

old boy (110 sessions in three years). The purpose is to provide a longitudinal detailed account of the progress of a boy and a girl from latency through to the early phases of puberty, to illustrate typical stages for each sex and, in the words of the author, 'to differentiate between the pathognomonic manifestations of an emotional illness and the phase-specific, transient upheavals of pre-adolescence and early adolescence' and 'to gauge the influence of the environment as either a growth-promoting or a growth-impeding variable'. More briefly, this book illustrates the author's viewpoint, especially the earlier of his six phases of adolescence, full details of which have been set out by him elsewhere, and in particular in his textbook *On Adolescence*, published in 1962. As he points out in the introduction, this developmental schema was in need of clinical description and evidence for its support. The clinical material was provided by two women psychiatric social workers, lay analysts, who worked under Dr. Blos's supervision. The material from the interviews is interspersed with discussions of theory and of therapeutic techniques. The book has both the advantages and the disadvantages of having a single author, an analyst who is expounding his own particular viewpoint. It provides a clear account of this form of treatment, somewhat specialized, and at any rate in Great Britain possibly a useful corrective, as so few psychiatrists in this country do in fact see adolescents over any extended period and the interviews are seldom in depth.

R. F. BARBOUR.

REFERENCE

BLOS, P. (1962). *On Adolescence: A Psychoanalytic Interpretation*. N.Y. Glencoe Free Press.

The Briefer Psychotherapies. By LEONARD SMALL. Butterworth, for Brunner/Mazel. New York. 1971. Pp. 262. Price £3.25.

Today there is a vogue for 'brief' psychotherapy, another episode in the confused uncertain history of psychotherapy. This book is a 'brief' encyclopaedia of the subject that proceeds from its history to training for its practitioners. This venture, like many others, starts with Freud; while it may take a substantial 'eye of faith' to accept this tenet, we can understand the need to advocate it. The book hurries on through distinguishing features to supporting theories, to psychodiagnostic process, to the compendium of techniques and interventions, and then to termination research, population characteristics, 'additional matters' of hazards and training and then ending with an excellent bibliography. After all it is a twenty minute 'hour', but all the

better for its brevity. A book thorough in approach, and one that can be thoroughly recommended.

JOHN G. HOWELLS.

ETHICS AND RELIGION

Five Questions in Search of an Answer: Religion and Life; Some Inescapable Contradictions.

By DAVID STAFFORD-CLARK. Thomas Nelson and Sons Limited. 1970. Pp. 184. Price £2.25.

When a distinguished psychiatrist like David Stafford-Clark writes about religion, the intelligent reader, be he psychiatrist or not, will turn to the book with great interest. Of course he will not be so simplistic as to expect the solution of problems which have baffled so many sages in the past. If reasoning could yield decisive answers in this field, the world would not be divided by widely differing systems of belief. However, the full title of this book modestly proclaims its limitations—it is a personal search for, rather than a dogmatic declaration of answers, and it honestly recognizes the rude persistence of contradictions. It seems that the author endorses what used to be called a 'religious instinct', and stresses a human need to believe in a God, but he does not consider the varied influences of socio-cultural forces. It could be equally argued that human beings have a need to believe in reincarnation or in spirit possession—certainly many millions still hold on to such beliefs.

Perhaps the best way to illustrate the author's development of faith is to quote from four of his own poems:

1. *Mayflies at Montauban*
Tiny perfection of wing and limb
And minutely delicate sentient brain—
Where is the sense in Creation's hymn
When life's wonder is squandered in death and pain?

2. *Pegasus*
Yet who but God
Can bear to love him and to let him suffer.

3. *Psalm for September 1938*
When He was here we nailed Him to a cross:
Now He is gone, we crucify ourselves.
But if He lived, He would not scorn our cry.
Where is He now?

4. *The Way to the Battle*
In the instant when there is no separation
God—the Beginning and the End
Is Love.

I. ATKIN.