

WASSER, EDNA. *Creative approaches in casework with the aging*. New York: Family Serv. Ass. America, 1966. Pp. xiii + 98. \$2.50 paper.—A comprehensive, succinct, well annotated summary of writings on the subject. The final chapter, on dealing with losses and grief and with the dying patient, is one of the best in this rewarding little book. The work is flawed, however, by too much Freudian jargon like “ungratified libidinal needs” and “ego adaptation.” Also, despite a brief, token reference to changing the environment, there is no mention about mobilizing the aging themselves toward demanding more consideration from our society.—ESTHER P. SPITZER, *New York, N. Y.*

WOLMAN, B. B. (Ed.) *Psychoanalytic techniques: a handbook for the practicing psychoanalyst*. New York: Basic Books, 1967. Pp. x + 596. \$15.00.—Of the 20 chapters, all original, 4 deal with Freudian technique, 7 with Freudians and neo-Freudians (Ferenczi, Melanie Klein, Alexander and French, Rosen, Wolman, Spotnitz, Grotjahn), 5 with non-Freudians (Adler, Jung, Horney, Sullivan, Medard Boss), and 4 with special techniques and issues. This is certainly an interesting collection, but we do not learn on what basis the selections were made. The common rationale of all psychoanalytic techniques is stated as the belief that “mental disorders are caused by unconscious motivation, as determined by inherited instinctual forces and early childhood experiences” (p. 6). But it remains unexplained how on this basis Adler could be included. The chapter on Adler is by Kurt A. Adler and is discussed under News and Notes in this issue.

NEWS AND NOTES¹

Dr. O. Hobart Mowrer, research professor of psychology, University of Illinois, and president, American Psychological Association, 1953-1954, is quoted as having said in connection with a recent paper of his: “I’ve remained somewhat dissatisfied with the field of psychotherapy; presently I’m reviewing the work of Alfred Adler, and I find many neglected and useful techniques there. As you know, there is an Adlerian revival under way. I guess I may be one of those involved in it” (*Psychol. Today*, 1967, 1[5], p. 7).

Children the Challenge by R. Dreikurs and Vicki Soltz, has been a great success in its German edition, *Kinder fordern uns heraus: Wie erziehen wir sie zeitgemaess?* translated by Erik A. Blumenthal, Stuttgart: Ernst Klett Verlag. First published in the spring of 1966 it sold 10,000 copies within ten months and is in its third printing. The reviews were enthusiastic, such as, “This parents’ bible belongs in every family.”

Helene Papanek, M.D., dean, Alfred Adler Institute, New York, participated in a recent symposium on group psychotherapy with schizophrenics, sponsored by the American Group Psychotherapy Association in New York. The other three participants were: Benjamin B. Wolman, Ph.D., dean, Institute of Applied

Psychoanalysis, and professor of psychology, Long Island University; Joseph J. Geller, M.D., faculty, William Alanson White Institute of Psychiatry; and Hyman Spotnitz, M.D. Dr. Papanek considered "psychotherapy of the schizophrenic as dominated by the same forces which form the personality of the healthy: active participation in society, creation of close and happy contacts with others and mobilization of one's own energies in the face of dangers."—Based on *Roche Rep. Frontiers clin. Psychiat.*, Sept. 15, 1967, pp. 1-2 & 8.

Ernst Jokl, M.D., at the annual meeting, American Psychiatric Association, Atlantic City, January, 1967, reported the cases of three Olympic champions as examples of individuals afflicted with major irremediable physical handicaps who were able to overcome these through unusual motivation and the development of latent motor resources. Dr. Jokl, who is director, Physical Education Research Laboratories, University of Kentucky, has written widely on "sportsmedicine," exercise, rehabilitation, and related subjects. In a letter to the editor he writes: "Dr. Erwin Straus and I have often discussed the implications of my observations in the light of Adler's enlightened concepts."

Dr. Walter E. O'Connell, member, board of directors, American Society of Adlerian Psychology, has been elected to the editorial board of the *Catholic Psychological Record*.

Dr. Rollo May, prominent American existentialist, in a recent interview shed further light on his relationship to Adler. After graduating from Oberlin College

¹Other Individual Psychology news sources are:

Associates for Study and Action, Wilmington, Delaware, Newsletter. W. L. Phillips, 1108 Winden Drive, Wilmington, Delaware 19803.

Family Adjustment Institute Newsletter. 5550 West Arrow Highway, Montclair, California 91763.

The Individual Psychologist. American Society of Adlerian Psychology. Nahum E. Shoobs, Editor, 145 Hicks St., Brooklyn, N. Y. 11201.

Individual Psychology News Letter. International Association of Individual Psychology. Paul Rom, Editor, 6 Vale Rise, London, NW 11, England.

International Study Group Newsletter. Chicago Council, Family Education Association (formerly Community Child Guidance Centers). Mrs. Frank Wachman, 4734 Russet Lane, Skokie, Illinois 60076.

Mededelingenblad. Nederlandse Werkgemeenschap voor Individualpsychologie. Mrs. L. M. C. Richard-Stuurman, Pippelingstraat 60, Den Haag, Holland.

North Side News. North Side Unit, Family Education Association (formerly Community Child Guidance Centers). Mrs. Charlotte Launer, Editor, 1535 West Schreiber, Chicago, Illinois 60626.

Oregon Society of Individual Psychology News Letter. Eva and Maurice Bullard, Co-Editors, 333 Northwest Sixth Street, Corvallis, Oregon 97330.

Schweizerische Gesellschaft für Individualpsychologie, Mitteilungsblatt. Merkurstrasse 20, 8032 Zurich, Switzerland.

he taught at the American College in Salonika, Greece, 1930-1933. It was during these years that he studied with Adler in Vienna each summer, "an experience that led him indirectly into psychology." The interview is by Mary H. Hall (*Psychol. Today*, 1967, 1[5], pp. 25-29, 72-73).—Brought to our attention by D. M. Braswell.

Hertha E. Nathorff, M.D., long standing staff member, Alfred Adler Mental Hygiene Clinic, New York, was bestowed the medal of merit of the Federal Republic of Germany in the name of its president Heinrich Luebke, by the consul general in New York, Dr. Kurt Curtius. Dr. Nathorff was thus honored in recognition of her manifold voluntary services, especially to immigrants, in Germany and the United States, and for her special efforts for better understanding between the two countries.

OBITUARIES

Luna Reich, Ph.D., died July 28, 1967 after a prolonged illness. She was a student of Alfred Adler and member of the Adlerian group in Vienna. One of the first to join the Alfred Adler Mental Hygiene Clinic, New York, she volunteered her services for years, was held in high esteem by her colleagues, and was cherished by her patients. Whoever came in contact with Luna Reich will remember her dedication to the profession, sincerity, and enthusiastic support of ethical and moral ideas.

Mrs. Margaret Levine died after a short illness, August 12, 1967. On graduation from the Alfred Adler Institute, New York, Mrs. Levine became a valued staff member of the Alfred Adler Mental Hygiene Clinic and the Institute for many years. Because of her understanding and dedication she was greatly esteemed by colleagues and patients. Her quiet and unassuming manner gave great comfort to all who came in contact with her. She will be missed very much.

SOCIETIES

North Central Washington Society of Individual Psychology was founded in August, 1966. The formation was a direct result of the tremendous interest generated by Dr. Manford Sonstegard at the institute he conducted that summer at Wenatchee Valley College. The first officers were Edward E. Piper, president, Box 312, Dryden, Washington 98821, and Vivian Moss, secretary-treasurer.

An *Australian Society for Individual Psychology* held its first meeting last August at Monash University outside Melbourne and will continue to meet every second month. Its moving spirit is Ferdinand Ray, a nephew of Alfred Adler, son of his younger sister Hermine. Mr. Ray, a businessman, was introduced to Individual Psychology by his mother and has now for several years been a volunteer in the Personal Emergency Service sponsored by the Mental Hygiene Department of Victoria. Marking the 30th anniversary of the death of Adler, Mr. Ray published an article in the student newspaper of the University of Melbourne, *Farrago*, June 16, 1967. Mr. Ray is most eager to have someone from the American Society come to lecture to the new group and help them in study and practice. Anyone planning a trip Melbourne-way or otherwise interested in the new group should write to Mr. Ray, 1 Cambridge Road, Bentleigh, Victoria, Australia.

ON THE FOUNDING OF AN OTTO RANK ASSOCIATION

The Otto Rank Association held its first meeting in November, 1966, at Doylestown, Pa. Its purpose is to foster and develop interest in the writings of Dr. Rank (1884-1939), to promote further exploration of his concepts, and to bring relevant significant ideas into contemporary discussion. The address is: 81 East State St., Doylestown, Pa. 18901. Virginia P. Robinson is president, Ethel W. Seidenman, vice-president, and Anita J. Faatz, executive secretary-treasurer. Among the directors are Fay B. Karpf and Keith Sward.

The society publishes the *Journal of the Otto Rank Association* of which the first two issues have appeared. It is dedicated to Dr. Rank and to Jesse Taft, his student and translator. Although no editor is identified, it would seem that Dr. Robinson is responsible for the journal, and that she is assisted by Dr. Faatz.

The opening article in the first issue is by Rank on "The Psychological Approach to Personal Problems" (pp. 12-25). It is an informal address, invited by the Mental Hygiene Department, Yale University, February, 1929, stating in simple terms some broadly basic principles. One is impressed by its contemporary quality—and its similarity to Adler. Rank makes the bold statement that Freud's psychology "is dynamic only when compared with the psychology prior to him" (p. 13); Freud conceives of the person's driving force biologically, "even in its highest sense, a kind of procreative impulse, but not a real creative driving force" (pp. 13-14). Rank believes that each individual "has his own psychology" (p. 18) and hence one must apply a "kind of ad hoc therapeutic approach" (p. 19) to each. Rank claims his psychology, recognizing the individual's capability for spontaneous adaptation, is absolutely dynamic, not static in any way. He has come to the conclusion that the individual's "whole attitude toward the world depends upon his interpretation of himself, rather than upon himself" (p. 20). Therapy may help the patient "to look on himself in a different way" (p. 21). Rank sees psychology as a "science of relations and interrelations" (p. 20). He holds that there is an "inner principle, whatever you call it, the individual's own self creative power which also manifests itself ethically" (p. 22).

Not all of Rank's tenets set forth in this short account would have as much of an Adlerian ring, but surely these indicate great similarity between the two men.

One might note that it was Adler who introduced Rank to Freud in the days of the early circle. Also, both men held important positions there, and both defected therefrom with open breaks, Adler in 1911, and Rank in 1924, both to find wide audiences in the United States, largely among mental hygiene and education groups.

The disturbing aspect of these supportive findings is that Rank so sharply—and so mistakenly—rejects Adler. The two criticisms he mentions here are that Adler is not an *individual* psychologist, in spite of his chosen term, but purely a "social psychologist," trying to "adjust different individuals at any cost to our social situation" (pp. 17-18); and that Adler, like Freud or Jung, does not consider sufficiently "the creative part of our personality" (p. 14). It would be difficult to think of less founded statements than these. However, if one recognizes them as errors, and disregards them in the comparison, one must see significant agreement between Rank and Adler, and welcome it as another step on the way to an ultimately truer and more useful synthesis in psychology.

This volume also contains papers by Anais Nin and Henry Miller which are

reports and remarkably passionate appreciations of their encounters with Rank.

In the second issue there are 93 pages of minutes of a seminar held by Rank for some 12 professional colleagues in New York in 1930. Here the reader unfamiliar with Rank's work will find the concepts difficult to understand. They are very much less operational than Adler's, and the differences between the two come out more markedly. Dr. Faatz's paper, "The Search and the Goal," is a splendid plea for making a theme the direction for planning for "the next meeting, whenever that may be." The theme she suggests centers about the word "goal"—"an important aspect of identity—of what Rank calls the self-ideal formation" (p. 141). Since "goal" and "self-ideal" are also Adlerian terms, this suggestion may challenge Individual Psychologists to focus on it too, and perhaps this might even lead to a rewarding encounter between the two societies.

SEVENTH INTERNATIONAL CONGRESS OF PSYCHOTHERAPY WIESBADEN, GERMANY, AUGUST 21-26, 1967

This very well organized congress had for its main theme, "Psychotherapy and Sociology." The papers as a whole began with Freudian views and then somewhat suddenly turned toward sociology without making it really clear as to how and why. H. Schaffer, M.D., Paris, read a paper entitled, "Principles and Axioms of a Socializing Psychotherapy." After pointing out that neurosis is today widely recognized as the response of a person poorly prepared for the tasks of life, the author raised the question, where to turn to find aid for the necessary socialization of the patient. He then presented the basic concepts of a socializing psychotherapy as they had been offered by Adler. Dr. Schaffer also conducted a study group on "Official Attitudes toward Psychotherapeutic Practice." The consensus was that the profession of psychotherapist, unlike that of the physician and especially the psychiatrist, had very little status in present-day society, although it is widely extended and plays an important part. It was interesting to learn how under these circumstances psychotherapists in the various countries maintain their position.—Based on communications from Dr. Schaffer.

THREE CHAPTERS BY ADLERIAN PSYCHIATRISTS

ADLER, K. A. "Adler's Individual Psychology." In B. B. Wolman (Ed.), *Psychoanalytic Techniques: A Handbook for the Practicing Psychoanalyst*. New York: Basic Books, 1967. Pp. 299-337.—This very extensive chapter deals in its first half with matters of general theory and appraisal. In its second half it deals with matters of the therapeutic encounter—the therapist's general approach, the structuring of the treatment situation, and problems of resistance and so-called transference—and treatment of specific symptom complexes such as guilt feelings, compulsion, depression, suicidal tendency, and schizophrenia. Especially the latter is most instructively and convincingly presented. In this second half one feels the experienced clinician speaking in an unhurried fashion.

It should be noted that the author repeatedly refers to himself as an "analyst," as *psycho*-analysts do. The editor of this compendium claims that *all* psychoanalytic techniques presuppose that functional mental disorders "are caused by unconscious motivations, as determined by inherited instinctual forces and early childhood experiences." This, however, is denied by the author when he states that the patient's own nature including his instincts, and his environment "do *not*, of themselves, determine his behavior. It is his individual

concepts and interpretations of all these . . . which *do* determine his behavior" (p. 302). Treatment is primarily aimed at providing for the patient "overwhelming proof . . . that he is *creating* his symptoms" (p. 326, emphasis ours). In our opinion this discrepancy between editor and author stems from the fact that Adlerian psychology does not fit under the umbrella of psychoanalysis no matter how widely it is stretched, as Freud and Adler had agreed so many years ago. Their common area of endeavor is psychotherapy.

DREIKURS, R. "Goals of Psychotherapy." In A. R. Mahrer (Ed.), *The Goals of Psychotherapy*. New York: Appleton-Century-Crofts, 1967. Pp. 221-237.—The concern with goals has special significance for Adlerians inasmuch as they regard all behavior as purposive. The goal of the Adlerian psychotherapist is to change the mistaken goals of the patient, since it is on account of these that he became a patient. The problem in psychotherapy is that while the patient may want to recover from his symptoms and deficiencies, he has actually arranged his life so that he needs both. They have come to serve a purpose in the pursuit of a mistaken goal. The therapist cannot change the patient's goal for him, he can only help the patient to do so himself. Such willingness is brought about through re-education: bringing to the patient's attention what he is doing, and convincing him that his goals are self-determined. This constitutes a powerful inducement to change. To bring about the patient's realization of his power to move in any chosen direction and his willingness to accept full responsibility for what he is doing, are the ultimate goals of therapy. Through encouragement faith is restored in the patient and the courage to be imperfect is developed, so that he can devote his resources to the tasks at hand rather than to proving his value. The paper is preceded by a one-page "Introduction to the Person" by R. N. Lowe.

PAPANEK, HELENE. "Alfred Adler." In A. M. Freedman & H. I. Kaplan (Eds.), *Comprehensive Textbook of Psychiatry*. Baltimore: Williams & Wilkins, 1967. Pp. 320-327.—This is one section in the impressive textbook of 1700 pages to which 174 authors have contributed and which has already found wide acceptance. The section is well organized and documented and clearly written. In her introduction Dr. Papanek mentions that the original points of agreement between Adler and Freud were merely: symptoms are meaningful; the physician may be helped in discerning the meaning through the patient's early childhood experiences and dreams; and the patient's understanding of his early experiences and present manifestations could result in significant improvement. In the main parts Dr. Papanek discusses Adler's theories of personality and psychopathology, his methods of treatment, and the current importance of Adler's Individual Psychology. Therapy is described as a learning process in which encouragement plays an important part but which "may occur with or without insight." The final appraisal is that "Adler's conceptual framework consists of strong, bold outlines which allow other scientists to fill in their own detailed viewpoints and preferences. Adler staked out the ground, as it were, for the development of present-day integrative approaches."

AN ENCYCLOPEDIA ARTICLE

O'CONNELL, W. E. "Individual Psychology." In *New Catholic Encyclo-*

pedia. Vol. 7. New York: McGraw-Hill, 1967. Pp. 472-474.—This is a relatively brief, yet one of the best and most sophisticated expositions of Individual Psychology. Its principles, history, basic concepts, approach to psychotherapy and present status and influence are discussed, as well as its approach to religion. "The Individual Psychologist is aware of the pragmatic value of a living Christianity but leaves the reality of God to the theologian." The author speaks of a rediscovery of Individual Psychology as of the 1960's, "as psychology gave increased attention to the role of morals and ethics, focused more on ego needs and less on instincts, and was concerned with symptoms as methods of communication between people." "Individual Psychology's preference for a reduced number of concepts close to observable behaviors allows for a flexible linkage with many and varied areas of psychological research."

JOURNAL ARTICLES AND BOOK CHAPTERS

BONIME, W. "The Psychodynamics of Neurotic Depression." In S. Arieti (Ed.), *American Handbook of Psychiatry*. Vol. 3. New York: Basic Books, 1966. Pp. 239-255.—The author introduces his theory of the psychodynamics of depression with the statement, "Closest to the dynamic views to be presented below are those of Alfred Adler, whose basic approach was to regard depressive behavior as interpersonal practice" (p. 243), and he refers for a rendering of Adler's position to "an excellent paper by Kurt Adler" (p. 240; see this *Journal*, 1961, 17, 56-67). The depressive is considered "an extremely manipulative individual who, by helplessness, sadness, seductiveness, and other means, maneuvers people toward the fulfillment of demands for various forms of emotionally comforting response" (p. 244). "The practice of depression can be recognized . . . as an expression also of an extremely competitive personality . . . determined to prevail, to win in every interpersonal encounter. For him life is a battle—with individuals and with fate" (p. 245). Regarding therapy, "the development of simultaneously independent and cooperative practices in the place of manipulative, provocative, and punitive isolationism, is the essential goal on which to focus in the psychotherapy of the depressive" (p. 253).

EISENMAN, R. "Birth Order, Anxiety, and Verbalization in Group Psychotherapy." *J. consult. Psychol.*, 1966, 30, 521-526.—Forty-eight patients undergoing group therapy at a state mental hospital served as Ss, with 24 in the initial study and 24 in the replication. In both studies, half the Ss were 1st born, and half were later born. Speech was recorded for 5 consecutive therapy meetings in 6 groups, for a total of 30 group therapy meetings investigated. Three anxiety measures and the Minimal Social Behavior Scale were also administered. Results supported all hypotheses in that: (a) 1st-born and high anxious Ss spoke more frequently than later-born or low-anxious Ss, (b) 1st-born patients asked more questions during therapy than later-born patients, and (c) 1st-borns spoke more than later borns when highly anxious.—From author's abstract.

HOLMES, D. S., & WATSON, R. I. "Early Recollection and Vocational Choice." *J. consult. Psychol.*, 1965, 29, 486-488.—This is a carefully controlled study with 55 education students, 45 nursing students, and 40 control Ss. The education students were found to express somewhat more educational content in their ERs compared to the other two groups, and the nursing students expressed

more medical content in their ERs than the other two groups. From these results the authors conclude, "it is clear that the manifest content [of an ER] cannot be written off as a 'screen' or as a 'concealing memory,'" and that the Adlerian hypothesis of the relationship of ER to life style is confirmed in this respect.

O'CONNELL, W. E. "Psychotherapy for Everyman: A Look at Action Therapy." *J. Existentialism*, 1966, 7(25), 85-91.—Action therapy is O'Connell's term for "Adlerian psychodrama" which, while based on the Moreno situation and many of its techniques, is guided by "the more encompassing Adlerian theory." O'Connell combines a number of compatible approaches, e.g., those of Adler and Ellis as expressed in the concept, "the creative style of life and its heart and soul, the internalized sentences." The staff participants in psychodrama learn to understand the patients, and the patients' opinions of themselves and others are raised. "If one is low in self-esteem . . . first there must be earned esteem from others" and this is brought about by acquiring the "art of oversight into the motives and feelings of others" (p. 87). Specific techniques are described.

PAPANEK, E. "Management of Acting Out Adolescents." In L. E. Abt & S. L. Weissman (Eds.), *Acting Out: Theoretical and clinical Aspects*. New York: Grune & Stratton, 1965. Pp. 208-232.—Despite its Freudian title this is actually an Adlerian paper, by the former director of the Wiltwyck School for Boys, on principles of dealing with socially violent and destructive adolescents. "Commitment to the spiritual-moral is an essential element in the effort" (p. 221). Social interest or community feeling is strengthened by making the adolescents experience the natural consequences of their behavior, positive as well as negative. A paper by the same title and author was noted previously (this *Journal*, 1964, 20, 249).

ROM, P. "Seelische Gesundheitspflege." *Geist und Tat*, 1967, No. 1, 53-54.—Adler is concerned with the unique, concrete individual in his connectedness with the world. Adlerian mental hygiene consists in securing in youths an understanding and courage for the three inescapable life tasks of interpersonal relations, love and work. Psychotherapy aims to make the patient aware of his false self-centered goal, to make him choose a socially more valid goal.