

way.) The alternative approach, typified by the psychotherapy research project of the Menninger Foundation (Wallerstein) is to see how far prediction and testing of hypotheses can be accomplished within the orthodox psychoanalytic clinical framework.

A fascinating chapter by Chassan and Bellak, a statistician and a psychiatrist, is concerned with high-level statistical analysis in the intensive longitudinal study of individuals. The authors are concerned with time-series analysis and with the basic theory of stochastic processes, that is, how far things that follow are related to what has gone before. They re-evaluate many concepts felt by most people to be beyond discussion, such as the theory of sampling, statistical significance, the use of classical versus non-parametric statistical methods; and they take a fresh look at placebos and placebo-reactors.

A final section (Matarazzo, Weins and Saslow) is unusual in that it discusses experiments on the teaching and learning of psychotherapy. Their summary of what has been done is excellent, and for those who teach students psychotherapy there are numerous ideas for research.

None of the 34 chapters is dull and most are of absorbing interest. The theoretical, methodological and statistical level of the contributors, no matter what their interests, is remarkably high. Quantities of results are given by some authors for those who want facts; others are concerned with the problems of on-going research—even if the research is going badly. References appended to each chapter provide genuine—to use the American expression—“gateway reading” for those who wish to examine the areas covered in greater detail.

The experimental investigation of psychotherapy, psycho-analysis, behaviour therapy and even drug therapy or E.C.T. is immensely difficult and laborious. Many of the most clinically competent psychotherapists may be frightened away by the tedium of experimental design and data analysis. Possibly the authors err on the side of complexity; no simple research models are discussed. There is no suggestion from the extensive data reviewed that a single problem has yet been solved. Some readers may feel that none is likely to be solved by these methods. However, the book leaves no doubt that research in psychotherapy and related methods of treatment is genuinely on the move. SIDNEY CROWN.

**Psychosynthesis—A Manual of Principles and Techniques.** By ROBERTO ASSAGIOLI. Hobbs, Dorman and Company, Inc. 1965. Pp. 323. Price 50s.

This is an ambitious attempt at intellectual systematization of psychotherapeutic experience and

process. It tries to be all-inclusive, and achieves some success in this direction, since there are few names or systems expounded by others which do not receive mention. It is, however, a very individualistic book, and although concepts and ideas current in other more established and traditional systems of treatment are freely mentioned, they are subjected to modification to suit the author's own schema. This is an intellectualization which is incorporated into an elaborate dialogue with patients, almost entirely conceived in intellectual terms, and ego-directed throughout.

The book, with its obvious sincerity, provides a mass of material to consider in relation to the problem of subjectivity in psychotherapeutic practice. The need for insight on the part of the therapist is scarcely recognized here; and concepts such as transference and counter-transference receive no mention. Scientists in general maintain touch with the subjective experience of others through their allegiance to method, measurement and experiment. In this book one looks in vain for the information which would allow one to bring the elaborate personal constructs of the author into some relationship with practice and theory elsewhere.

RICHARD CROCKET.

**Pratique de la Psychothérapie de Groupe.** Ed. P.-B. SCHNEIDER. Paris: Presses Universitaires de France. 1965. Pp. 238. Price not stated.

This book is a record of the proceedings of an International Seminar of Group Psychotherapists at Lausanne in 1963, edited by Dr. P.-B. Schneider (Lausanne). The forty participants were psychoanalysts and psycho-analytically orientated psychiatrists, who came from six European countries (chiefly France and Switzerland). Group psychotherapy has been practised in Continental countries for the last 15-20 years, but on a smaller scale than in this country or the U.S.A. The Seminar had been instituted to arrive at a common terminology among group psychotherapists, to discuss techniques and aims of group psychotherapy, to present clinical experiences, and to study the training of group psychotherapists.

The papers presented range from discussion of psychotherapeutic vis-à-vis discussion (didactic) groups, indications for group psychotherapy, analytic psychodrama and social group psychotherapy, hospital and out-patient groups, training of group therapists to demonstrations of groups, and discussions of group dynamics. Credit is given in the papers to the work of British and American group therapists. It seems a pity that the seminars did not