

## ADDENDA

The following Adlerians participated as speakers or discussants at the national conference of the American Society of Group Psychotherapy and Psychodrama (New York City, March 29-31): Danica Deutsch; Rose Garlock; Dr. Alice Friedman; Dr. Joseph Meiers; Dr. Beatrice Lieben; George LaPorte; Dr. Helene Papanek; Dr. Benjamin Shangold; Dr. Isaac Zieman.

Joseph Meiers, M.D., participated in the three-day workshop meeting arranged by the newly-formed Society of Advancement of Group Experiences (SAGE), March 22-24.

Lilyan Espenak has been active in many places. On Nov. 29, 1967, at the "World Federation for Mental Health" convention held in Lima, Peru, she gave a paper on "Psychokinetics or Expressive Bodily Movements as Applied in the Rehabilitation of the Mentally Ill." On March 21, 1968, at the Scientific Meeting, International Symposium on Mental Retardation, University of Rome, Rome, Italy, her topic dealt with "Dance Rhythm, an Aid to Self-Assurance and Learning for the Mentally Retarded."

On April 3, Joseph Meiers, M.D., acted as moderator at a discussion meeting of the New York Association for Psychiatric Treatment of Offenders. At this meeting Alice R. Friedman, Ph.D., gave her "Impressions and Indications on the Psychology of the Offender."

## BOOK REVIEWS

Otto, Herbert A., *Guide to Developing Your Potential*, New York, Charles Scribner's Sons, 1967.

Ever since the late Dale Carnegie wrote his famous best-seller *How to Win Friends and Influence People*, the genre of self-help books has flourished in the literary marketplace. Far and away, such books have been the most popular items on the publishing lists for the past several decades. This is due to the fact that the reading public apparently has an insatiable appetite for self-help manuals. Interestingly enough, it does not seem to matter whether such books offer help in building a house or in constructing a more successful personality. The formulae "How to ..." or "Guide to More Successful ..." on the title page assure brisk sales and steady popularity with the reading public.

The present book by Dr. Herbert Otto, professor at the University of Utah, is slightly superior to the average self-help manual. It starts out with the thesis that the average person realizes only 10 per cent of his intellectual potential. Dr. Otto assumes that most readers would want to overcome such a deficiency, and he suggests a series of step-by-step procedures which should help the individual to achieve such a goal. Unfortunately, Dr. Otto takes it for granted that most people would want to function at the optimum level—but Dr. Otto may be assuming too much. Even though he devotes much space to a critique of our social institutions, an analysis which leans heavily on Erich Fromm and other progressive writers, his treatment of the subject does not penetrate to the heart of the matter. Thus it does not seem to occur to him that the very nature of our society makes it impossible for a vast majority of individuals to function in an autonomous and creative manner. The best that can therefore be said about such a book is that it at times makes interesting reading. In most cases it won't do any harm, even though it may arouse unrealistic hopes in some readers. Those who need more spontaneity and creativity in their lives will not be helped by a few easy-to-follow recipes. Those who already lead a satisfactory and fulfilled life can very well get along without such a book.

—Leo Rattner, Ph.D.

Kahn, Herman and Wiener, Anthony J., *The Year 2000; A Framework for Speculation on the Next Thirty-Three Years*, The MacMillan Company, 1967, 431 pp.

Predicting the future is a hazardous business. It is difficult enough to guess what new developments the next few days or weeks will bring even in the area in which a person is generally competent. Speculation about long range trends in the future of our society is even more difficult and is often left therefore to science fiction writers. Only they are rash enough to go out on a limb and try to predict what will happen to our world in the next few decades or centuries.

Yet such is the trend of our time that this area can no longer be left to science fiction writers. An increasingly complex society needs to be based on rational planning. In order to plan social policy for the next few years or decades, some educated guesses must be made about the future. Thus, the need for such studies as *The Year 2000*. This work is an attempt to demonstrate that speculations about the future can be taken out of the realm of science fiction and put into a reliable framework of forecasting and predicting future trends.

The two authors, of which Herman Kahn is the better-known theorist, do reasonably well with their description of the future development of our technology. By extrapolating some present tendencies and developments, they come up with some more or less plausible figures for the future. What may happen in this area seems neither startling nor improbable. What will happen to man, however, is less clear. The authors are well aware of the new techniques of mind control. Whether man will control the technology or be controlled by the technological superstructure of the next century remains an unanswered question. Yet the possibility of total control of this kind is something that cannot be dismissed lightly. While technology makes life more livable, public policy must always strive to safeguard individual freedom from encroachment by authoritarian forces operating in our society.

Leo Rattner, Ph.D.

Weiner, Irving B., *Psychodiagnosis in Schizophrenia*, John Wiley and Sons, Inc., New York, 1967, 573 pp.

In the management of a clinical practice, it is of utmost importance to diagnose accurately the pathology of the severely disturbed patient. Although this must be fairly obvious to the experienced therapist, it requires some elucidation for the beginner. Many a therapeutic situation comes to grief when the therapist fails to recognize *early enough* the symptoms of an incipient schizophrenia. The patient is not benefitted if he receives intensive psychotherapy rather than supportive therapy, or vice versa, because the therapist did not recognize his pathology and failed to devise an appropriate treatment plan.

The present book by Dr. Irving Weiner, professor at the University of Rochester, addresses itself to the understanding and solution of such a problem. Written as a textbook for the graduate student of clinical psychology, it is a valuable aid for the beginning therapist as well as the more experienced one. With great care and precision, Dr. Weiner presents in this book an informative discussion of the various forms of schizophrenia. After defining the many subdivisions of this pernicious illness, he proceeds to elaborate the tools that the clinician has at his disposal to help him formulate an appropriate diagnosis. Special emphasis is placed on such projective tests as the Rorschach, Draw-a-Person, and WAIS, which in the hands of skilled clinicians are invaluable tools for diagnosis as well as research.

The book is a big one and its subject matter does not make for easy reading. Though the author prefers a psychoanalytic interpretation of schizophrenia, the book is remarkably free of scholastic polemic. Thus it can be highly recommended to the practicing therapist as well as to the research-minded psychologist who wants to be up to date on the current state of knowledge in the etiology and diagnosis of schizophrenia.

Leo Rattner, Ph.D.