

## **Recommended Reading List by Sameer Jauhar** (Acknowledgment to Deborah Dover and members of the CTC)

This list contains books felt to be pertinent to Trainees, the majority of which are of use specifically for the Examinations of the College. The views expressed are those of the author, and are in the context of providing trainees with insight into the vast array of titles available. More books will be added over time, and a more thorough, though obviously not exhaustive, list can be found in the Syllabus.

### **Addiction Psychiatry**

#### **Seminars in Alcohol and Drug Misuse**

J Chick and R Cantwell

Though written in 1994, and most probably due for an update, this Gaskell publication provides a readable introduction to the subject. Clear pointers are made to further reading. In regard to the exam, it covers most of the topics admirably, though would need to be substantiated by more recent literature.

#### **The treatment of Drinking Problems**

G Edwards, EJ Marshall and C Cook

Though not essential reading for the exam, this book would be recommended on the basis that it conveys, in elegant prose, and through case vignettes an empathic approach to the treatment of these patients.

### **Psychology**

#### **Psychology for the MRCPsych**

Marcus Munafo: Clear title, and offering to give a synopsis of psychology in a digestible form. Obviously written for exam purposes it still falls some way short of providing the level of Psychology understanding needed for both parts of the exam.. Useful bibliography, though one could be advised to stick to examination questions rather than attempt questions provided here.

#### **Psychology for Psychiatrists**

Deepa S. Gupta (Editor), Rajinder M. Gupta (Editor)

Written very much in line with the Syllabus, this provides a more thorough explanation of concepts and key papers pertaining to the exam. This should suffice as a reference text, though the lack of brevity would preclude its use as a revision aid..

### **General Psychiatry**

#### **Companion to Psychiatric Studies**

Stephen Lawrie, David Owens, Michael Sharpe, Christopher Freeman, Eve Johnstone

Commonly acknowledged as one of the essential texts for both parts of the exam, and with its roots nestling under the domain of Edinburgh Psychiatry, this book has recently been revised, and remains useful fodder for those sitting both parts of the exam. Particularly readable parts include Johnstone's unmistakable and forthright chapter on Schizophrenia and Owen's chirpy, and at times humorous take on Psychopharmacology.

### **Oxford Handbook of Psychiatry**

David Semple, Roger Smyth, Jonathan Burns, Rajan Darjee, Andrew McIntosh  
Many will be acquainted with this book's older cousin, the affectionately named "Cheese and Onion" (referring to the Oxford Handbook of Clinical Medicine, beloved to House officers for the past decade or so, nickname accrued from resemblance to certain crisp flavour). This is an attempt to distill a great deal of information into a portable form, for clinical use. Well referenced, readable and with handy sections on ICD 10 and DSM IV coding this is useful for "mugging up" basic facts while on the train or when a patient DNAs. Particularly useful for trainees, and pertinent basic information for the exam, moreso part one.

### **Kaplan and Saddock's Comprehensive Textbook of Psychiatry (2 Vol. set) (Eighth Edition)**

One of the classic tomes of psychiatry, in its 2004 unabridged form. Though unashamedly American in its outlook, it still reads well, and almost every chapter is written by (an invariably American) authority on the topic. Two minor gripes would be the quality of the paper: it will rip if carelessly swept through. My other gripe is the lack of clear referencing, references only provided at the end of the chapter, with no clear indication of where in the text they belong. However, this was put in context by a colleague who pointed out "It *is* Kaplan and Saddock: that should be reference enough". Overall this is a worthy (and hefty) addition to the bookcase, but possibly not essential for the MRCPsych examination..

### **Shorter Oxford Textbook Of Psychiatry (Fourth Edition) by Gelder, Mayou and Cowen**

Written primarily for trainees and medical students, this 3 part set offers a clear and concise introduction to Psychiatry. Easily digestible, with pointers for further reading it manages to cover the breadth of topics in Psychiatry admirably: notable chapters including those on Psychiatry and Medicine and that on Psychological therapies. Clearly this book would require supplementation for the purposes of the exam, though as an introductory text it would be recommended.

### **Symptoms in the Mind by Andrew Sims (3<sup>rd</sup> Edition)**

Descriptive psychopathology is at the heart of psychiatric practice (and some would argue, the art of Psychiatry), and this book provides a modern, authoritative and exhaustive review of the topic. Littered with engrossing case histories, literary and historical references), it stands alone as the modern, definitive textbook on this subject. In spite of its comprehensive nature it still remains eminently readable. Essential reading material for the purposes of the exam, and should be a compulsory purchase for all trainees. .

### **Clinical Psychopathology: Signs and Symptoms in Psychiatry**

Frank Fish, Max Hamilton (Editor)

Now out of print, and desperately difficult to locate out with libraries and Consultant offices, despite its age this text provides a number of useful insights into descriptive psychopathology. Though sections on topics such as Classification are outdated, Fish's musings on "Disorders of Emotion" and perceptual disturbance are insightful and original. Referenced heavily in Sims, it is still worthy of purchase; for the exam, though not essential.

### **General Psychopathology: Volumes 1 and 2 (7<sup>th</sup> Edition)**

**Karl Jaspers, MD McHugh (Introduction), J. Hoenig (Translator), Marian W. Hamilton (Translator)**

A historical relic, written by an undoubted genius, who went on to write more extensively on philosophy, this book will either delight, confuse or bore the reader (or a mixture of all three). This classic text was originated in 1913, and had major influence on the practice of psychiatry at the time (particularly in Germany). Cynics may point at some dated principles, but the essence of the book still rings true. The principle of empathy in assessment runs throughout the book, and the section on "The Individual's Personal World" is worthy of reading, for the description of obsessions and compulsions (and was brought to my attention by a senior colleague, who implored its purchase on the basis of this chapter alone) It will be evident that this is not a necessary purchase for the exam, material relating to Jaspers relevant to the exam being present in Sims.

## **Psychopharmacology**

### **Essential Psychopharmacology: Neuroscientific Basis and Practical Applications (Essential Psychopharmacology S.)**

**Stephen M. Stahl, Nancy Muntner (Illustrator)**

A popular American text, instantly recognisable for the clarity and simplicity of its illustrations, this covers the topic in comprehensive fashion. There is a large neuroscience, as opposed to clinical basis to the book, and at times the text would be difficult to follow if it wasn't for the illustrations. The ingenuity of this text is in the illustrations, and for those who have a predominantly visual take on learning, and understanding basic concepts, it would be a judicious purchase. The section on

combining antidepressants is a particular treat, and lends itself well to the format.

### **Seminars in Clinical Psychopharmacology** **David J. King (Editor)**

As with all books in the College Series, this is aimed mainly (though not exclusively) at trainees. This text is more verbose than Stahl, has a more clinical remit and provides useful tables, references and pointers for further reading throughout. It would work well as a reference for the exam, as a number of topics in recent exams receive attention here, and in furtive attempts to “learn” answers to previous questions, this text would be recommended.

### **Use of Drugs in Psychiatry: The Evidence from Psychopharmacology** **John Cookson, John Taylor, Cornelius Katona**

Another book in the Gaskell series, this book is both written for the purposes of the exam (from the Curriculum) and as a clinician’s everyday guide. It is compact and could be digested easier than the above titles. In terms of day to day practicality, it is probably not as clearly presented as the popular Maudsley Guidelines.

### **Fundamentals of Clinical Psychopharmacology (2<sup>nd</sup> Edition)** **Ian M. Anderson, Ian C Reid**

Most will be familiar with the BAP (British Association of Psycho pharmacologists), and the popular courses and guidelines relating to this organisation. This compact book covers core principles of neuroscience and clinically relevant details in an astonishingly concise “bullet-point” fashion, that makes it easy to absorb information in a short space of time. This is not, by any means, a reference text, though would be useful as a revision text for the exam or introductory textbook.

## **Organic Psychiatry**

### **Organic Psychiatry: The Psychological Consequences of Cerebral Disorder** by W A Lishman

One man’s homage to the specialty, spanning 952 pages and leaving no stone unturned this book is unique within Medicine, let alone Psychiatry. It is received wisdom that the section on cognitive assessment is particularly relevant for both parts of the exam, though intimate knowledge of the entire text is not. The sections on Mental State assessment, Korsakoffs and range of disorders that now make up “Neuropsychiatry” are noteworthy, and in spite of its breadth this textbook remains eminently readable. A remnant of a bygone era of single author books, and a judicious purchase.

## **Child Psychiatry**

**Goodman, R. & Scott, S. (1997) Child Psychiatry Oxford:Blackwell Science.**  
Practical and well organised for exam preparation although a bit dry. Useful multiple choice questions for each chapter.

**Winnicott, D.W. The child, the Family and the Outside World. (1964) Penguin Books.**

Although this book was written in another era, it is definitely a classic and vital reading for all psychiatrists.

## **Psychotherapy:**

**Bloch, S. An Introduction to the Psychotherapies. (1996) Third Edition. Oxford Medical Publications.**

Covers each of the main psychological therapies in turn, with a clear and easy to read style.

**Bateman, A. & Holmes, J. (1995) Introduction to Psychoanalysis. London, Routledge.**

It is what it says on the tin. A good introduction.

**Beck, J.S. (1995) Cognitive Therapy, Basics and beyond. New York, Guildford Press.** This text is useful for a CBT short case but probably too detailed for purely exam purposes.

...

## **Revision Texts**

### **Revision Notes in Psychiatry**

**Basant K. Puri, Anne D. Hall**

Written exclusively for the Exam, from the Syllabus this text has recently been revised and continues to be popular with a number of trainees. It is written in note fashion, and disseminates information in a straight, didactic fashion. This is useful as a (rather hefty) revision aid, stronger chapters including those on Neuropsychology and Developmental Psychology. As with all books of this genre, this would require supplementation with a general reference text.

### **Sciences Basic to Psychiatry**

**Basant K. Puri, Peter J. Tyrer**

Although this book could be construed as another text written solely for the purposes of the exam, covering topics ranging from psychopharmacology and neuroanatomy to psychology, there are one or two chapters (for example, "Neuropathology and

Neuroimaging”) that one would be hard-pressed to find covered better elsewhere. This would be especially useful for the Part Two, though those attempting the initial exam would find some sections useful (with the caveat that chapters, such as Psychology, would require supplementing).

**Osces in Psychiatry: Prepare for the New Mrcpsych  
Albert Michael**

A well written revision aid for the OSCE component of the Part One exam, that gives checklists and suggested approaches to candidates in response to fairly realistic “stations”. This can be read in an afternoon, and the suggestions given are broad, clear and in keeping with other marking schedules.

**Critical Review in Psychiatry (Seminar) (2<sup>nd</sup> Edition)  
Greg Wilkinson, Tom Brown**

Those who are preparing to sit the Critical Review Paper of the Part Two (or indeed have subsequently passed this) will be well acquainted with this thoughtful addition to the Gaskell series. It contains past papers, examples and model answers in a clear format and should be considered for purchase by those sitting the exam.