

Wolstein, Benjamin, *Theory of Psychoanalytic Therapy*, New York: Grune and Stratton, 1967, 210 pp.

This small volume is not written for the layman who is interested in psychology or psychoanalysis. Nor does it offer much insight to the clinician who is just beginning his practice. Rather it addresses itself to the mature therapist who—after considerable practical experience in his field—still seeks an answer to the inevitable question about the theoretical structure of his work.

The author, Benjamin Wolstein, is on the faculty of the W.A. White Institute of Psychiatry in New York City, and is a Clinical Professor of Psychology at Adelphi University. He has written before on *Transference and Countertransference*, *Irrational Despair*, and several other books and articles on the theoretical aspects of therapy. The present volume represents an attempt to re-formulate some earlier hypotheses and to put them into a comprehensive scheme of inquiry and interpretation.

Dr. Wolstein postulates resistance, transference and anxiety on the part of the patient as the legitimate areas of psychoanalytic inquiry. Such inquiry cannot proceed in a vacuum, however. Account must also be taken of the counterresistance, countertransference and counteranxiety of the analyst. Only when this premise is established and fully accepted, can a conceptual scheme of analytic therapy be elaborated.

It is possible to quarrel with many of Dr. Wolstein's theoretical formulations. An even more important objection, however, is that the book is written in a heavy, ponderous style which borrows much from old-time German philosophy. The lack of clarity is further accentuated by the absence of concrete examples which could illustrate Wolstein's theoretical formulations. A recently published book by Erwin Singer, *Key Concepts in Psychotherapy*, covers much the same ground and does so in a far less heavy-handed way. Perhaps this goes to prove that a writer does not have to use heavy jargon even when he wants to say profound things.

—Leo Rattner, Ph.D.

Phillips, Bernard S., *Social Research: Strategy and Tactics*, New York: The Macmillan Company, 1966, 336 pp.

Research is the lifeblood of all sciences, physical as well as social. But while research in the physical sciences has a long and honorable tradition, research in the social sciences is a relatively young phenomenon, dating back to the last century only. Thus, there is much less agreement than in the physical sciences as to what constitutes acceptable research and what procedures are properly to be employed in the execution of research.

The present volume is a textbook written for the student of sociology, but it also offers much to the research-minded psychologist. The *Strategy* of the subtitle comprises the first part of the book, dealing with the theoretical foundations of social research. It elaborates technical concepts and shows their applicability to the design of social research. In the second part, the author describes the *Tactics* of research, giving us a comprehensive survey of research tools, from questionnaires to statistics and mathematical models of game theory. Each process is clearly elaborated and illustrated with many relevant examples.

*Social Research* is written primarily for the college student. But its clear presentation of the relevant material and its thorough coverage of the theoretical and practical aspects of research make it a useful addition to the library of any clinician who wants to be up to date on the experimental procedures that constitute the foundation of his science.

—Leo Rattner, Ph.D.