

## 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.

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## 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