

summarizing his remarks on the precocious child, says: "While it cannot be demonstrated with across-the-board finality that 'pampering' leads to the creation of originality and genius, neither may it be accepted finally that the advantaged, privileged child has received a fatal kiss as regards his future self-sufficiency." Neither this conclusion nor the evidence on which it is based are likely to prove very satisfying to those interested in the precocious child.

B. KIRMAN.

5. CRIMINOLOGY

Growth to Freedom. By DEREK MILLER. London: Tavistock Publications. 1964. Pp. 264. Price 50s.

The book reports the development and progress over a period of 2½ years of a hostel for twelve selected discharged Borstal boys. The project was planned by Frank Foster, the director of Borstal after-care, sponsored by the Borstal After-Care Association and supported by a charitable trust. The staff consisted of warden, assistant warden, domestic helpers and a psychiatrist, Dr. Miller, who spent from two to four hours a week supporting and helping the staff in their therapeutic role and generally shaping the project. The boys were selected according to fairly definite criteria, the principal one being that they should have been "institutionalized" for a minimum period of five years, and that they had no home to go to. During the 2½ years, 21 boys passed through the unit, of whom 16 left to live in the community (mean duration of stay, 39 weeks). The characteristics of the boys are clearly described: their indecisiveness, intolerance of frustration, incapacity for gratitude, insecure masculine identity, need for excitement and poor control of aggression. The treatment regime was modelled on the family principle, and relied upon encouraging more realistic and mature responses through the staff's capacity to understand and interpret behaviour and to register appropriate approval or disapproval. There were few rules, and the only real sanction was the request to leave the hostel (and this was only invoked at short notice in two instances).

The progress of the treated group, in terms of reconviction, was compared with that of a group of homeless boys who went through the normal Borstal after-care procedure, and with a group of boys "equivalent in all other respects except that they had homes". The numbers are small and the follow-up short in some cases so that no firm conclusions are claimed, but the trend is distinctly encouraging.

Comparable projects have been described; thus Stelzner, over 50 years ago, opened an establishment for the moral education of 24 young psychopaths;

THE THERAPEUTIC GROUP ANALYSIS

S. H. FOULKES

Dr Foulkes, who is one of the founders of group psychotherapy, has integrated in this book his own work over the last twenty-five years. He has formulated the principles of his method and a number of concepts towards the theory of therapeutic group analysis. The practice is a development from Freudian psycho-analysis, but the theory stresses the human individual as a social being. The group is the centre of practice and theory. The influence of group-analytic concepts on other workers in the field of group psychotherapy has been considerable, but its impact is increasing.

The book deals with the evolution of group-analytic psycho-therapy; psycho-analysis and group analysis; group dynamics and the individual and the practical application of the method to in-patients and out-patients, the latter both at the out-patients' clinic and in private practice. Teaching and research are extensively treated. An important feature is the systematic presentation of method and the therapist's task, the orientation and principles on which he bases his work, the dynamics operating in the therapeutic group, and theory.

This method throws light on group processes which are operative though concealed in all human groups and in social life in general. Apart from doctors, psychiatrists and social psychologists, it is therefore of interest also to anthropologists, teachers, industrialists and all those concerned with human beings in practical or philosophical respects.

'It has wide application and is intensely rewarding for the effort that is needed to study it . . . a significant book comprehensive in its field and competent in its exposition.' *Pulse* 42s

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the principles which she specifically mentioned included: open doors, the staff comprising a house-mother, helpers and a psychiatrist to attend at least three times a week, close co-operation between staff and psychiatrist, the regime to be in "family style" with the inmates taking some responsibility for running the place, and finally a treatment plan tailored to the mental and physical needs of each individual.

Dr. Miller's hostel, however, is justified in several additional respects; it attempts an initial typology of the subjects and was conceived as a research project with control groups and follow-up; it might serve as a prototype for future development, independent of the personality and enthusiasm of one man; it also makes a start with staff training and feed-back of information and experience to collateral services—the Borstal institutions and the after-care system; it analyses mistakes and false starts as well as successes in a way which will be of great help to future workers. In short, the book represents a valuable and stimulating contribution in this field.

If the conclusion that none of the 21 boys showed any evidence of improvement from their Borstal stay is correct, then possibly the hostel might in the future be utilized as an alternative rather than a sequel to the Borstal system.

P. D. SCOTT.

Prisons and Borstals, 1963: Report on the Work of the Prison Department in the Year 1963. Home Office Cmnd. 2381. London: H.M. Stationery Office. 1964. Pp. 92. Price 8s. 6d.

This annual bluebook is of particular significance this year on two counts: it is the first of its kind since the dissolution of the Prison Commission, and it is likely to be one of the basic documents for the current Royal Commission which is the first full-scale enquiry into the penal policy for seventy years. It is unique in being prefaced by the Home Secretary himself, who has shown a lively interest in penal problems and has personally visited 30 establishments; amongst other things he raises the possibility of a greater variety or range of sentences, experiments with suspended sentences, extension of the indeterminate sentence and the use of independent boards to assess the individual's progress and fitness for freedom:

The most important and hopeful features of the Report are a significant decrease in the number of receptions (for the first time since 1956) and an increase in prison staff, with a consequent reduction of the strain under which prisons, and especially Borstals, have been working. As important as

numbers of staff is a growing awareness of their function as social workers; the Prison Officers' Association has submitted a memorandum on the role of the prison officer in the rehabilitation of inmates, and a working party has been set up to discuss their proposals, including the development of their training in social work. Developments in many establishments, for instance, Ashwell open prison for carefully chosen recidivists, which is arranged on the house system, and the hospital-prison at Grendon, indicate a growing sense of community. Blundeston, the first purpose-built secure prison for men which has been developed since Mr. Winston Churchill opened Camp Hill in 1912, was planned in four sections, each to be run as a separate community for 75 men; each basic-grade officer is responsible for 7 to 10 prisoners whom he meets in weekly counselling sessions and whom he represents at home-leave and hostel-selection boards. Prisons are beginning to compete with mental hospitals for nurses: "A gratifying number of State-registered nurses are joining the Prison Service and at Grendon . . . more than 50 per cent. of the hospital staff are State-registered or enrolled." There can be no doubt that the wind of change is blowing vigorously and that the hospitals and prisons are moving closer to one another. This is complemented by the report of the Working Party on the Organization of the Prison Medical Service which recommended that the Prison Department and Regional Hospital Boards should jointly appoint consultant psychiatrists, with their registrars, to bridge the gap between the prisons and the National Health Service. Relevant also is the statement that young prisoners now include "a great many more boys with a history of mental treatment", and referrals to the already over-burdened psychological teams are increasing. Similarly there is "an increasing number of girls with histories of mental disturbance or drug addiction, and sometimes of both". Among men at Brixton the principal medical officer was impressed by the number who had been in psychiatric hospitals within twelve months of reception.

Considerable attention is directed to research. A promising project is to compare the effects of three different types of Borstal regime (group counselling, casework, "traditional") by random allocation of boys. A number of prediction studies, an investigation of changes in social attitude during imprisonment, a comparison of offenders serving first and second sentences, determining the effectiveness of prison hostel schemes, and an enquiry into the problems of epileptics in penal establishments, are some of the other projected or continuing researches.

The Royal Commission may find that at least the