clinical Psychology (Psychologia kliniczna)* is one of the most important books

in the publishing market. The value of this monograph lies in the fact that it can become a compendium of knowledge not only for researchers, practitioner psychologists - diagnosticians and therapists, but also for students of various fields of study. It comprises the latest research and knowledge in the area of clinical psychology.