

value as an intellectual concept in relation to the wider body of psychotherapeutic theory by finding wide acceptance and by providing a very real measure of predictability in the management of patients whose behaviour is socially disordered. Its full value has probably not yet been explored. Originally outlined in relation to individual transference experiences in treatment, its relevance to social behaviour in a wide sense is becoming increasingly obvious: and the dedication of this book to the late President John F. Kennedy underlines this.

The book provides a very useful survey of the general theme of acting-out. It does not innovate, and the level of discussion is not particularly detailed or technical. But the twenty-eight contributors give a reasonable coverage of the subject, without too much overlap. Two or three are individualistic, but even here the differences of view are illuminating, and the overall balance keeps them in good perspective. One of the editors contributes an excellent succinct summary of the progressive position in relation to acting-out in group therapy, itself conceived of as a part of a larger transactional social situation. The book is likely to prove good value to the general psychotherapist with a psycho-dynamic orientation.

RICHARD CROCKET.

**Methods of Research in Psychotherapy.** Eds. LOUIS A. GOTTSCHALK and ARTHUR H. AUERBACH. New York: Appleton-Century-Crofts. 1966. Pp. 654. Price \$9.75.

The barren and meaningless controversy about which psychological treatment is "best" has given way to a productive phase of research on behaviourist and dynamic therapies. Although the central theme of the book under review is psychotherapy, the statistical and methodological discussions are so general, fresh and profound that they have relevance for any psychiatrist or psychologist doing research on any form of treatment.

There are thirty-four essays, multi-disciplinary in background but all highly disciplined in approach. This is probably thanks to the editors, who themselves contribute excellent introductory and linking sections. The following are represented: psychotherapists, psychoanalysts, behaviourists, linguistic analysts, sound and film engineers, clinical and experimental psychologists, statisticians, psycho-pharmacologists and social workers. None of the chapters is a "pot-boiler"; a number provide valuable critical reviews of large areas of research and all have been written by well-known investigators. Three underlying attitudes can be discerned. First, that no aspect of human behaviour is too complex to attempt to

investigate objectively. Second, that as other major branches of science have depended for advance on the development of new and more accurate measuring instruments, so this may be true of psychotherapy. Third, that the clichés of orthodox methodology—the "double-blind trial", reliability, validity, statistical inference—must be looked at with a fresh eye and refined and adapted for complex behavioural analysis.

The methods of collecting data in psychotherapy are considered first. This section concentrates on filming and sound-recording. The advantages and disadvantages of these are discussed in detail from the points of view of research, therapist and patient. The second section is concerned with the analysis of data. Several contributors describe experiments in the use of linguistic analysis of the form and the content of speech. Other essays deal with the quantification of facial expression, gesture and free association. An unusual idea is to include a complete script of a standard sound-filmed psychiatric interview which is used to demonstrate the results obtained from different methods of data analysis.

Perhaps the most interesting section in the book is that in which the ways of conceptualizing the process of change in psychotherapy are reviewed. The classical and operant conditioning models, the psychoanalytic and the Rogerian "client-centred" models are examined. A historical and theoretical analysis of the behaviourist position (Krasner) is outstandingly the best account I have read. Convinced in attitude, but moderate and sensible in expression, this paper draws an interesting contrast between two behaviouristic approaches. One, predominantly British or under British influence, is based on Hullian theory, classical conditioning and physiological and motor responses, and regards psychological symptoms as behaviour to be removed. The other, predominantly American, has a theoretical basis in Skinnerian theory, using operant and especially verbal conditioning and has been concerned with the reformulation of traditional therapy in learning terms. The psychoanalytic writers show an equal desire to see how far their judgments, ratings, predictions and complex phenomena such as transference, acting out, insight, working through and orality can be defined and studied objectively.

The next section deals with methods of evaluating the outcome of psychotherapy. What measuring instruments are available? There seem to be two problems: should selected variables only be studied despite the loss of the richness of the clinical material. (In this connection, it is refreshing to find authors designing new tests; even old friends like the M.M.P.I. and the Rorschach are discussed in a new

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