

## Book Reviews

### **Shame and Guilt in Neurosis**

*Helen Block Lewis*

*International Universities Press, Inc., New York, NY, 524 pp., \$4.95*

This book attempts to focus on two important members of the family of feelings—shame and guilt. Dr. Lewis looks at shame and guilt both from past thinking as well as from her own personal experience. This book also attempts to formulate a conceptual framework for viewing these feelings and states their effects upon life. Dr. Lewis' experience emanates from her previous psychoanalytic training as well as her past research experience. Dr. Lewis does not relate just previous research but also relates her findings to practical implications for psychotherapy. Dr. Lewis also makes good use of case histories in illustrating her position on shame and guilt.

### **Abstracts of the Standard Edition of the Complete Psychological Works of Sigmund Freud**

*Carrie Lee Rothgeb (Ed.)*

*International Universities Press, Inc.,*

*239 Park Avenue, S., New York, NY, 572 pp., \$4.95*

This volume consists of the abstracts of each and every paper and article ever written by Sigmund Freud, beginning in 1886, though his last publication was in 1941. This affords the reader the opportunity to go back to Freud's original articles and find exactly what he's looking for. The abstracts also have a 189 page index to help the reader find the original articles in the Standard Edition itself. This book is a must for everyone's personal library.

### **The Ecology of Mental Disorders**

*Levy, L., and Rowitz, L.*

*New York, Behavioral Publications, 1973*

Levy and Rowitz divided the city of Chicago into 75 Community Areas (CA's) and gathered data related to 34 different variables in an attempt to investigate similarities and differences between CA's of differing psychiatric admission rates. The 34 dependent variables included "mental health" variables (e.g., types of diagnoses, types of facilities used, etc.), "social problems" variables (e.g., housing, delinquency, etc.), and demographic variables (e.g., racial makeup, income, education). They compared CA's in terms of both first admission rates and total admission rates. The time period involved was fiscal year 1961.

Many difficulties are inherent in any study, especially one of this type. For example, as the authors agree, diagnostic categorizations are

notoriously unreliable. In addition, the multiplicity of factors involved is practically impossible to take totally into account. However, the authors very responsibly take into account the many possible sources of error and cautiously present a vast amount of intriguing data relating types of communities with rates of psychiatric admissions.

A similar study by Faris and Dunham (1939) entitled *Mental Disorders in Urban Areas* served as somewhat of a prototype for the Levy and Rowitz study. The present authors relate their findings to related ones from the earlier study. This provides an interesting, though incomplete, longitudinal aspect to the data.

Though a considerable amount of data in the form of maps and tables is presented, it appears that the authors merely "eyeballed" the data for trends and obvious differences. No tests of significance are mentioned. This may have been intentional, with the global, marginally reliable nature of the data arguing against detailed analysis.

Persons interested in the sociological correlates of psychiatric inpatient admissions, particularly those of the Chicago metropolitan area, will find an enormous amount of data cautiously presented, as it should be. The book is basically a presentation of such information. The authors do, however, relate their findings to previous ones, especially those of Faris and Dunham. They also provide some interesting hypotheses as to what casual relationships might be involved. In sum, though, the book is essentially a presentation of data, with few interpretations and almost no conclusions that go beyond specific, nongeneralizable ones. The book is still worth reading.

Richard G. Games

### **Is Marriage Necessary?**

*Lawrence Casler*

*Human Sciences Press, a division of Behavioral Publications, Inc.,  
72 Fifth Ave., New York, NY 10011, 249 pp., hard cover.*

There has been a continuous emphasis towards re-examining the institution of marriage in our present day society. Along with this, an interest in new life styles has occurred.

Lawrence Casler in his book, *Is Marriage Necessary?*, addresses himself to that question through use of documented studies and research. Casler follows a sociological and anthropological sequence, bringing the reader through the origins of marriage and its functions in early society. Following this, Casler points out that the rationale and functions of marriage such as economic factors, sex, procreation, and love, to mention a few, which were once supportive, may no longer hold true for contemporary marriage. The area of child-bearing and child-rearing then is examined along with the

fallacy of maternal instinct. Considerable time is spent questioning the necessity of parents, which leads to the conceptualization of institutional child-care. After critical examination of these aspects, Casler continues to point out the destructiveness of marriage in which he does an excellent job. In terminating the book, Casler proposes three categories of alternative life styles besides conventional monogamy: 1) modified monogamy, 2) non-monogamous matrimony, and 3) non-marital relationships. These alternatives are examined, along with a discussion of the possible consequences. It should be noted that some of the alternatives presented can be adopted for immediate use, while others are proposals for the future.

*Is Marriage Necessary?* is a book easily read, though at times the reader may find himself in the midst of numerous quotations. If the reader is looking for a book examining the pros and cons of marriage, this is not the book. I believe this book would be most useful and informative to those who have an interest or are in fields related to marriage and the family. Casler intended a well documented book, critical of the institution of marriage which he has accomplished.

Lawrence Zuckerman

### **The Pursuit of Mental Health**

*Melvin Herman and Lucy Freeman*

*MacMillan Publishing Co., Inc.,  
866 Third Ave., New York, NY 10022, 1974*

Numerous authors have discussed the issue of mental health and its many facets. Melvin Herman and Lucy Freeman, the authors of *The Pursuit of Mental Health*, have definitely succeeded in writing a most informative and interesting book on this issue. The terminology used by the authors is simple and clearly understood. The incorporation of dialogue and brief situations help to enhance clarification of issues, and serves to stimulate the reader's interest while adding a personal touch.

Melvin Herman and Lucy Freeman discuss various areas of concern. All of which are relevant when discussing the issue of mental health. The book opens by discussing the stigma associated with those who seek psychiatric assistance, the affects this has in the area of employment, and future recommendations are made toward the lessening of this stigma. The authors attempt to give the reader some idea as to what defines a mentally healthy person. Such a definition is difficult, for there is no clear cut answer which the authors point out. Yet, the thoughts and ideas which the authors do present, I believe, gives the reader a helpful picture as to what may constitute a mentally healthy person. The idea of community psychiatry, along with the concept of community mental health centers are discussed. One chapter in this book is devoted towards a discussion on the necessity of psychiatric hospitals. This is an excellent chapter covering

such areas as: who should go to a psychiatric hospital?; the experience of admissions, the benefits and dangers of a psychiatric hospital, how to check out a psychiatric hospital to insure quality treatment, and the different types of staffing procedures in hospitals. The authors then continue to point out the realities of situations. In that, help may not always be available at the moment you need it, and the reality that receiving psychiatric services is no insurance that the person will respond favorably. Questions and answers concerning finances, and how to seek proper psychiatric assistance is dealt with. The authors give an explanation as to what is psychoanalysis and the differences between a psychiatrist, a psychologist, and a psychoanalyst. The authors also touch on licensing regulations for practitioners in the mental health field. A brief comparison of group therapy and psychoanalysis is given. The authors bring the book to a close with a discussion of future needs in mental health. The need for more skilled therapists, more children's services, more vocational rehabilitation as well as improved treatment for the chronic mentally ill person, are a few that were mentioned.

The Pursuit of Mental Health, is a book filled with useful questions, answers and ideas. This is a book well worth reading, and well worth passing on.

Lawrence Zuckerman

### **Humanistic Psychotherapy**

*Albert Ellis*  
*John Wiley & Sons, Inc., 1973*

Recently Albert Ellis published another book on the use of Rational Emotive Therapy (RET). *Humanistic Psychotherapy* differs greatly from another book Dr. Ellis has written in recent years in that it is a collection of previously published articles from various journals, and others are revisions of speeches delivered to professional organizations or lectures at Universities. As the title indicates, the author attempts to develop an argument that RET fulfills the requirement of studying the whole person in order to develop a more happy, self-actualized person. He also states that RET attempts to accept people with their limitations and that the "cognitive schools" are in the vanguard of those methods aimed at man's "humanization".

*Humanistic Psychotherapy* offers the reader some new insights into the theory and application of RET in light of the development of the third force in psychotherapy. There are various chapters on the use of RET with various behavior disorders, e.g., male alcoholic, phobic patient and psychotics, as well as a description of his ABC model. Besides these "typical chapters," Dr. Ellis includes extremely penetrating and interesting chapters on leadership and hostility as well as a chapter on the similarities and differences between RET and the Individual Psychology of Alfred Adler. These two chapters in particular, are both interesting and thought provoking.

Michael T. Yura