

Book Reviews

Psycho-Analytic Psychology of Normal Development.

By ANNA FREUD. London: Hogarth Press. 1981. Pp 389. £15.00.

Anna Freud's career can only be described as extraordinary. For over sixty years she has continued to work creatively in child psycho-analysis and related fields. Her many splendid contributions to the literature attest to that creativity. Rather unusually in the field of the psychological sciences, Miss Freud combines scholarship with humanism and imaginative-ness. Moreover, in her search for knowledge she is always open-minded and free of doctrinaire attitudes. This is evident in her classic on the ego's mechanisms of defence where she comments, for example, that there is "still considerable obscurity about historical links between development and particular modes of defence". Other phrases in the book, such as, "present knowledge" and "as knowledge advances" further reflect her position that psycho-analysis must be a dynamic science.

The qualities I have mentioned characterize the volume under review, a volume which comprises some of Anna Freud's writings during the decade 1970-1980. Hogarth Press has done an excellent job of assembling an interesting *mélange* of her work, almost all of it not published hitherto or previously available in German only.

The first third of the book is devoted to several papers on what is Anna Freud's most notable contribution to child psychology—an understanding of normal development within a psycho-analytic framework. Particularly illuminating is a paper on the role of insight—the person's knowledge of his own psychological processes—as a factor in development.

Part three of the book will prove most useful to trainees in psychiatry, and to psychiatrists who wish to acquaint themselves with Sigmund Freud's work. With his oeuvre so large and the range of his ideas so broad, a commonly experienced difficulty is where to start, and even if an entry point is made, how to proceed profitably. Anna Freud, if anyone, should be well placed to act as guide and this she does very helpfully in her "Study Guide to Freud's Writings". The sixty-seven paged chapter is not simply a guide, but also serves as a succinct and clear introduction to Freudian theory.

The remainder of the book covers a variety of

psycho-analytic topics, such as aggression and training, and applications of psycho-analysis in, for instance, paediatrics, education and the nursery school. There is plenty here to interest psychiatrists, whether working in the child field or not.

Finally, a number of brief writings reveal interesting facets of Anna Freud's own personality and her memories of Ernest Jones and her address on unveiling a statue of her father in Vienna are particularly vivid.

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Hysteria. Edited by ALEC ROY. Chichester: John Wiley. 1982. Pp 316. £18.00.

This book is a collection of twenty separate articles on hysteria, mostly written for this book, but some reprinted. The latter include Aubrey Lewis' piece ("hysteria tends to outlive its obituarists"); a clear formulation by Kendell; a four-page late piece by Slater, in which he appears more tolerant of the diagnosis than he was in the 1960's, and discusses it as a disorder of the doctor-patient relationship; the classic by Woodruff *et al* reviving Briquet's syndrome; and a theoretical discussion by Ey, translated here for the first time.

Shields contributed a review of genetics; Eysenck a characteristic combative piece about research but no patients; Sim a quirky essay on management, with much about his own methods, and regarding hysteria as virtually the same as malingering; Anthony describes hysteria in childhood; Lader reports on the psychophysiology; Abse writes on multiple personality, and Whitlock on the Ganser syndrome.

To be recommended are Roy on "hysterical neurosis", a straightforward survey in nine pages; Sirois with the best available brief discussion of epidemic hysteria; Merskey on pain; Fenton, who although given the specialized subject of alterations of consciousness includes the best account of managing hysterical patients in a ward; Chodoff describes psychodynamic ways of grasping the hysterical personality, usually so well described and so little understood. He writes with lively style, humour, aphorisms and sympathy. Caution about making interpretations in

psychotherapy means: "an insight a day keeps the insight away". "One must teach obsessional patients to feel, and hysterical patients to think". He regards the patients as feeling profoundly desperate and inauthentic. Munford and Lieberman formulate the matter very differently ("hysterical symptoms are maladaptive ways of obtaining social or instrumental needs that substitute for deficits in the patient's adaptive behavioural repertoire"), and describe well how it is possible to relieve unpromising patients by behavioural methods.

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Phenomenology and Treatment of Psychophysiological Disorders. By WILLIAM E. FANN, ISMET KARACAN, ALEX D. POKORNY and ROBERT L. WILLIAMS. Lancaster, Lancs: MTP Press. Pp 297. £22.75.

It is hardly to be doubted that the psychiatrist working in the general hospital needs special clinical skills in consultation and in liaison as well as knowledge of the special associations between medicine and psychiatry. There is probably a greater need for books about the former, but this volume is yet another addition to the numerous accounts of the latter. It follows a familiar pattern being a collection of 18 papers by 28 authors on all aspects of psychiatry and medicine, not just the psychophysiological disorders of the title. Much that is said is sensible, much is familiar. Several chapters, including especially those on sleep disorder and obesity, provide useful reviews of modern knowledge about confusing subjects. Most of the contributions would have been interesting in their original format as Baylor College of Medicine seminars, together in print they are too obviously similar to many other recent books. It is too brief and general to be an advanced text, not comprehensive enough to be a good introduction for beginners.

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Couples Therapy—A Nontraditional Approach. By DANIEL B. WILE. New York: John Wiley. 1981. Pp 229. £17.50.

Dr Wile's book describes his work with couples which attempts to recognize and grapple with the psychic pain of the individuals concerned using insight and interpretation whilst promulgating a collaborative style of patient-therapist interaction. He gives many interesting, clear and detailed examples of his interventions, particularly those involving

angry, withdrawing and demanding couples that illustrate his way of developing and legitimizing each partner's position. Romantic and reactive love, pursuers and distancers are some of the notions introduced which seemed interesting contributions towards understanding couples' relationships.

Unlike much systemic family therapy which he sees as unrealistically aiming by manipulation to 'solve' problems and, unlike behavioural approaches which he criticises as being superficial and morality based, Dr Wile sees his therapy as the attempt to develop a perspective—a kind of mutual observing ego—from which each partner may engage in an understanding of their shared fantasy and metacommunication.

In both philosophy and method what Dr Wile describes is fundamentally an analytic process, involving a collaborative search for meaning, leading to the raising of consciousness. It is also, in my opinion, a traditional analytic process, and it is only by ignoring the vitality of contributions to traditional "depth analysis", particularly those initiated by C. G. Jung, D. W. Winnicott and the Object Relations School that Dr Wile gives the impression of establishing a separate non-traditional, ego-analytical approach.

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Alcoholism. By MAX GLATT. Sevenoaks: Hodder and Stoughton. 1982. Pp 553. £2.95.

A book on alcoholism by Dr Glatt, who is rightly described in the foreword as "one of the world's outstanding authorities" on the subject needs no recommendation from me. Now in its third edition, and with each of the sections—on dependence, complications of heavy drinking, treatment and prevention—greatly expanded it provides the most comprehensive survey of the many aspects of alcoholism that has yet been achieved by a single author. References to papers published to mid-1980 are common which, given the limitations on time inherent in single authorship, is commendable. In my own field of liver disease the bibliography is representative of the major developments in our knowledge.

The expansion in material and change in format have, in my view, changed the book's potential readership from the general public (e.g. relatives of alcoholics) to those in the caring professions who treat alcoholic patients. It fulfills its latter role admirably but it is a pity that in doing so it has become less accessible to a general audience. They might also be deterred by the rather drab format of the book with its closely packed print on dull grey pages. My only other criticism also concerns the