

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

include some British group therapists, as several of the problems discussed (for example, termination of groups) have already been widely discussed and experimented with in Great Britain, and also because doubtless both Continental and British group therapists could have learned from each other. It appears, for example, from the discussion that the technique of interpretation in groups has not attained the same level of precision and subtlety on the Continent as in Great Britain. On the other hand, a number of ideas about training of group psychotherapists presented in the papers are probably new to British group psychotherapists.

The papers and discussions are well-presented and very interesting. The lack of an index makes reference to subjects difficult. The book is written with clarity and its arguments are well-presented. I strongly recommend it to be read by all those interested in group psychotherapy and also in didactic groups (seminars) for doctors, nurses, social workers, etc.

MAX B. CLYNE.

Proceedings of the VIth International Congress of Psychotherapy, London, 1964. Parts I-IV. Edited by MALCOLM PINES and THEODOR SPOERRI. Basel and New York: S. Karger. Pp. 248, 72, 56, 160. Price £7.

The main theme of the Congress was the integration of intrapsychic and interpersonal frames of reference, i.e. of studies influenced by psychoanalysis and of those with a sociological bias. These volumes provide a representative selection from the programme. The first part contains the papers read at the plenary sessions. Most of the leading authorities in this field were among the speakers. New developments in child psychiatry, group and family therapy, and the therapeutic community, were the chief topics, and all schools of thought were represented. Part II is devoted to the psychotherapy of adolescents, Part III to family studies, Part IV to selected papers. The editors had to be selective and have chosen wisely. Of special interest is Ziferstein's report on his observations of psychotherapy in the U.S.S.R. where group therapy has flourished for a long time. The American observer was impressed by the role played by guidance, re-education, advice and reassurance in the work of Soviet psychotherapists, compared with the analytically-oriented techniques of American psychotherapists. Psychiatrists who attended the Congress will regret that some interesting papers and discussions have been omitted, e.g. the confrontation of analytically-oriented psychotherapists with behaviour therapists. However, it would have been impossible to publish the whole of the proceedings.

This Congress report is worth its price because it presents an excellent survey of the present state of psychotherapy and of the growing points of research in this area.

E. STENGEL.

Death and Dying: Attitudes of Patient and Doctor. Group for the Advancement of Psychiatry. Volume V, Symposium No. 11, 591-667. New York: GAP. 1965. Price \$1.50.

Death is one of those universal subjects which give rise to a variety of essays, frequently thoughtful, understanding and useful, but often so dependent on personal values or related to particular concepts that they can only be judged or appreciated by those with the appropriate beliefs. Fortunately, this booklet contains more of the former characteristics than the latter. The GAP aims to facilitate the study of various aspects of psychiatry and application of this knowledge. How does this book fare according to the Group's criteria?

The five papers include studies with factual foundation. Goldfarb reviews factors in human mortality and comments on the manner in which man often hastens his own death. Dovermuelle describes the responses of patients to serious cardiovascular disease and Feder comments on those with advanced malignant disease. These papers have a refreshing ring of truth and include the comment "I don't have any idea how we help a person to die, but I am sure we can do much to help a person *live* until the time of death". Greenberg discusses from the psychoanalytic viewpoint the attitudes towards death shown by a heterogeneous collection of small groups of subjects, including the mentally ill, the mortally ill and some college students. Feifel discusses further some of his previous studies and experiences concerning attitudes to death, touching on views of patients, doctors and investigator.

Towards the aim of applying knowledge this symposium must be given credit for airing problems which so often tend to be denied. When considering the dying, however, it would seem important for psychiatrists to exchange views with general practitioners, physicians, radiotherapists and surgeons. Their views are under-represented here, both at the symposium and in the list of suggested reading, which omits some of the useful studies that have appeared in the non-psychiatric literature during the last decade. There are frequent references to the anxieties that physicians probably experience, and less reference to the practical problems they encounter. The natural tendency of psychiatrists to advocate franker discussion with the patients, including the