

letters, now made public, to one of the pundits of classical psychoanalysis; and also in Judd Marmor's final re-evaluative chapter in which neither couch nor fee-ceremonial survive unchallenged.

It would be misleading to introduce this book as if it were solely concerned to shy at the 19th century survivals of deterministic instinct theory and its applications, or to attack dogmatists. It is also a constructive symposium affirming major trends in psychoanalysis towards a "whole person" psychology, away from a rigid and artificial attitude in therapy rationalized as "objectivity", and towards the recognition that while behaviour is subject to scientific observation of an objective kind, experience is not—it needs to be shared and understood.

To us in Britain who are concerned with analytic psychiatry this "wind of change" is no new thing. Much of the contents of the book have been for fifteen years the daily fare, for example, at the staff-table of the Tavistock Clinic, or at meetings of the Medical Section of the British Psychological Society. But it is good to read these wide-ranging essays which show that American analysts are also concerned to relate their theory and practice to other disciplines of modern thought, from existentialism to ethology and the social sciences, and to give the "deviationists" (Horney, Sullivan, Rank, etc.) a due place as innovators and valid contributors.

John Reid on psychotherapy and values is worth reading by every psychiatrist and by every critic of psychiatry. So are most of the other chapters. It is left to the only representative of Britain, Dr. Guntrip of Leeds, to present in brief an original contribution, based on Melanie Klein and Fairbairn, to the theory of ego-structure, regression and schizoid symptoms and stress.

It is to be hoped that this book will find its way into many psychiatrists' and psychologists' hands. It will bring them painlessly up to date on what is really going on in psychoanalysis—including the controversies and stupidities—and make them think about the conceptual foundations of our specialty. There are bibliographies for each chapter.

H. V. DICKS.

Psychoanalysis and Civilization. The Psychological Basis of Social Life. By PAUL ROSENFELS. New York: Libra Publishers. 1962. Pp. 222. Price \$3.95.

The book begins with the statement that "man dwells in a self-made world of meanings" and this certainly applies to the author. It ends with the slogan: "Let the truth be told, let right be done." What truth? What right? This is never explained in

this bewildering book of categorical pronouncements, though we learn that "human truth lies in the sphere of religion" and "human right lies in the sphere of government", that "truth will always conquer error" and "right will always overcome wrong". It is also true that this book has nothing to do with psychoanalysis and that the civilization mentioned lies in the author's self-made world of meanings. It need hardly be added that there are no references to other authors except to Freud who is once briefly, though obscurely, alluded to and immediately denounced as wrong.

F. KRÄUPL TAYLOR.

Aspects of Psychotherapy. By I. ATKIN. Livingstone Press. 1962. Pp. 181. Price 10s. 6d.

This little book begins and ends with a poem between which are a series of articles of interest and practical value for all who want to appreciate the meaning and practice of Psychotherapy, its application and limitations. The author displays a depth of understanding of the problems confronting the young doctor training as a psychiatrist, warning against too hasty adherence to any rigid school of psychotherapy and emphasizing the necessity for wide reading and a broad critical approach to the subject. He stresses the art of Psychotherapy partly inherited and partly developed through experience and which could only be practised by those who "have it in them".

The author indicates the need for the consideration of the physiogenic, organic and emotional factors and their relevance and importance in therapy. There is some repetition which, however, properly emphasizes the importance of objective assessment of intrinsic and extrinsic factors which may have influenced the patient's illness and contribute to successful therapy. He succinctly describes the role of Art Therapy and gives an unbiased appraisal of its limitations. An analysis of the evidence of recovery rates of schizophrenia; the various guises of the psychopath are instructive; and the author gives useful advice in recognizing the deluded patient who requires treatment. The final contribution indicates the author's deep knowledge of the works of Dostoevsky: a fascinating study of a man who is not only a great writer and thinker, but who anticipated many principles now accepted by most schools of psychology.

This is an excellent little book which should be of the greatest value to all those interested in the care and treatment of the emotionally disturbed. It has practical value for the inexperienced psychiatrist, general practitioner, psychiatric and other social