

therapy, than I fancy it is. Wolberg is one of those remarkable people whose knowledge can truly be called encyclopaedic, and he has the ability to summarize the essentials of complicated theories clearly and succinctly. The title is perhaps unhappily chosen, because it suggests only a 'how to do it' book. A book of 1,000 pages could reasonably be given a briefer and grander title—'Psychotherapy', perhaps.

Wolberg discusses the principles and practice, the methods, the operational details, the needs for, the research on, the advantages and disadvantages of every psychotherapeutic system known to this reviewer, and a large number of systems that he previously knew by name only. From Adler to Zen, they are all here. Interestingly, in view of current discussion, the book extends also to topics such as hypnotherapy, behaviour therapy, and the combined use of the somatic therapies. Other areas of contemporary reference in which there are interesting ideas are teaching psychotherapy, supervision of junior staff doing therapy, and the place of the psychotherapist in community health schemes. In this latter he is concerned with conveying psychiatric ideas, concepts, methods and help to social workers, teachers, priests and many others in the community services.

Throughout the book Wolberg uses recorded interviews to illustrate the practical application of theoretical viewpoints. It reflects, perhaps, the subjectivity of psychotherapeutic practice that I found these sections the least satisfactory and most controversial. Obviously in a book of this length and conception much else can be found to disagree with. However, whereas it is reviewer's jargon to suggest that books should be on 'every library shelf', this book really does, I think, merit a place on the shelf of every library drawn upon by psychiatric post-graduates. It is a veritable mine of information, not least in suggesting reading lists, and will undoubtedly repay use as a book of reference.

SIDNEY CROWN.

Dynamic Psychiatry in Simple Terms. By ROBERT R. MEZER. (4th Ed.) Springer Publish. Co., Inc. New York. 1970. Pp. 179. Price \$3.50.

The author, a former Instructor of Psychiatry at Harvard Medical School, and now an Assistant Professor of Psychiatry at Boston University School of Medicine, states that his object is 'to get at the basic principles of what may be called "dynamic psychiatry" and present them in easily understandable terms'. He has done it admirably: his book is interesting, well written, and one can read it with profit and pleasure from cover to cover and then read it

again. In a simple style and in good plain English Dr. Mezer presents the difficult subject-matter with ease.

The book deals with the personality—from its birth, through its growth, health and illness, up to its death. There are four parts: in Part I, 'Introduction', the reader meets the psychiatric patient, and after having listened to his past history and established his present mental state he arrives at a diagnosis, and then makes an attempt at discovering the dynamics of the patient's illness and the meaning of his symptoms. Part II: 'Development of the Normal Personality', with the emphasis on the psychosexual development and the solution of the Oedipus Complex, helps the reader to understand the normal development of the personality, and thus to appreciate the *what*, *when* and *why* of the developmental abnormalities. Part III: 'Illnesses of the Personality' deals with the organic brain syndromes and mental retardation, with 'functional' psychoses (schizophrenia and psychotic affective disorder), with the personality disorders and finally with neuroses and 'psychophysiological' (psychosomatic) disorders. Part IV: 'Outlook' presents the 'Normal Life' from birth to death.

There are 8 Figs. and 3 Tables in the text. Fig. 3 deals with 'Developmental Anatomy of the Personality', and Fig. 8 represents 'Total Summary of psychiatric diseases and pathology of personality'. Of 3 Tables the last gives Dr. Mezer's personal concept of the 'Total summary of organization of psychosomatic diseases'.

Although the author basically aimed at the medical, social work and nursing students, his booklet may prove to be useful also to the general practitioner, the clinical psychologist and to a young novice in psychiatry working for his D.P.M. It may help all of them to grasp the basic concepts of the dynamic psychiatry.

The references ('Recommended Reading') following each chapter are slightly repetitive, but probably cover the basic essentials for the beginners, and are supplemented by the general bibliography, at the beginning of the work, which is completed by a glossary and an index.

In conclusion: this book is originally conceived, well written, easily presented, and makes an enjoyable and rewarding reading. It can be fully recommended.

NARCYZ LUKIANOWICZ.

The Future of Psychotherapy. Edited by CALVIN J. FREDERICK, 1969. London: J. and A. Churchill Ltd., for Little, Brown and Company, Boston. Pp. 415. Price 75s.

This book consists of three parts. The first deals

with 'conventional' approaches (Freudian, Jungian, Existential, Behaviour Therapies), the second with 'heterodox' approaches (Family, Group, Marathon, Community and Preventive Therapies), and the third with special problem areas, including interesting sections on alcoholism (by F. M. Canter, Professor of Psychology at East Michigan) and on the group therapy of depressions based on Adlerian principles (by O. H. Mowrer, Research Professor of Psychology at Illinois). We are mostly presented with current scenes and learn more of the defects that exist than of possible successes in the future, e.g. 'mental health services are not available to all . . . often the more serious the psychiatric condition the less likely is the person able to secure treatment . . . services do not leave a satisfactory degree of effectiveness . . .', and so forth.

To obtain some sort of unity in a book to which seventeen authorities contribute, the editor asked four specific questions, one of which was: What does your particular therapeutic persuasion have to offer society in the future? Unfortunately the authors were allowed to 'respond in whatever way they felt most comfortable'. In fact only one, a Jungian, answered the four questions directly. It is not surprising to learn he believes that Jung's psychology has 'everything' to offer, that 'Jung's ideas will be the giant behind the twenty-first century' and that 'there will be plenty of room for us individual therapists'. The authority on Family Therapy prophesies that 'psychotherapy will concern itself solely with the treatment of clusters . . . Individual psychotherapy *per se* will be extinct'. The Freudian contributor 'expects the personal psychoanalysis of the psychiatrist to continue as a most essential part of his training experience'. The authorities on behaviour therapy are naturally optimistic concerning future developments in that field, for instance, 'the automation of prosthetic or therapeutic procedures for individuals'. However, there is general agreement that there are not enough and never will be enough qualified psychotherapists to deal with the needs of the masses, and suggestions are made for the greater use in the future of more subprofessional counsellors or aides and of various voluntary workers. A more hopeful solution for the problem in the U.S.A. comes from B. L. Bloom (Professor of Psychology at Colorado) when discussing social system analysis: 'certain kinds of emotional disorders may be the result of an imperfect world . . . social systems in which people live may be disordered and that therefore it is the system and not the population that needs therapy'.

In all, the impression one receives from this book is that the future will produce psychotherapeutic

persuasions in even greater variety than exist at present. A new style of giant group 'encounter activities' therapy for releasing complexes and relaxing tensions has recently reached New York from California.* Perhaps it is not inappropriate to note that no less than 9 of the 17 contributors to this book work in California.

Instructive as some of the essays are—I would particularly praise those on behaviour therapy and alcoholism—it is difficult to say to whom in Great Britain one should recommend this mixed bag.

I. ATKIN.

BEHAVIOUR THERAPY

Behaviour Therapy. By A. J. YATES. John Wiley & Sons, xi + 445 pages. Price £6. 5s

Behavioural Therapy. By H. H. SCHAEFER and P. L. MARTIN. McGraw-Hill Co., xv + 233 pages. Price 74s.

Behaviour Therapy in Clinical Psychiatry. By V. MEYER and E. S. CHESSEER. Penguin Books, 288 pages. Price 15s.

What is behaviour therapy? A few years ago the answer seemed clear enough, but these three books suggest that the term may soon be used with as many meanings as the word psychotherapy. For Eysenck the answer was simple: 'behaviour therapy may be defined as the attempt to alter human behaviour and emotions in a beneficial manner according to the laws of modern learning theory'. The authors of the three books under review each mean something rather different. Meyer and Chessser adopt a view akin to Eysenck's, although they accept that there is no single 'modern learning theory.' They discuss the various principles of conditioning and learning as their starting point and build their argument skillfully upon these. Schaefer and Martin take a more one-sided view: their book is almost wholly concerned with the application of a single group of learning principles—those of operant conditioning—although they also have a little to say about desensitization treatment. Yates, however, takes an unusual and very wide view of behaviour therapy, and having adopted it proceeds to criticize others for failing to follow him.

Yates' definition raises important questions which go far beyond the mere semantics. For him, behaviour therapy is 'the attempt to utilize systematically the body of empirical and theoretical knowledge which has resulted from the application of the experimental method in psychology and its closely related disciplines . . . and to apply that knowledge to the treatment or prevention of those abnormalities by

**The Times*, 30.6.70, p. 10.