

15 INSTITUTIONALIZED GIRLS

No Water in my Cup; Experiences and a Controlled Study of Psychotherapy of Delinquent Girls. By RATIBOR-RAY M. JURJEVICH. 1969. New York: Libra Publishers Inc. Pp. 185. Price \$5.00.

The title—derived from the sentimental versification of a patient 'struggling in therapy' might deter some; section headings like 'Failure of Insight Therapy'—'Insight Demoted' might deter (or attract) others. The subtitle 'A Controlled Study of Psychotherapy' might lead us to assume that the author had achieved what has hitherto eluded achievement. In each case the reader would be misled; this book is far from being sentimental, it is not a description of a new psychotherapy or treatment technique, and unfortunately the evaluation methods leave much to be desired.

Yet this is a book worth reading by anyone working with adolescent girls. The meat of the book is an absorbing description of 15 institutionalized patients all with severe difficulties in relationships and adjustment to society. Initially the author aimed to develop a 'warm and friendly atmosphere for our relationship' by allowing an opportunity for ventilation of past frustrations and griefs, but subsequently he concentrated on present difficulties and future goals, helping to overcome the former and build up and achieve the latter by offering 'his mature ego and super ego' when it seemed appropriate. His technique he claims to derive from Mowrer (integrity therapy) and Glasser (reality therapy). The investigation compares 14 subjects who were treated by the author with 14 who were in the institution untreated. Unhappily the subjects for treatment were selected by the institution staff from those who expressed willingness to attend. This resulted in the more severely maladjusted being seen—the controls were supposed to be matched for age and intelligence, but in fact they were younger and significantly duller.

Evaluation of initial state and progress was by a behaviour rating of teachers and house parents and a number of tests. The differences achieved between the treated and untreated group must have been very disappointing, particularly as the treated started much worse and therefore might have been expected to improve more. If test scores at the end of the experimental therapy are compared, there is remarkably little difference between controls and treated, and in several instances the controls scored better than the treated. However, the treated compared very unfavourably with controls on their scores at the beginning and made much greater gains than controls, particularly in socialization,

reduction of hostility, excitability, anxiety, irritability and confusion, and they had increased significantly in friendliness, emotional stability and ability in problem solving, so perhaps the author is justified in his satisfaction with the results.

This book is unusual in being readable, lucid and jargon-free; its clarity enables the reader to judge for himself the merits of the method of psychotherapy and the research. Anyone interested in adolescence, delinquency or psychotherapy should read it.

CHRISTOPHER J. WARDLE.

QUAINT AND MUSTY

Adaptational Psychodynamics; Motivation and Control. By SANDOR RADO. Edited by JEAN JAMESON and HENRIETTE KLEIN. Science House Inc. 1969. Pp. 285. Price \$12.50.

This book is an edited version of the lectures given between 1945 and 1955. They constituted a general introductory course for each incoming class at the Psychoanalytic Clinic for Training and Research, College of Physicians and Surgeons, Columbia University. The lectures were not edited by Rado because of his failing health, but the editors feel the material 'hopefully represents the voice of Sandor Rado'.

In the *Author's Introduction* Rado stated that 'By virtue of its biological framework, adaptational psychodynamics proposes to lay the foundation for a unified science of human behaviour.' I do not find in this book a convincing demonstration that he succeeded. Sadly, the book has a quaint and musty aura; in the 15 years since the last lecture scientific developments have come to show connections between psychology and physiology that make Rado's formulations seem remote and irrelevant.

Another change in recent years must have been, to judge by this book, a softening of the relationships between analysts and alienists. Certainly many of his statements have a bald, assertive and provocative ring about them by present day standards. 'Psychoanalysts were the first to discover that all envious behaviour begins as breast and food envy when the young child is presented with a sibling being fed' (p. 59). After talking about kissing, he states 'The relationship between these extragenital sources of pleasure and the genital pleasure was a brilliant discovery of Freud' (p. 77). He dogmatically states that 'one element is pathological when injected into sexual activity, no matter how or when . . . I refer to the . . . intentional production of pain'. No provisos. What about love bites?

His categorical statements and sweeping generalizations are so irritating that one feels one must

reassure those readers who have little contact with psychoanalysts—they are not all like this.

Although Rado elaborates his disagreements with Freud, the text adheres to the type of orthodox psychoanalytic line that will fail to appeal to most eclectic psychiatrists. Do psychoanalysts still teach that men's attitudes to women are conditioned by a single traumatic incident identifying the vulva as a post-traumatic wound? Rado sportingly discounts the obsessional personality having its roots in anal eroticism (p. 126), but still seems to see men who have had nurses to masturbate them in childhood (p. 84), and whose parents with monotonous regularity threaten to cut off his organ (p. 146).

The turning point of the book is on p. 173. At that point Rado presents his classification of psychiatric abnormalities, and from then on develops it. This is a classification which I found unhelpful. Partly this is because it is not a classification according to the principles of the traditional formal logic and in places degenerates into mere lists of diagnostic categories; partly it is because it is a division of idiosyncratic terms by unspoken criteria, so that it has little meaning to the casual reader.

I think it is fair to say that the idiosyncratic terms that Rado uses have probably all been defined in the earlier part of the book, but I, certainly, was not familiar with them by the time I had arrived at p. 173. On this page we have *dyscontrol*, *moodcyclic*, *schizotypal*, *extractive disorders* and *lesional disorders*. Other items are (on p. 266) *metahedonism* and (on p. 265) *metaeroticism* and *opiumpharmacothymia*. He has the grace to admit (on p. 272) that he is 'not very proud' of his term *chronic dyscontrol traumatophobia*.

The book could not be recommended for the postgraduate studying for his D.P.M. The use of idiosyncratic terms would be too confusing. Later, however, with the clarity of mind that comes from having the examination behind one, a psychiatrist might well pick up the book to see the place that Rado has in psychoanalytic theory. It has the advantage that Rado makes it explicit when he is following Freud's teaching and when he is deviating from the master. It is not a turgid text, and the reader would soon be able to make up his mind whether he wished to make the effort of learning Rado's terminology, or whether he would prefer to invest his energies elsewhere.

R. G. PRIEST.

STIMULATING ESSAYS

Contributions to Clinical Neuropsychology.
Ed. ARTHUR L. BENTON. Aldine Publishing Co., Chicago. 1969. Pp. 243. No price stated.

Although neuropsychology may be presented as a subdivision of psychology its subject matter is an interesting area of study for neurologists and psychiatrists. It deals with those areas of function where the complementary nature of the various disciplines is most apparent. In this book some of the problems are considered from the viewpoint of the psychologist. Historically this is a fairly new approach. No attempt is made to cover the whole area, and the selection of topics seems a little arbitrary.

An introductory chapter on modern trends mentions briefly a variety of problems in a fairly superficial way. It serves to illustrate the observational and semantic inconsistencies of the subject matter. Clinicians will note that the traditional distinction between symptoms and signs is not made. The remaining six chapters consider commissural section, phantoms, aphasias, apraxias, somæsthetic sensation and auditory agnosia. Among them the chapter on the phenomena of the phantom is something of an odd man out.

This particular chapter by Weinstein concerns itself with the theories which have been put forward for phantom phenomena, maintaining that there is a fantasy or need theory, a peripheral theory and a central theory. A most interesting review of recent work, mainly by the author, leads to the conclusion that the central theory should be accepted. The evidence, apart from one or two inconsistencies, certainly supports this conclusion. Unfortunately the view of the phenomena as a form of mourning, which also fits many of the observations, is not considered so extensively, perhaps because the author regards physiological and psychological theories as mutually exclusive.

The other chapters are not concerned with the detailed investigation of a particular theory but provide a review of recent literature, suggesting some very useful clarification and future approaches. On the whole they are successful in this and give a good deal of information about sources. Two problems in particular seem to be left unresolved. First there is a general lack of detail as to the techniques and tests used in the many investigations referred to. While inclusion of such detail would probably make this book unacceptably large, the omission means that anyone stimulated to follow some of the ideas thrown out will have to trace the original papers. For a planned project this is normal practice, but many clinical psychiatrists come across this type of problem relatively infrequently. In this situation they normally content themselves with such observations and investigations as come to mind or can be readily traced.

Secondly, the book clearly implies the need for many further investigations, and would have bene-