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Cry of the Invisible. Michael A. Susko (Editor). Baltimore: Conservatory Press, 1991, 334 pages, \$19.95 hard.

Reviewed by Fonya Lord Helm, Washington School of Psychiatry

Michael Susko has edited a powerful and poignant book, written by people who are homeless or who have been homeless, or who have been in mental hospitals. In spite of the fact that some of the writers have died and that the others have faced terrible problems, there is hope in this book. There is vitality in the personal accounts of experience, and in the poetry and drawings. The book is particularly useful for helping people understand more about what it feels like to be a homeless person, or a person in a mental hospital. This understanding will help improve the chances of strong legislation and government funding for help for homeless people. It also will improve the mental health professional's ability to be empathic with his or her patients.

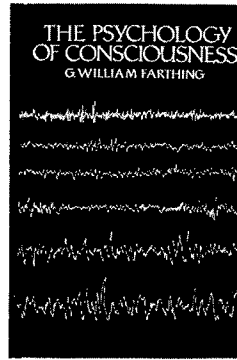
The book consists of drawings, poetry, and prose accounts of experiences of being homeless or of being in a mental hospital. Some of these accounts show more of a sense of perspective than others. Some are more literary than others. Some are more persuasive than others. And some communicate feeling better than others. Despite wide differences in these areas, however, the book is compelling, and is successful in making its statement that much needs to be done to help people who are having these kinds of difficulties. The book particularly makes the point that psychoanalytic and psychodynamic psychotherapies are under-utilized, and that medication is used indiscriminately at times and is relied on too heavily in many instances. Electroshock, with its side effects, is not considered an appropriate treatment, and there are no positive accounts of it in this book. Instead, short-term memory loss is reported consistently, which is to be expected considering that organic brain damage is a well-documented side effect of electroshock.

This book is appropriate for use in courses for mental health professionals, particularly for those students who have not had experience with patients who have been hospitalized. Beginning therapists can learn a lot from these personal accounts of patients' experiences, and can become more sensitive and aware. They also can learn a great deal from the differences in sophistication that can be seen in the accounts, differences that can be used to teach students about ego strengths and different kinds of psychological problems. I highly recommend the book, both for the general reader and for the mental health professional.

THE PSYCHOLOGY OF CONSCIOUSNESS

G. William Farthing

University of Maine—Orono



Author G. William Farthing offers a comprehensive and balanced presentation of both normal and altered states of consciousness. From hypnosis to lucid dreaming to demystifying the relationship between the brain and consciousness, Farthing approaches the subject from the viewpoint of natural science and cognitive psychology.

Highlights Include:

- Major discussions of research on dreaming and hypnosis
- Examination of lucid dreaming, and a chapter on sleep which includes discussions of sleep deprivation and sleep disorders
- Research on the psychological effects of marijuana intoxication, along with a balanced discussion of the possible risks associated with marijuana use.

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