

In summary, this is a good text. As far as I am aware there is no comparable book available that deals as comprehensively with this subject area. Anyone working in an inpatient unit will be likely to find something here to stimulate thought and provoke debate. It is broad enough to be useful for practitioners who may already have their own books about CBT while rounded enough to help new practitioners to gain a balanced view of contemporary CBT principles and concerns and how these may be applied within inpatient units.

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### **Working with Ethnicity, Race and Culture in Mental Health**

*Hári Sewell*  
*Jessica Kingsley Publishers, London*  
*2008, 183 pages, £18.99 (PB)*  
*ISBN 9781843106210*

In this book, race, ethnicity, culture and racism are central concerns. The first two chapters define the terms and outline their importance to mental health in a scholarly manner. These are definitely the strongest chapters, well argued and have some universal appeal. However, there is no mistaking that the book is written about the UK, grounded in the UK policy context with examples drawn exclusively from the UK.

The author is clearly well read, knows the policy context in the UK well and tackles some contemporary contentious and difficult issues. The book is divided into 11 chapters and as well as the aforementioned these deal with assessment, recovery

focused care planning, developing quality relationships, ethnicity in the context of other identities, management of teams, education, alternatives to the illness model and positive examples of teams attempting to provide good care in the UK.

There are some stylistic elements to this book that the reader may find problematic. First, there are large numbers of acronyms and abbreviations used throughout, e.g. BME (black and minority ethnic people), ERC (ethnicity, race and culture), DRE (delivering race equality), LGBT (lesbian, gay, bisexual and transgender), etc. So thick were these in places it became like reading a long text message. Second, there are lots of lists and bulleted points which add to clarity, succinctness and adaptation for Powerpoint slides but at the expense of depth of discussion. On a more positive note most chapters have one or more narrative examples involving mental health work to illustrate the points being made and there are some useful exercises involving thought provoking questions for the reader to consider. These are boxed and not particularly well integrated in the text.

This text does read like a handbook and will be useful to many people (particularly in the UK) to stimulate and formulate useful questions around mental health practice, ethnicity, race and culture. The arguments that ethnicity, race and culture are central to mental health and mental health care are convincing. It focuses largely on the attitudes and behaviour of the practitioner and care system which are within the purview of individual practitioners. It will be particularly useful for individual practitioners to stimulate reflection on their own attitudes and beliefs about these matters and to overcome inhibitions to ask relevant questions of service users.

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