

BOOK NOTES

- ADAMS, P. L., WORK, H. H., & CRAMER, J. B. (Eds.) *Academic child psychiatry: a collection of papers*. Gainesville, Fla.: Soc. Professors of Child Psychiat., 1970. Pp. x + 150, paper.—This book deals specifically with the problems of teaching child psychiatry in medical schools—its relationships to psychiatry and pediatrics, to its “close friends” in social work and psychology, and to nursing and education. An increase in children’s learning problems makes for more dependence on teachers, too. The question is raised, does focus on the child lead to neglect of the family and the world around him? An interesting innovation is that of “community health visitor” in which role a Yale medical student becomes familiar with all aspects of one family, and works as a member of a team with a nurse and faculty associate. One change, in agreement with education generally, is to move clinical participation to the beginning of training, rather than having it in the middle.
- ADLER, A. *The education of children* (1930). Transl. by Eleanore & F. Jensen. Introd. by R. Dreikurs. Chicago: Regnery Gateway Ed., 1970. Pp. x + 309. \$2.95 paper.—The emphases in this excellent book are: personality, “a construction”; psychotherapy, “a reconstruction”; training a child, to aim for him to be “courageous, persevering, self-confident,” and to channel his striving toward “useful accomplishment”; tactfulness in dealing with parents, with a long quotation from Benjamin Franklin. According to Adler the basis of all education is an unwavering optimism: “No education is possible except with children who look hopefully and joyfully upon the future” (p. 84). Many cases are interspersed and 5 cases are appended (50 pages), as well as the Individual Psychology questionnaire. The present new edition of this book—the history and German original of which are so far not known—is greatly to be welcomed. We hope that a future printing will be supplied with an index, which the book well deserves.
- AMES, LOUISE B., METRAUX, RUTH W., & WALKER, R. N. *Adolescent Rorschach responses: developmental trends from ten to sixteen years*. New York: Brunner/Mazel, 1971. Pp. xvi + 319. \$10.00.—Revised from 1959, this analysis of 700 Rorschachs from 398 adolescents includes a new survey of 65 Ss tested annually through their adolescence. This longitudinal survey found alternate stages of predominantly expansive or restricted behavior, as previously found for children. The authors’ perspective will be of interest to Adlerians: “A child’s Rorschach responses . . . provide information (or better, hypotheses) concerning both his developmental status and his individual personality features . . . While a strong thread of individuality runs through a single individual’s successive records, substantial changes from year to year are the rule for many children.” An invaluable guide to studying the adolescent through the Rorschach.—G. J. MOZDZIERZ, *V.A. Hospital, Hines, Ill.*
- ANASTASI, ANNE. *Psychological testing*. 3rd ed. New York: Macmillan, 1968. Pp. xiii + 665. \$9.25. —The third edition of this standard work provides the nonspecialist with a trustworthy, comprehensive, up-to-date reference source

of the field. New topics that have been introduced in this edition are in line with the author's aim "to put more 'psychology' into 'psychological testing.'"

- BARBER, T. X. *LSD, marihuanna, yoga, and hypnosis*. Chicago: Aldine, 1970. Pp. xi + 337. \$8.95.—This book deals with the psychological and physiological effects of yoga, hypnosis, and major and minor psychedelic drugs, grouped together because of their commonly accepted ability to alter the state of awareness or consciousness. Assumptions about the effects are critically examined and only accepted if supported by empirical data. A technical book, it achieves its purpose, namely to illustrate a way of thinking and a method of analysis toward so-called soft areas of psychology, and to provide suggestions for further research. Challenging previous research in hypnosis, Barber concludes that persons do not need an hypnotic-induction or an apparent trance state to carry out the typical behaviors associated with "hypnosis."—T. R. WRIGHT, *Minneapolis, Minn.*
- BARTEN, H. H. (Ed.) *Brief therapies*. New York: Behav. Publ., 1971. Pp. x + 342. \$9.95.—These 25 previously published papers offer a good introduction to brief psychotherapy. Emerging from psychoanalysis 30-40 years ago, it gained its present momentum through the advent of the community mental health concept some 10 years ago. The papers are arranged under: concepts and strategies, community mental health context, specific patient groups, group and family approaches, and perspectives. Preceding each of these 5 parts the editor explains the significance of every selection. Beginning with Franz Alexander (1946) the emphasis was on "the solution of present life problems," and "underscoring small successes to restore confidence and encourage further efforts" (p. 25). From such statements the Adlerian will soon recognize, how much of this important contemporary development was anticipated by Adler some 60 years ago.
- BRENNECKE, J. H., & AMICK, R. G. *The struggle for significance*. Beverly Hills, Calif.: Glencoe Press, 1971. Pp. ix + 347. \$4.95 paper.—The authors, "aiming at the student of adjustment psychology," refuse to cater to hopelessness, but find hope because "real human beings are refusing to cop-out on a plea of instinctive aggression or economic determinism." Thus they take a similar direction to Adler who, in 1911, declared in opposition to Freud that ego "drives" must be understood as "wanting to be significant." The authors' approach, however, is not historical (they credit Rollo May with "introducing the concept of significance"), and they make no attempt to specify significance—beyond "living fully" and similar terms. Their book tends to be on the exhortative level rather than closer to a data base. It is truly humanistically oriented, in the sense which is presently becoming popular, and as such is to be welcomed and recommended.
- BRENNECKE, J. H., & AMICK, R. G. (Eds.) *Significance: the struggle we share*. Beverly Hills, Calif.: Glencoe Press, 1971. Pp. viii + 182. \$2.95 paper.—These readable readings are reprints, except for one original paper by each of the co-editors. This volume is indeed a companion to their text, *The struggle for significance*. Among the contributors to the present work are

Cantril (whose article first appeared in full length in this *Journal*) Shostrom, Jourard, Bugental, Rollo May, Ronald Laing, W. C. Schutz, and Marshall B. Hodge, psychologists; and such other authors as Ashley Montagu, Harvey Cox, George B. Leonard, Alan W. Watts, Nikos Kazantzakis, Albert Camus, Hermann Hesse, Robert Penn Warren, and Hannah Green.

- BRODY, SYLVIA, & AXELRAD, S. *Anxiety and ego function in infancy*. New York: Int. Univer. Press, 1970. Pp. viii + 422. \$12.00.—Research led to a distinction of seven types of mothering during the infant's first year and showed development (Gesell quotient) to be related to mothering. Two major critical periods are: imprinting to the human species by ability to fixate and smile to the face (8 weeks), and distinguishing mother from others (24 weeks). The book, with detailed cases, appendices of questionnaires and many tables, is interesting though difficult to plough through in the beginning, especially if one is not psychoanalytically oriented.—GENEVIEVE PAINTER, *Fam. Ed. Ass., Champaign, Ill.*
- CHESICK, R. D. *How psychotherapy heals: the process of intensive psychotherapy*. New York: Science House, 1969. Pp. 227. \$9.95.—In this comprehensive study of psychoanalytically oriented psychotherapy the style is clear, the material well organized, and there is a wealth of references and quotations from other authors. The writer emphasizes the importance of the therapist as a humane and empathetic person whose actual behavior is the vital determinant for the development of trust by the patient. The author warns the therapist against adopting any extreme responses of tender loving care or rigid techniques. Only the ability to "walk a tightrope" between these two approaches will bring forth the therapeutic atmosphere beneficial to the patient. Special consideration is given the difficult management of the borderline patient.—LUCIA RADL, M.D., *New York, N. Y.*
- ELLIS, A., & GULLO, J. *Murder and assassination*. New York: Lyle Stuart, 1971. Pp. 406. \$10.00.—This study of the homicidal personality includes numerous short case histories, a few detailed cases treated by the authors' system of rational-emotive therapy, a survey of biological, sociological, psychoanalytic and psychological theories of homicide, and ends with a plea for the abolition of the death penalty and more humane, rational treatment of convicts in general. Disappointingly, Adler's theory of the delinquent is not included. The book's main purpose is "to further an understanding of murder and assassination," and in this goal it falls short of its purpose, in part because of its wide-ranging inclusiveness. Excellent 15-page bibliography.—J. P. CHAPLIN, *St. Michael's College, Winooski, Vt.*
- FARBEROW, N. L. (Ed.) *Proceedings 4th Int. Confer. for Suicide Prevention, Los Angeles, Oct. 18-21, 1967*. Los Angeles: Int. Ass. Suicide Prevention, 2521 W. Pico Blvd. 90006, 1968. Pp. viii + 400. \$4.95 paper.—54 papers presented in 3 plenary sessions (certification of, and approaches to prevention of suicide, and drugs) and 5 concurrent sessions (theory, indirect self-destruction, adolescence, and 2 on current research).

GREENBERG, I. A. *Psychodrama and audience attitude change*. Beverly Hills, Calif.: Thyrsus, 1968. Pp. xxxi + 355. \$10.00.—In my opinion Greenberg wanted his dissertation published and showed tremendous creativity in reaching this goal. It is difficult to think of any other reason for the book. Think of the problems that could have been explored: the conflicts and solutions Dr. Greenberg experienced as a director of psychodrama with a psychoanalytic allegiance; psychodrama and race relations, drug addiction, religious and familial changes, audiovisual techniques, and sensitivity training. In the attempt to find historical roots, unfortunately there is a jump from Dionysus to Moreno. If one leans too much, his roots don't go very deep.—From a review by W. E. O'CONNELL in *Profess. Psychol.*, 1972, 3(1), 89-91.

HORMAN, R. E., & FOX, A. M. (Eds.) *Drug awareness*. New York: Avon, Discus Books, 1970. Pp. xii + 478. \$1.45 paper.—This seems to the layman to be an excellent and compact treatment of its subject, and interesting reading of authentic material, covering topics from the biochemical and pharmacological (including recent research) through the cultural, sociological, and educational. Several articles are position papers by national professional associations. The technical sections, categorizing the various drugs and explaining their effects, are understandable to the layman, and the sociological and psychological papers are of obvious relevance, especially one by K. Keniston on "Drug Use and Student Values."

JOHNSON, O. G., & BOMMARITE, J. W. *Tests and measurements in child development: a handbook*. San Francisco: Jossey-Bass, 1971. Pp. x + 518. \$17.50.—This handbook is unusual in consisting generally of one-page descriptions of over 300 unpublished evaluation devices, not available commercially. For each test or measure is given the name; author(s); age for which intended and special populations (e.g., deaf children); variable measure; where obtainable; description; reliability and validity; and finally, pertinent bibliography. The instruments fit into 10 major categories: cognition, personality characteristics, perception of environment, self-concept, characteristics of environment, motor skills, physical attributes, attitudes and interests, social behavior, and miscellaneous. This is an extremely valuable sourcebook for anyone interested in research in child development and/or relationships between children and adults.—R. J. CORSINI, *Honolulu, Hawaii*.

JOURARD, S. M. *Self-disclosure: an experimental analysis of the transparent self*. New York: Wiley-Interscience, 1971. Pp. xiii + 248. \$9.95.—"The only way we can know what a man is experiencing is if he discloses his experience to us in language we can understand." This is the concept of self-disclosure introduced by the author (with Lasakow) in 1958. It has become one of fascination and usefulness, taken up by other researchers as well. Most all the work done is reprinted in this volume, comparing self-disclosure with a wide variety of variables—such as sex, age, profession, disclosure of the experimenter, etc. Twenty-two appendixes give questionnaires and other instruments which have been used in these studies and will facilitate further research. Jourard also "discloses" the history of his own thought and work and his hopes for the future role of self-disclosure.

- MARTIN, D. G. *Introduction to psychotherapy*. Belmont, Calif.: Brooks/Cole, 1971. Pp. 208.—A comparative analysis of the major systems of psychotherapy, suitable for advanced undergraduates and beginning graduates. The author focuses the reader's attention on pivotal criteria of effectiveness in psychoanalytic theory and its derivatives, and existential, client-centered, and behavior modification theories, some of which he evaluates critically. A synthesis of all methods is attempted by identifying common elements, and research issues are discussed. Group techniques, however, are not included. Regarding Individual Psychology the author claims that there are "few followers" of Adler, whose ideas survive "in pieces rather than as a system." Aside from such occasional inaccuracies, the book fulfills its goal exceedingly well, and is very readable. Practicing psychotherapists may refresh their notions on a variety of techniques.—A. NIKELLY, *Univer. Illinois, Urbana*.
- MAYEROFF, M. *On caring* (1971). New York: Perennial Library, 1972. Pp. ix + 100. \$.95 paper.—The original edition was reviewed in this *Journal*, 1971, 27, p. 235. A paperback edition is to be welcomed.
- MCDEVITT, J. B., & SETTLAGE, C. F. (Eds.) *Separation—individuation: essays in honor of Margaret S. Mahler*. New York: Int. Univer. Press, 1971. Pp. vi + 520. \$15.00.—This volume is of secondary interest to the Adlerian psychologist in that it deals with the equivalent in psychoanalytic ego psychology of the Adlerian concept of "pampering" and its consequences. The volume consists of 25 original essays in honor of Margaret Mahler who, in 1952, introduced to psychoanalysis the concept of "mother-infant symbiosis." Its resolution would come through "separation" and should result in "individuation." When the symbiosis is too strong its resolution will meet with difficulties. Early in the 1930's Ferdinand Birnbaum had already stated, "The mother is responsible for breaking the narrow frame of the mother-child symbiosis."
- MESSER, A. A. *The individual in the family: an adaptational study*. Springfield, Ill.: Thomas, 1970. Pp. xiv + 266. \$9.50.—The individual is to be understood through his "adaptational psychodynamics." There are four levels of functioning: the basic hormonal, the pain and pleasure, the emotional, and the intellectual level, and on each are mechanisms of adaptation. In its insistence that individual emotional problems be examined within the family structure, the book takes on importance to all mental health practitioners. The author holds that once a therapist practices family treatment, his approach to individual treatment is no longer the same. He becomes aware that his involvement with one person alone is inadequate.—DANICA DEUTSCH, *Alfred Adler Mental Hygiene Clinic, New York*.
- MEYER, V., & CHESSE, E. S. *Behavior therapy in clinical psychiatry*. New York: Science House, 1970. Pp. 288. \$10.00.—Assuming that maladjusted behavior is generally acquired, the book illustrates that "what can be learned, can be unlearned." Principles of learning and conditioning and their application to treating psychiatric disorders are presented clearly. The authors are aware of the limitations of behavior therapy as well as semantic difficulties,

and comparisons are made with "insight" therapies. They quote experimental evidence (well over 500 references) which renders behavior therapy a cogent method. For its review of the literature alone, this volume is worth owning. Well-written, not overly technical, balanced between practice and theory, it is an excellent up-to-date reference for trainees and clinicians. It demonstrates that behavior therapy can often help patients for whom other therapies have failed.—A. NIKELLY, *Univer. Illinois, Urbana*.

NEISSER, V. *Cognitive psychology*. New York: Appeltan, 1967, Pp. xi + 351. \$8.25.—Adler often indicated that one's behavior springs from his opinion. Neisser's in-depth account of the cognitive behaviors involved in visual and auditory cognition supports this premise. That is, considering current experimental research, Neisser finds the traditional associationistic-mechanistic account of cognitive processes deficient. In place of such theory, Neisser proposes a constructionalistic theory that encompasses memory as well as visual and auditory cognition.—R. J. HUBER, *Skidmore College*.

PERLS, F. S. *Ego, hunger and aggression: the beginning of Gestalt therapy (1947)*. New York: Random House, 1969. Pp. 273. \$6.95.—This is a new edition of Perls' first systematic description of what he then called "concentration therapy." He admits in the introduction that much of the historical material is outdated. However, most of his basic concepts—then new—have found their way into contemporary psychotherapy, especially emphasis on the her-and-now and on awareness. I was most attracted to his emphasis on holism and the individual's responsibility for himself, including his neurotic symptoms. Though he differs markedly from Adler, Perls' observations on body language and his later techniques are well worth considering. These can be used for understanding an individual's life style and as tools for enabling him to experience his power to make choices.—RUTH E. RONALL, *New York City*.

PERLS, F. S. *In and out the garbage pail*. Lafayette, Calif.: Real People Press, 1969. Unpaginated. \$7.00; \$4.00 paper.—This is a novel combination of autobiography, theory, poetry, and prose by the late leader of Gestalt therapy. It has no table of contents, outline, pagination, or index. It flows from recollections by Perls of himself in Germany, 1917, to Esalen, 1969. It is an open and intimate sharing of the life of Fritz Perls with all his strengths and weaknesses. An unusual opportunity to relate to a man examining his life in terms of what he feels is the fundamental issue for existentialists today, "the whole of self, authenticity, of being real and all there." Recommended reading!—NEVSA PETERSON, *Burlington, Vt.*

RADO, S. *Adaptational psychodynamics: motivation and control*. Ed. by Jean Jameson & Henrietta Klein. New York: Science House, 1969. Pp. xiv + 285. \$12.50.—A collection of 29 lectures from ten years at the Psychoanalytic Clinic for Training and Research, Columbia University, when Rado gave himself the task of a "thorough re-examination and resystematization of Freud's psychoanalytic theories." This led to Rado's theory of Adaptational Psychodynamics which uses a biological framework to examine the healthy

and pathological aspects of all human physiological and emotional behavior. Much emphasis is on the interrelationship between mother and infant and how it affects the total development of the individual. Interesting to the Adlerian is the author's view that a faulty life style which interferes with healthy independence and self-assertiveness is at the core of depressive behavior.—LUCIA RADL, M.D., *New York, N. Y.*

SIROKA, R. W., SIROKA, ELLEN K., & SCHLOSS, G. A. (Eds.) *Sensitivity training and group encounter: an introduction*. New York: Grosset & Dunlap, 1971. Pp. viii + 216. \$2.95 paper.—An informative work of reprints that covers T-groups marathons, attack approaches, psychodrama, and a "buyer beware" section. Laymen and professionals should profit from reading it. Of special interest are self-reports of group experiences, a behavioristic analysis of Synanon methods, and a psychoanalytic interpretation of T-groups. Although the Adlerian approach is not specifically discussed, Adlerians should benefit by exposure to these different but related views.—Z. PONZO, *Univer. Vermont*.

STERBA, EDITH, & STERBA, R. *Beethoven and his nephew: a psychoanalytic study of their relationship (1954)*. Transl. W. R. Trask. New York: Schocken, 1971. Pp. 351. \$3.45 paper.—This carefully documented work is as fascinating as a novel, presenting its interpersonal theme—which, one should say, wholly exonerates the nephew. It also haunts the reader in a most lively way with the mystery of genius—even though it studies Beethoven largely apart from his music. Perhaps because it is over 17 years since they were written, the psychoanalytic interpretations—which are surprisingly few and unobtrusive—seem particularly contrived. E.g., Beethoven's hatred of Vienna may be an expression of his hatred for his mother (p. 35); his hypochondriacal fear of tuberculosis is associated with the idea of being poisoned by the mother-figure (p. 183); Schindler's devotion to Beethoven is a "reaction-formation against the . . . hatred the master may have aroused in him by such bad treatment" (p. 242).

NEWS AND NOTES

The 20th Annual Meeting of the American Society of Adlerian Psychology will be held at the Royal Coach Inn, Houston, Texas, Friday, May 26, to Sunday, May 28, 1972. Postmeeting workshops will be held Monday, May 29, and Tuesday, May 30.

The American Society of Adlerian Psychology in cooperation with the Family Education Association of Champaign County, Illinois, held a conference on "The Ages of Turmoil," at Urbana High School, November 6, 1971. The conference was in conjunction with the fall meeting of the Board of Directors of the ASAP. Speakers were: Dr. Genevieve Painter on "Infancy and Childhood"; Dr. Kurt A. Adler on "Youth"; Danica Deutsch on "The Middle Years and Old Age"; and Dr. Walter E. O'Connell on "Humor in Daily Relationships." Dr. W. L. Pew and Dr. Painter gave a demonstration on "Counseling a Family with Adolescents." On November 7, two one-day courses were held at the Illini Union, University of Illinois, one on "Sex, Marriage, and Women's Lib," by Drs. Leo Gold, Harold H. Mosak, and Bernard H. Shulman; the other on "Understanding Children," by Bernice Grunwald and Robert L. Powers.

At the 9th Annual Conference, Illinois Group Psychotherapy Society, Chicago, December 2 to 4, 1971, Bernice Grunwald conducted an Adlerian Family Counseling Workshop. She demonstrated Adlerian techniques with an actual family, in front of an audience which was invited to participate in the process of counseling. At the same meeting Robert Postel was co-leader of a workshop on "Contemporary Adlerian Application to Psychotherapy," with presentation of group psychotherapy. Finally, Dorothy Peven was coordinator for a program of demonstration and confrontation of "Six Leadership Styles" in which Dean Biris and Robert L. Powers were two of the leaders.

At the 25th Annual Convention of the California State Psychological Association in Los Angeles, January 27 to 30, 1972, Dr. Lucy Ackerknecht presented a paper entitled, "Twenty-Five Years of Adlerian Psychology." Dr. Ackerknecht included a biographical sketch of Adler, the main point in his psychology, its relationship to several contemporary psychologies, its humanistic aspects and its implications. She pointed out that socio-political concern and involvement, along with education of the general public in understanding human nature and becoming better fellowmen" was present from the beginning and is a prime factor in the recent marked rise in Adlerian groups and educational and counseling centers.

Dr. Ackerknecht also read a paper on "Multidimensional Counseling" at the same meeting. She described her work with parents, teachers, probation officers, marital partners, and family units, using audience participation as initiated by Alfred Adler in child guidance. The counseling is at the same time a learning opportunity for the counselees, and students and trainees in the participating audience.

The Fourth Brief Psychotherapy Conference: Adlerian Techniques, sponsored by the Chicago Medical School and Mount Sinai Hospital Medical Center was held March 24 and 25, 1972, at the Pick-Congress Hotel, Chicago. Directors of the