

busy' and 'activism' which she describes as 'subtle changes that contribute to improving families' confidence and self-esteem'. (p. 91)

Chapter 2 focuses on how gender is an important contribution to understanding the experiences of prisoner's families and how a caring role can provide coping mechanisms for families to deal with a period of imprisonment. The author focuses on the subject matter from a Feminist perspective exploring the relationship between space, place, and the focus of power. She comments on the importance of visits while also acknowledging their limitations as a substitute for the home environment.

The role of visiting rooms in sustaining relationships for prisoners and their families is explored in Chapter 3. The author discusses whether the visits room is a 'place of care or a place of confinement' and explores the role and function of children's visits sessions describing them as 'artificial home life'. (p. 28) She concludes that children's visits cannot replicate the home environment, but that they play an important role in the maintenance of contact between prisoners and their children. Chapter 4 then documents families' experiences of space dominated by social control and how space for families is regulated by prison authorities.

The recurrent theme of 'waiting' both during the prison visiting process and in the wider criminal justice process, is discussed in Chapter 5, and whether this is an exercise in social control. However, the practical management of the visiting processes are not considered in the discussion. The author argues that waiting is a significant part of families' lived experience of visiting prisons. One research participant states that they are 'doing the sentence with them'. (p. 71)

Chapter 6 entitled 'Surviving the Incarceration Process', explores how incarceration affects families and the importance of the role of social support in improving their resilience. The importance of 'space' in determining the experiences of families is examined in Chapter 7. The author concludes that 'space, emotions and identity' and criminology and geography are important lenses through which to analyse the experiences of prisoners and their families.

The book is an interesting exploration of the first-hand experiences of family members in a much under-researched area. The emotional impact of a prison sentence on family members and the effort required to maintain relationships is something that both prison managers, and policy makers should bear in mind when designing visiting areas and services for visitors.

What we fear most: Reflections on a life in Forensic Psychiatry

By Ben Cave

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Reviewer: Ray Taylor LL.M. is a security policy official at His Majesty's Prison and Probation Service.

What we fear most is an apt title for a work that explores, not just a life in forensic psychiatric medicine, but the social environment that nurtures the conditions such medicine has developed to treat. In his autobiography, Ben Cave explores and reflects on his own background and environment as much as he does that of his patients and the other people around him. Unlike most autobiographies, however, the book does not merely track the humdrum events of the subject's lifetime. This one takes a more detailed and contextual look at the

author's life, reflecting on all he has learnt of his profession. It starts with the author's formative years living within a dysfunctional middle-class family, and how his early experiences helped him to find his calling as a doctor specialising in psychiatry. It continues by providing an insight into some of the conditions he has treated through the experiences he has shared with his patients.

For in Cave's work, the focus of the narrative is on the relationship between patient and psychiatrist and how this has assisted in developing a greater understanding of the conditions the author has treated over the decades. The 'fear' in the title is, if I understand the author correctly, one of the typical aspects of presentation noted in the book. This should be no surprise to anyone who has spent any time working in carceral environments or those who have interacted with people dealing with some form of mental distress or illness, whether diagnosed or not. See a person arrive in prison for the first time and you will often see fear in their eyes, their behaviour, and their interactions with others. For those convicted of a violent offence in which an unbalanced state of mind was a causal factor, the part fear may have played is all too evident in the case studies cited by Cave. These 'cases' are explored through conversations with the patient and the observations of one who is clearly a prominent expert in such presentations.

What we fear most is accessible and the narrative engaging. It takes the reader on a journey through the learning of one individual as they progress through knowledge gained from experience. There is undoubtedly an important element of commitment on the part of the young man who progresses through the early stages of his career in medicine. I don't know from experience, but I can't imagine many junior doctors voluntarily