

viewed in this chapter involves studies of adult offenders. Principles of pediatric pharmacology are reviewed, and general principles of biological and psychopharmacologic treatment of children and adolescents are outlined. The chapter also includes a brief review of the biological and hormonal mechanisms involved in the control of sexual behavior.

Overall, the book provides a condensed, yet clear, comprehensive, and very useful overview of the field of juvenile sex offender evaluation and treatment. The relevant research is presented in an objective and dispassionate way. As a forensic psychiatrist who often evaluates adult sex offenders, some of whom have only offended as juveniles, I found the book a valuable source that helped me to supplement my knowledge of the adult-sex-offender-related literature.

Michal Kunz, MD  
New York, NY

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## The American Psychiatric Publishing Textbook of Forensic Psychiatry

Edited by Robert I. Simon, MD, and Liza H. Gold, MD. Second edition. Washington, DC, American Psychiatric Publishing, Inc., 2010. 702 pp. \$133.00.

The editors, Robert I. Simon, MD, and Liza H. Gold, MD, are Clinical Professors in the Program in Psychiatry and the Law at Georgetown University School of Medicine, Washington, D.C. They have assembled a solid team of experts in forensic psychiatry, forensic psychology, and mental health law to produce the second edition of *The American Psychiatric Publishing Textbook of Forensic Psychiatry*. The comprehensive text covers the foundation of forensic psychiatry, civil matters, criminal forensic psychiatry, and special topics in its 23 chapters.

The importance of this book may be best illuminated from a historical perspective. During my medical and residency years, there were few resources available to enlighten health care students and professionals about the practice of forensic psychiatry. Today, there are many publications of varying quality that fill the gap.

This textbook may serve as an invaluable resource for general psychiatrists and senior psychiatry resi-

dents who have an interest in forensic psychiatry or as a basic and concise introductory text for a forensic psychiatry residency program. However, as many chapters caution, the book by itself will not prepare a psychiatrist to practice forensic psychiatry. As with many multiauthored books, some topics are more thoroughly developed than others. Each chapter is self-contained, and readers may select specific topics to review without reading the entire book. Thus, there is some repetition of basic concepts throughout the book.

The text is well-organized, clearly written, and free of excessive jargon. Most chapters include an introduction that contains a list of fundamental lessons, one or more case vignettes, a conclusion section, a key points section, a practice guidelines section, and several references. This layout facilitates the acquisition and comprehension of important forensic psychiatric concepts, especially for those with no or limited prior exposure to or experience in forensic psychiatry. Most of the textbook readily held my attention, and experienced forensic psychiatrists will find some new and interesting information as they review basic concepts.

Nonetheless, some chapters were particularly noteworthy for their selection and presentation of foundational material. “Rediscovering Forensic Psychiatry” describes fascinating aspects of forensic practice that make the field attractive to many psychiatrists. Two chapters, “Introduction to the Legal System,” and “Ethics in Forensic Psychiatry,” which cover historical, basic legal, and ethics-related aspects of forensic psychiatry, provide stimulating reading in some of the most pedantic of subject areas. Although the authors of the chapter titled “Forensic Assessment of Sex Offenders” explicate well, they leave the reader wanting more information about sex offenders and the Internet. The “Special Topics” section covers a variety of important topics in forensic psychiatry, including forensic practice and geriatric psychiatry and child and adolescent forensic psychiatry. The chapters that address malingering, risk assessment instruments, and psychological testing offer the seasoned forensic psychiatrist the largest amount of new information.

Overall, the second edition of this book has succeeded in its principal mission of illuminating forensic psychiatry for mental health clinicians and psychiatry residents and may serve as a reference for more experienced psychiatrists who teach, are preparing for board recertification, or wish to review

forensic topics that they do not routinely encounter. The textbook has two companion volumes, *Study Guide to Forensic Psychiatry*<sup>1</sup> and *Self-Assessment in Forensic Psychiatry*,<sup>2</sup> that may reinforce key concepts from the primary text.

### References

1. Simon RI, Hales RE: *Study Guide to Forensic Psychiatry* (ed 2). Arlington, VA: American Psychiatric Press, 2010
2. Simon RI, Hales RE: *Self-Assessment in forensic psychiatry* (ed 2). Arlington, VA: American Psychiatric Press, 2010

Gregory B. Leong, MD  
Los Angeles, CA

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## The Mental Health Professional in Court: A Survival Guide

By Thomas G. Gutheil, MD, and Eric Y. Drogin, JD, PhD,  
Arlington, VA: American Psychiatric Publishing, 2013. 115  
pp. \$59.00 (soft cover).

Although forensic psychiatrists actively consider opportunities to interface with the legal system, most psychiatrists dread thinking about courtrooms and lawyers. Drs. Gutheil and Drogin seek to diminish the terror of court by using knowledge as the “antidote to unreasoning fear” (p xiii). The text is a revised and expanded version of Gutheil’s well-received 1998 book, *The Psychiatrist in Court: A Survival Guide*. As the authors state in the Preface, you can indeed read this helpful guide “between the arrival of the subpoena and your pending appearance in court” (p xiv).

The book is written for professionals whose knowledge about going to court is essentially limited to popular culture examples. Although not primarily intended for forensically trained psychiatrists, the book has much to offer early-career forensic psychiatrists and would make excellent required reading for general and forensic psychiatry residents. The authors’ guiding principles, which include brevity and practicality, are contained in 11 easy-to-read chapters and 3 informative appendices. Gutheil and Drogan use an informal and lighthearted tone to make the guide both accessible and soothing (p xiv). While reading the book, I could clearly envision Dr. Gutheil in his “Never Worry Alone” tee shirt speaking to a group of early-career psychiatrists.

Each main chapter contains subsections that narrow the focus and ends with summarizing key points and references. Many chapters contain useful tables, such as “The ‘Six P’s’ of Trial Preparation” (p 79). The book contains a plethora of real-life examples and word-for-word courtroom exchanges that further clarify and elucidate important concepts. Several of these illustrations are humorous in support of the overall anxiety-alleviating tone of the book. Brief chapters and boldfaced key terms facilitate gleaning information that is most relevant to a particular situation or question.

The first three chapters review basic concepts, including types of witnesses, licensing board complaints, ethics complaints, and common legal situations that trigger malpractice lawsuits (suicide, boundary violations and sexual misconduct, breaches of confidentiality, and treatment strategies). Highlights of these chapters include the subsections titled “Subjective-Objective Distinction” (pp 5–6) and “The Psychology of Litigation” (pp 12–14). Later chapters describe legal proceedings, handling interrogatories and depositions, and tactics used by attorneys that can result in an adverse outcome for the poorly prepared psychiatrist.

Chapter 7, which advises the reader about helpful legal resources, starts by humorously comparing the courtroom to France: “a mildly hostile, mildly intolerant, chauvinistic foreign country where they dress and speak quite differently” (p 51). The authors describe the value of seeking input from a forensically trained mental health professional, the roles of courtroom personnel, basic courtroom rules, subpoenas, privilege, and confidentiality. Later chapters explain the trial and all its phases, paying particular attention to trial preparation and self-presentation, including appropriate attire. The remarks about using graphics and flip charts to illustrate key concepts are useful, but may be a little advanced for the nervous psychiatrist who is an infrequent visitor to the courtroom. Readers are reminded to take care of their health and to avoid social isolation, while being mindful of conversations that could be discoverable in court. The appendices contain useful information, including a legal glossary, recommended readings and Internet support, and a summary of the civil litigation process.

A short time after I started reading the book, a nonforensic colleague sought my support. She had been called to testify as a fact witness in the criminal case of one of her patients. I immediately thought she was the perfect example of this guide’s intended au-