

problems of life cannot be solved—they can only be outgrown. Jung's conviction of the superiority of Eastern life is derived from reading only. The true significance of this romantic belief, held in the West for so long, remains obscure.

'Meaning' is one of the fundamental concepts of the East. Among the basic symbols, the mandala is of special importance. The unity of life and consciousness is expressed by the central white light. The circular movement has the moral significance of activity, i.e. of the light and dark forces of human nature. It is nothing less than self-knowledge by means of self-brooding. 'Platonic man' is a similar archetypal concept. Jung finds his notions of animus and anima in personified forms in Chinese mythology. To him the great Eastern philosophers are symbolical psychologists who must not be taken literally. Although Western civilization tends to depreciate everything psychic, there is nevertheless close agreement between the psychic studies and symbolism of East and West.

The 'Visions of Zosimos' presents a Western product of archetypal thinking. Zosimos was an alchemist of the third century A.D., who gave detailed descriptions of dreamlike experiences. The symbolism of alchemy is derived from the collective unconscious. Osiris, for instance, is the name for lead and sulphur. Water and spirit are often treated as identical. The concept of 'prima materia' is closely related to that of the soul. Man's spiritual growth is symbolized by metals. The symbolism of stone and its magic powers is found all over the world. The mystical side of alchemy is essentially a psychological problem.

'Paracelsus as a Spiritual Phenomenon' is of special interest to medical readers. This essay was first published as a little book comprising two lectures delivered on the occasion of the 400th anniversary of the physician's death. In Jung's view, Paracelsus had two mothers, the Church and *mater natura*. Knowledge came to him from the Holy Spirit and the light of nature. He was a Christian and a pagan at the same time, believing in astrology, magic and alchemy, which he used not only for pharmaceutical but also for philosophical purposes. The archetype of 'primordial man' played an important part in his philosophical alchemy. He was preoccupied with arcane remedies of a symbolic character. Though not a psychologist, he offers deep insight into psychic events, on the mythological level. Thus alchemy is not only the mother of chemistry but also the forerunner of the modern psychology of the unconscious.

The fourth part of the volume is devoted to the Spirit Mercury, which is at the same time material and spiritual, the chemical process, the representation

of the Devil and God's reflection in physical nature. It represents the self, the individuation process and also the collective unconscious. It is the archetype of the unconscious, while Christianity is to be regarded as the archetype of consciousness.

The fifth and last part of the book deals with 'The Philosophical Tree'. The various meanings of the tree symbol are presented in thirty-two pictures collected from dreams and mythology. They were known to the alchemists of the Middle Ages who, tended to employ the symbols for the purposes of magic, while, in Jung's opinion, modern man makes use of similar concepts for the opposite purpose of denying the unconscious. The author concludes this chapter with a brief and clear statement of his well-known views on the role of the collective unconscious in dreams and mental disorder, and he gives examples of his interpretation of dreams.

The extensive bibliography on alchemic tracts should be of interest to students of the subject and of analytical psychology in general. There is a comprehensive index. The translation is excellent and often clearer than the German original.

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PSYCHOTHERAPY

An Evaluation of the Results of the Psychotherapies. Edited and with an Introduction by STANLEY LESSE. Springfield, Illinois: Charles C. Thomas. 1968. Pp. 351. Price \$12.00.

An accurate assessment of the value of psychotherapy is one of the most difficult problems in the whole field of psychiatry. Few indeed would completely deny the benefits of this form of treatment, but there are great differences of opinion concerning which style should be pursued in any particular case—brief or lengthy, individual or group, supportive or uncovering—and, of course, what school of psychodynamic principles should be observed. In any project of research one is faced with the complications of many other influences, e.g. the simultaneous exhibition of drugs, changes in the familial, marital, social, economic, occupational status of the patient, alterations in the cultural milieu, or even the mere passage of time which helps a biological maturation process. Then there are our usual differences of opinion concerning diagnostic classifications, and concerning criteria of recovery, e.g. merely loss of symptomatology or a fundamental personality change that makes the patient less vulnerable. And there is the final question; if it does work, how does it work? Is it merely a matter of carefully following a particular technique, or does

the patient's faith in a therapist who radiates optimistic expectations play the more important role? All these problems are still far from being resolved, and therefore any book which attempts to tackle them is to be welcomed.

This book is divided into Part A entitled 'An Evaluation of Process and Results', and Part B 'The Influence of Psychocultural Factors'. No less than thirty-three authors contribute to the total of twenty chapters, and this naturally leads to a lack of uniformity and style. Moreover, some of the chapters do not live up to the title of the book. For instance, chapter eleven, which argues that hypnotic induction is unnecessary in order to produce behaviours traditionally associated with hypnosis, does not tell what we specially desire to know, viz. to what extent mental disorders can react beneficially to hypnotherapy, or, as the author would have it, to task-motivational instructions under suggestion. Again, in chapter twelve we have an interesting account of childhood autism. On the hypothesis that this condition is not organic but of environmental origin, the therapy pursued consisted of a very active manipulation of the child's environment, including detailed interpersonal procedures; but we are not given any statistics of results obtained.

More appropriate to the title of the book are chapters five and eight. The former reports a ten-year follow-up of psychoneurotic out-patients who had received brief psychotherapies at the Phipps Clinic. They had already been rated after six months, one, two, three and five years. The graphs recording ineffectiveness scores and discomfort scores over the period make an interesting showing as they compare results in three random groups treated with individual group and minimal contact therapies. The greatest gains were made within one to two years; the minimal contact group showed a negative decline in social effectiveness immediately after the end of treatment and at ten years. Chapter eight gives a clinical appraisal of group psychotherapy, including a description of the dynamic factors involved from the psychoanalytic viewpoint. Groups consisted of six to eight patients and treatment averaged two to three years. The clinical conditions are described as chronic and borderline, e.g. schizophrenias, character neuroses, schizoid personalities. Definite improvement occurred in 60 to 70 per cent, which seems very good. Unfortunately, no organized follow-up was made.

The second part of the book will probably prove more attractive, because it deals with influences on psychotherapy that have been recognized more fully only in recent years. The introductory chapter (thirteen) points out that psychotherapy must take into account

socio-economic, socio-political, socio-philosophic and technological factors. The influence of these is well illustrated in the next chapter which reports a year's experience in the Neurosis Division of fifty-five beds at the Bekhtyerev Institute. There the psychiatrists involve themselves very actively and emotionally in psychotherapy; so do other personnel and the collective of patients. A total push programme is pursued: not only individual and group psychotherapy, but also pharmacotherapy, hydrotherapy, callisthenics, occupational and recreational therapies, self-help (e.g. cleaning wards, serving meals), and finally power by the psychiatrist to alter the patients' milieu on prescription, e.g. order a change of job, place of work or residence. The statistics of 1963 reported 7.6 per cent of patients discharged as recovered and 65 per cent as markedly improved. Obviously one cannot usefully compare these figures with results of individual analytic-oriented therapy in any out-patient clinic of the U.S.A. In the very contrasted culture of Liberia (described in chapter eight), mental disorder is attributed to witchcraft, and treatment consists of various magico-religious procedures. There are good results, partly because 'spontaneous remissions, if not recoveries, in a favourable environment are common, irrespective of what kind of treatment has been administered'. The Western psychiatrist is probably regarded as another sort of 'medicine man', and if he is wise he will not only tolerate the local beliefs but co-operate with the native healers.

From the examples cited it will be gathered that quite a variety of themes are dealt with in the twenty chapters, but it cannot be claimed that we are taken very far towards a solution of the problems posed at the beginning of this review. However, the reader will be stimulated to think again about them, and it is hoped that more research will follow. Clinicians who are worried lest a research project might harm their therapeutic efforts will be reassured by the first chapter, which demonstrates that the influence is always for the better.

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INTERVIEW GUIDES

The Systematic Interview Guides. By D. H. STOTT. London: University of London Press. 1967. Guide No. 1: 2s. Scoring Key No. 1: 2s. 6d. Guide No. 2: 1s. Scoring Key No. 2: 1s. 6d. Manual: 3s. 6d.

The aim of these Guides is ambitious: 'to bring system into the information obtained from the mother about her child's early development'. No. 1 covers the period birth to five years and No. 2 the prenatal