

expenditure and the State's role in the direct provision of mental health care. Feldman's graphic account of the psychological effect of impending closure—the boredom and the sense of failure induced in the staff—will be recognized by many in this country. As a result of the mass exodus from mental hospitals, 'the back ward has been replaced by the back alley'. Far too many of the discharged patients are the poor, the homeless and the exploited; kept out of the more desirable districts they cluster in the poor areas. Very many are re-admitted, and the remaining mental hospitals become the repository for the casualties of the social system, which may well become the situation here.

Sir George Young, at the time Parliamentary Under-Secretary at the DHSS, contributes to the second report, 'New Directions for Psychiatric Services'. He repeats the official view that the disappointingly slow progress has been due to lack of clarity about the purposes of day care. The probability is that lack of money is a more important reason, and may well be defeating the efforts in this field of even the best intentioned local authorities. Dr Bennett welcomes the interest in day care shown by the DHSS and declares that it is now becoming apparent that the social services, employment centres, etc. are not able to deal effectively with severe mental illness and disabilities, and the smaller and more selective psychiatric units in general hospitals do not offer much help either. He calls for more integration and for a continuum of care, with the day hospital as the focal point of treatment.

Only half the authorities in England and Wales even had a day centre for the mentally ill, and in Scotland the position was worse. Individual day units are described in the report: day hospitals, day centres and joint establishments, small and large, local authority based or run by the area health authority, some in the grounds of the mental hospital and

others in the high street. There is even a travelling day hospital in the Dorset area. There is much overlapping, and the distinction between day centres run by the local authorities and the health authorities' day hospitals is very blurred. They appear to range, regardless of title, from the informal club where people drop in for a chat and where no attempt is made at organizing activities to others which offer psychotherapy and relaxation groups and various forms of occupational therapy. The optimum siting of the day hospital is discussed: is it best situated within the grounds of the mental hospital or more accessibly in the centre of town? The length of 'treatment', apart from its nature, is discussed. The mixed day centre is considered, where both mentally and physically handicapped patients attend, and the conclusion is reached that the disadvantages outweigh the advantages. In some day units psychologists are actively involved in supervising groups and relaxation therapy, and it is claimed that such centres can deal effectively at times with even the severely depressed patient. For one such centre, which operates a so-called crises service, the claim is made that an acutely ill or psychotic patient may be 'maintained' or kept out of hospital; with the psychiatrist visiting this centre only once a week; this seems hardly the ideal arrangement.

In spite of the lengthy and involved studies by some of the psychologists concerned into the concept of the day hospital, its *modus operandi* and the attitudes of both staff and patients, one is left with the strong impression on reading the report that there is a great deal of goodwill and effort but sadly little cohesion or sense of direction. One can only echo the plea that more guidelines are needed.

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News Items

Alcohol and Alcoholism

The following Addendum has been added as an insert to the College report, *Alcohol and Alcoholism*, and members who have copies of the report might wish to note the change in the College view of the risks of drinking during pregnancy.

Recent scientific evidence suggests that the potential dangers of maternal drinking during pregnancy should be further emphasized. Even very moderate social drinking may be associated with decreased birth weight and an increased risk of spontaneous abortion. The precise level of alcohol intake which carries seriously enhanced risk of the child's developing the foetal alcohol syndrome still remains rather uncertain: the woman who is drinking 'alcoholically' is certainly putting her baby at risk, but

it is possible that lesser degrees of deformity may occur even with more moderate drinking. In the light of this evidence the College would wish to recommend that women would be well advised not to drink alcohol during pregnancy. This advice is in line with the general medical advice to all women that they should not take unnecessary medications during pregnancy. This advice supersedes the previous statement on drinking during pregnancy given on page 83 of the Royal College of Psychiatrists' report, *Alcohol and Alcoholism*.

This report has proved popular and some 10,000 copies have been sold. The hardback edition is now out of print, but the paperback (£2.50) is still available from Tavistock Publications Ltd, 11 New Fetter Lane, London EC4P 4EE.

Fund for Trainee Psychotherapists

A fund has been set up for those living in Cambridge and East Anglia who wish to train as psychotherapists. Monies are available as an interest-free loan to be repaid within five years of completion of training. Applications should be received by 1 May 1982 and loans to successful candidates will be offered from 1 September 1982. Those interested should write for further information to: Honorary Secretary, Mrs D. Lomas, 41 Beaulands Close, Cambridge.

Multidisciplinary Work in Child Guidance

This report of the Interdisciplinary Standing Committee, comprising representatives of the Royal College of Psychiatrists, the British Association of Social Workers, the Association of Child Psychotherapists and the British

Psychological Society, has now been published by the Child Guidance Trust.

The Child Guidance Trust have undertaken to distribute the report to every Department of Child Psychiatry and every Child Guidance Clinic or Service throughout England, Wales, Scotland and Northern Ireland.

Please note that individual copies of the report are not available from the Child Guidance Trust or from the College.

Erratum

Dr Adam Limentani (*Bulletin*, February 1982, 6, 29), now President of the International Psycho-Analytical Society, is a Fellow of the Royal College of Psychiatrists and not of the British Psycho-Analytical Society.

Forthcoming Events

The **Section of Psychiatry of the Royal Society of Medicine** is holding a number of meetings in May and June: 11 May 1982: 'Contemporary Problems of Philosophy'—Professor Sir Alfred Ayer; 8 June 1982: 'The Psychodynamics of the Caring Group with a Handicapped Member'—Professor Joan Bicknell; 'Early Interaction using Social Work Skills'—Mrs Edna Wallis; 'A Home Advisory Service for Under Fives'—Miss Sue Gardner; 'A Family Support Unit'—Dr L. B. Campbell. Information: Honorary Secretary, Section of Psychiatry, Royal Society of Medicine, 1 Wimpole Street, London W1M 8AE.

The **British Postgraduate Medical Federation** is holding a number of educational courses and workshops during the following months: 28 April 1982: 'New Therapies and the Traditional Psychotherapeutic Approach'—Drs Peter Bruggen and Graham Davies; 10 and 11 May 1982: 'Senior Registrars' Teaching Techniques Course'—John Heron; 12 and 13 May 1982: 'Sexuality in Primary Care'—Anne Dickson; 25 and 26 May 1982: 'Improving Your Lecturing'—David Jacques. Information: Elva Macklin, BPMF, 33 Millman Street, London WC1N 3E5 (telephone: 01-831 6222).

The **Inaugural Meeting of the Marcé Society**, entitled 'Motherhood and Mental Illness', will be held from 21 to 23 July 1982 at the Institute of Psychiatry. The aim of the Society is to encourage research into prevention and treatment of maternal psychiatric disorders and to facilitate exchange of scientific information. Further details: Dr R. Kumar, Institute of Psychiatry, De Crespigny Park, London SE5 8AF.

Applications are invited for admission to a two-year, part-time **MSc in Psychotherapy** at the University of Warwick commencing in October 1982. The course is approved by the British Psychological Society as a post-qualification course in psychological therapy. Attendance at the University is required one full day per week. Closing date for applications is 15 May 1982. Information: Dr John D. Davis, Department of Psychology, University of Warwick, Coventry CV4 7AL.

'The Worker, the Adolescent and the Family' is the title of a course being offered by the **Tavistock Clinic** from 26 to 30 July 1982. It offers a psychodynamic approach to the exploration and understanding of problems and issues concerning adolescents and their families. The emphasis will be on experimental learning. Information: The Training Administrator, Tavistock Centre, 120 Belsize Lane, London NW3 5BA.

The **British Psycho-Analytical Society** is holding a day-course of lectures and discussions at the Institute of Psycho-Analysis on 8 May 1982 entitled 'Self Destructive Acts: A Psycho-Analytic Approach'. Information: Honorary Secretary, Public Lectures, The Institute of Psycho-Analysis, 63 New Cavendish Street, London W1M 7RD.

A two-day workshop on **management skills for psychiatrists** will be held at the Royal Edinburgh Hospital on 13 and 14 April, 1982. The course is the same as those held at the Institute of Psychiatry. Information: Dr Phil Thomas, Royal Edinburgh Hospital, Morningside Park, Edinburgh EH10 5HF (telephone: 031-447 2011).