

Reading About . . .

Psychoanalysis

by Malcolm Pines

All choices are personal but some more personal than others. The task of selecting from the vast literature of psychoanalysis has felt like the task of the castaway on *Desert Island Discs*; should I include old faithfuls of long ago or replace them with the shining prizes of today? My selection will not be the same as that of any other psychoanalyst and reflects my position as a therapist who works with individuals, groups and institutions, and who tries both to clarify the different frames of reference appropriate to these areas, and to seek unifying common factors.

Reading psychoanalytic literature is absorbing but can be perplexing until you have found your bearings, and the general reader often feels lost in complex terminology. However if you start out with a clear yet quite comprehensive text, such as that of Fancher (1973) and that of Sandler, Holder and Dare (1973), then you will be well orientated and able to tackle more detailed studies. Charles Rycroft (1968) and Laplanche and Pontalis (1973) have provided useful dictionaries; the latter presents a sophisticated and comprehensive gallic approach which contrasts to Rycroft's simpler more pragmatic English.

It is useful to get an historical grasp of Freud's life and personality and the context of the psychoanalytic movement; Ellenberger (1970) presents the context and Ernest Jones (1957), followed by the recent work of Ronald Clark (1980) fully describes the life and the works. Freud's own writings cannot be dealt with adequately here as any short selection is too arbitrary. The reader must turn to the references in the books and papers given here. As his experience and sophistication developed Freud produced a number of alternative theoretical models, which have been well brought together by Goldberg and Gedo (1973). They show that the different models are not contradictory, as they refer to different levels of personality development and psychopathology and can be successfully integrated into a comprehensive framework.

Child analysis is a subject which will not be developed here, but as students of childhood development psychoanalysts firmly hold to the belief that adult personality disorders and psychopathology relate to early childhood experiences, though much

controversy still reigns over the significance of the different stages and the early pathogenic process. Cameron's (1963) comprehensive account has not yet, to my knowledge, been superseded. A normative study of childhood development has been made by Anna Freud (1966), aided by the development of The Hampstead Index and the work of her colleagues at the Hampstead Child Therapy Clinic. This material has enabled her to differentiate clearly between the normal and abnormal developmental processes. There is a recent review edited by Emde (1980) that ably presents a mass of material on early childhood development from the psychoanalytic point of view, and which demonstrates the lively state of psychoanalytic research in this area. In recent years the work of Margaret Mahler (1975) on what she calls the 'individuation-separation' process has greatly added to our understanding of childhood development and her close scrutiny of the mother-child interaction reveals the crucial importance of what she calls the 'rapprochement' phase when mother and child have to re-negotiate their relationship when the child is between 2 and 3 years old. Failure at this stage can set the scene for severe personality disorders later on. This contrasts with and complements the Kleinian emphasis on very early emotional development and psychopathology which focuses more upon the psychic processes within the mind of the young infant itself, with less emphasis on the infant-mother interaction. Melanie Klein's contributions have been ably presented by Hannah Segal (1973, 1979) and have been critically reviewed by Yorke (1971) and by Joffe (1969). The development of psychoanalytic theory from Freud through Melanie Klein to Wilfred Bion has been imaginatively drawn together by Donald Meltzer (1978). Bion's work, though difficult to read in the original, has received much attention recently because of the insight he gives into the very earliest development of mind and into primitive mental processes.

No one should fail to read *Childhood and Society* by Eric Erickson (1965) which has been a most influential work. This beautifully written book ushered in a new era in the psychoanalytic view of childhood

development in that it brought in the concept of 'psycho-social' stages of development to accompany and illuminate the classic stages of 'psycho-sexual' development. Donald Winnicott (1965) showed the subtle and constant interplay between infant and environment and demonstrated how important an understanding of these processes is in the treatment of the more severely disturbed patient where the 'setting' of psychoanalysis is vitally important to 'hold' the patient whilst he gets in touch with very primitive levels of mental life. I am strongly impressed by Hans Loewald's (1980) work which in many ways resembles Winnicott's, but which is presented in terms more compatible with the general body of psychoanalytic theory. Sutherland (1980) gives an excellent account of the 'object relation theory' group of British analysts.

Transference and counter-transference

These are the keystones of psychoanalytic technique and it is the understanding and use of these concepts that largely differentiate psychoanalysis from other forms of psychotherapy. Their history is reviewed by Orr (1954) in an historical survey and later by Bird (1972). An excellent collection of papers on counter-transference has recently been published by Epstein and Feiner (1979). The work of the late South American analyst Racker (1968) is outstanding in this field.

Clinical theory and the technique of psychoanalysis

Fenichel's great work (1945) has not yet been replaced nor updated. However, Robert Langs (1976) has abstracted the majority of the significant papers on psychoanalytic technique in the first of the two volumes of *The Therapeutic Interaction*. In the second volume he presents his own interesting analysis and synthesis of psychoanalytic technique. These two volumes represent an invaluable survey of the literature on technique and should certainly be in every institutional library. The development of psychoanalytic technique is well shown in the papers collected by Bergman and Hartmann (1976). Ralph Greenson's book (1976) gives a rich and personal description of a great clinician's practice and has many vivid examples. Working with the more disturbed patient, the severe personality disorder and the borderline psychotic is the focus of Giovachini's book (1972). A useful introduction to these very interesting clinical problems which have been illuminated by more recent research on personality development is provided by Blank and Blank (1974, 1979). The work of Otto Kernberg in this field is remarkable for his comprehensiveness and for his powers of synthesis of object relation theory and ego psychology. His three

volumes (1975, 1976, 1980) are necessary reading. His views are in opposition to those of Heinz Kohut (1978) and Ornstein (1978) who has investigated the narcissistic personality disorders and studied the normal developmental processes of narcissism in childhood in an original manner. The richness of research into the important areas of severe personality disorders and borderline states is well conveyed by LeBoit and Caponi (1979).

The psychoanalytic technique is learned in a lengthy and painstaking process of supervision. Fleming and Benedek (1966) discuss the theory and technique of supervision and their work contains vivid clinical vignettes and shows how helpful skilled supervision can be.

Depression—Meyer Mendelson's book (1974) is one of the most remarkable works in psychoanalytic literature. It is a comprehensive and critical view of psychoanalytic theories on depression and will remain a classic for many years.

Schizophrenia—Here there is no work comparable to Mendelson's (1974). The Kleinian school have pioneered work in this field and is well represented by Rosenfeld (1965). Recent outstanding papers on schizophrenia are those of London (1973) and Grotstein (1977). Boyer and Giovachini's recent monograph (1980) gives an historical account of the psychoanalytic treatment of schizophrenia and incorporates the modern approaches.

Dreams—Freud's "royal road to the unconscious" is again busy, having been relatively neglected for some years. A standard textbook is that of Altman (1975), and recent laboratory work in which psychoanalysts have been well to the fore is incorporated in Richard Jones' book (1970). Psychoanalysts in the psychological laboratory are turning out some surprising findings—see Silverman (1975).

Personal pleasures

I now come to collections of papers by authors who have given me a lot of pleasure over the years. The authors all combine a deep psychoanalytic knowledge, great clinical experience, and a broad cultured and philosophical viewpoint. Elizabeth Zetzel (1970) was a Maudsley-trained psychiatrist and became one of the leading trained analysts in Boston. She said that when she went there she found herself thinking and teaching more like Sir Aubrey Lewis than she would ever have thought possible! She has a great capacity for synthesis and could bring together the divergent schools of Klein and Freud. Lawrence Kubie (1978) was one of the great figures of American psychoanalysis. He ranges widely in psychiatry, psychosomatic medicine, culture and symbolism. Bertram Lewin (1973), another leading American analyst, shows the same

breadth of knowledge and clinical sensitivity. The collected papers of Heinz Lichtenstein (1977) deal with the theme of sexuality and identity in an original and stimulating manner.

Two recent books I highly recommend are that of David Malan (1979), which represents an elegant refinement of all his earlier work on psychodynamic diagnosis and on brief psychotherapy (his intention, that it should be read with the amount of interest one gives to a work of literature, is well fulfilled), and that of Horowitz (1979) which gives me much hope for the future of psychoanalysis; there is fresh thinking and rigorous methodology.

Annuals and journals

The most accessible and useful journals are the *International Journal of Psychoanalysis* and its more recent stable-mate *The International Review of Psychoanalysis*, which includes articles on the application of psychoanalytic concepts outside the psychoanalytic situation itself. The *Journal of the American Psychoanalytic Association* is worth reading; there are often symposia presented or reported on and this provides a good way to keep up with what is happening in the USA, a major centre of psychoanalytic training and practice. *The Psychoanalytic Quarterly* is a major journal whose book reviews are often outstanding. The *Journal of the American Academy of Psychoanalysis* is not widely known over here. Its articles are mostly fairly short and pithy and can be of much interest to the non-specialist.

Annual publications are always worth looking through: *The Psychoanalytic Study of the Child*, *The Annual of Psychoanalysis*, *Psychoanalysis and Contemporary Thought* and the *International Journal of Psychoanalytic Psychotherapy*. The breadth and depth of scholarship are often outstanding.

The Chicago Index of Psychoanalysis is an indispensable guide to the literature that should be more widely available and should certainly be in all major institutional libraries.

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