

in the same field, which even if they are more empirical in outlook are more clinically orientated.

A. SPENCER PATERSON.

Lysergic Acid (LSD 25) and Ritalin in the Treatment of Neurosis. By THOMAS M. LING and JOHN BUCKMAN. London: Lambarde Press. 1963. Pp. 172. Price 21s. net.

This book presents some of the results of treating neurotic patients with a combination of lysergic acid diethylamide (LSD) and methylphenidate (Ritalin) over a period of about five years. The authors claim that such treatment "may be a significant advance in the treatment of many of the neurotic and psychosomatic conditions that characterize Western society . . ." (p. 5), and one naturally looks at this book for evidence that such an advance in treatment has been described. But the number of cases reported on is too small to allow any conclusion to be drawn on this point, particularly as those described have been selected from a larger series.

The case reports form the bulk of the book, but preceding them are chapters on the general problem of anxiety, on methodology, and on the use of the Rorschach test as an aid to selection. Regarding the latter, one would feel happier if the Rorschach predictions had been followed by the actual results of the LSD treatment in these cases, so that readers could judge for themselves whether or not the predictions were confirmed.

In the chapter on Practical Methods of Treatment, rigid conditions are laid down for the selection of cases. The conclusions seem sound, although the insistence both here and throughout the book that "LSD is essentially a treatment for the mentally and educationally privileged" is disturbing, and probably not true in practice.

The authors emphasize the need for the careful selection of cases and insist on the closest medical supervision whilst the patients are under treatment. They rightly place great importance on the need for LSD treatment to take place in a unit adapted for the purpose and staffed by carefully trained medical and nursing staff, who have themselves had personal acquaintance with LSD.

The case histories are nearly all transcripts of tape-recorded interviews held some months after cessation of treatment. They are therefore commentaries by the patients on their treatment rather than complete case histories, and it seems to have been the intention of the authors to let the patients speak for themselves. These form the most interesting sections of the book and reveal the kind of insights which are made possible during psychotherapeutically orientated

LSD treatment. One wishes, however, that the psychodynamics of the material had been commented on in more detail.

The authors do not appear to have set out to present definite theories or conclusions regarding the effects of LSD on neurosis. The patients in their own reports regard their capacity for forming human relationships and for dealing with life's emotional problems to be improved, and this is perhaps the most significant conclusion to be drawn from the pages of this book. The authors themselves leave many questions unanswered, and for this reason the book should be read by all interested in LSD therapy, if only to appreciate how little we know about the actions of the hallucinogenic drugs. Indeed some of the dogmatic statements made on p. 18 may be questioned, such as "alteration of the body image is produced by alteration of proprioceptive impulses", but without doubt these matters need further enquiry.

One's duty as a reviewer must perforce include some reference to the standard of production. It seems most unfortunate that the first scientific book on LSD in the English language apart from Conference reports should have been printed and published to such a low standard, particularly when supported by the Elmgrant Trust. There are many printer's errors and missing words, and missing or transposed sentences make difficult reading in places. A subject index would have been a useful addition.

R. A. SANDISON.

4. PSYCHOLOGY AND PSYCHOTHERAPY

Group Psychotherapy and Group Function. Edited by MAX ROSENBAUM and MILTON BERGER. New York: Basic Books Inc. 1963. Pp. 690. Price \$12.50.

The authors of this large compendium are psychotherapists who have two main aims—"to give some idea of the vastness and historical roots of group psychotherapy" and "to encourage all who work with groups to begin to share with one another their experiences". They have collected together 52 previously published papers by a miscellany of authors, of which the first six are meant to show how the results of scientific study of groups can be related to group psychotherapy. Summary papers by Muzafer Sherif and Solomon Asch (from *Scientific American*) are included, together with a detailed report of an experiment on "Status and Conformity" and another on "Quiet and Vocal Groups". There

is nothing from Bales, Cartwright, Festinger, Merton or Parsons, to mention but a few of the distinguished contributors to this restricted field, and no attempt is made to show how the papers that are printed may be of relevance to group treatment.

Part II gives an historical account of the development of group psychotherapy by means of articles which describe how the ideas of Adler, Burrow, Freud, Horney, Jung, Sullivan and others were modified and applied. In Part III various theories and methods are illustrated. A paper by Sherif tackles the problem of technique experimentally, and two others systematically describe what goes on in a therapeutic group. Part IV contains general articles on the application of group treatment in mental hospitals, a military neurosis centre (by S. H. Foulkes), and to psychotics, defectives, alcoholics and the elderly. Although Maxwell Jones is briefly mentioned once or twice, no paper about his ideas is included. Parts V and VI contain papers on training and new trends.

Taken overall the book is inevitably almost unreadable. It gives very little idea of the interest that studies in social psychology (to say nothing of other fields of science) should have for those who wish to influence the behaviour and attitudes of people in small groups. Much of the writing is dull or declamatory, few of the authors think it worthwhile to mention that even experts are necessarily fairly ignorant in this field, and fact is rarely distinguishable from opinion.

J. K. WING.

Group Therapy: A Practical Approach. By JAMES A. JOHNSON. McGraw Hill. 1963. Pp. 467. Price 85s.

The recent spate of books on the theory and practice of group therapy is an obvious sign of the popularity of this form of treatment, which promises to reduce the awkward gap between the large number of patients in apparent need of psychotherapy and the small number of psychotherapists available to meet this need. Theories and practices, however, vary widely; and this book reviews many of them with commendable thoroughness, though with a less commendable disregard of verbal economy.

The most outstanding contribution of the book is a session-by-session report on an out-patient therapeutic group, which occupies over 200 pages, or about half the book. The group consisted originally of eight members, but after several months of treatment two new patients were added to make up for a few defections. There were 70 sessions extending over 19 months.

It is interesting to examine the record of group attendance, which the author summarizes in a chart that gives a wrong impression because it is made up of percentages calculated from different totals of group membership. During the first 28 sessions, the median attendance was 7. The therapist then had a holiday of two weeks. In the next 13 sessions group attendance decreased, and its median was only 5. Two new members were then added, but the median attendance was unchanged in the 13 sessions that followed. During the remaining sessions, it went down to 4. During the last five group meetings, there were in fact only four patients left, of whom three were original members. Improvement was reported by these four patients only during a follow-up after one year.

The author's theory and technique are abundantly demonstrated. His main concern is with the anxiety aroused in group meetings, and the members are encouraged to assess the group-situational reasons for such emotional reactions. Most sessions are reported in a summary form which is followed by a consideration of the themes discussed, the group dynamics revealed, the therapist's technique, and often also a general discussion that ranged more widely afield. Four sessions are presented in greater detail: a shortened version of the verbal interactions is given, interspersed with remarks about the group's theme and dynamics and the therapist's technique; and the same topics are again reviewed in a final summing up after each of these sessions. There is endless repetition, sometimes inexcusably trite as in this example: "Mr. Smith: There's something else. We talked about sex at the last meeting. It made me uncomfortable. I got angry talking about it." Here the author inserts this "explanation": "Theme and Dynamics. The subject of sexual feelings that was discussed at the previous meeting is re-introduced." It might be added in passing that the discussion of sexual themes was deliberately prevented by the therapist for over a year.

The most disconcerting aspect of the book is the impression conveyed that, for the purpose of group therapy, psychiatric and neuropsychiatric diseases can be ignored. This is in accordance with a contemporary trend of psychiatric thought that hitches its aetiological beliefs to the remunerative bandwagon of psychoanalysis, and proclaims it as an axiom that the personality of psychiatric patients is abnormal from childhood. It follows from this that the task of psychotherapy consists merely in an emotional readjustment of the patient's personality, and that this can be done without paying due attention to the body of clinical, though purely descriptive, knowledge of psychiatric disease. This