

**Systemic Treatment of Incest: A Therapeutic Handbook**—by Terry S. Trepper, Ph.D., and Mary Jo Barrett, M.S.W.; New York, Brunner/Mazel Publishers, 1989, 288 pages, \$30; and **Interviewing the Sexually Abused Child**—by David P. H. Jones and Mary G. McQuiston; London, Gaskell (Royal College of Psychiatrists, distributed by American Psychiatric Press, Washington, D.C.), 1988, 56 pages, \$11, paperbound.

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*Systemic Treatment of Incest* is perhaps the only how-to manual available for clinicians engaged in serious therapeutic work with incest families. The authors, who have spent a total of 25 years treating incest families, add considerably to our understanding of incest by identifying four types of incest family styles—affection-exchange, erotic-exchange, aggression-exchange, and rage-expression—and by outlining, in detail, an excellent three-stage program of therapy. The program incorporates different approaches and timetables for each family type.

That the authors are experts in identifying and helping to transform the dysfunctional patterns in incest families is obvious. Their text is well-organized and clearly written. It is full of excellent therapist-client dialogues aimed at helping the therapist take a firm stand against abuse and other hurtful family patterns

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while at the same time providing respect and emotional support for each family member. Most of the cases involve father-daughter or stepfather-daughter incest.

The authors have also originated a multiple-systems model that attempts to synthesize the opposing views of family therapists and feminists about the etiology and treatment of incest. For example, feminists argue that incest is the result of the pathology of the perpetrator in combination with sexism. On the other hand, family therapists contend that incest is the result of dysfunctional family interactions, that on some level everyone in the family contributes to the incest. The author's multiple-systems view, however, is that "all factors contributing to the family's vulnerability to incest are critical."

Nevertheless the authors stress that the father, not the family, whatever its dysfunctions, is responsible for the incest. However, despite the authors' continued emphasis on the father's accountability, they almost neutralize the moral horror of incest by viewing most incestuous fathers