

## BOOK REVIEWS

Robert A. Harper

**FAMILY AND DELINQUENCY: RESOCIALIZING THE YOUNG OFFENDER.** L.L. Geismar and Katherine Wood. New York: Human Sciences Press, 1986. 243 pp., \$19.95.

This is an excellent and happily terse analysis of the role of the family in the production of juvenile delinquents. The authors then develop a model for intervention in the resocialization of the delinquent. The main role for resocialization falls on the family with a properly staffed (mental health) probation department to facilitate this process. Knowing a little something of the sluggish and irrational developments of the legislative and judicial branches of local and state governments, I doubt that this realistic program will be widely adopted.

**AGORAPHOBIA: A CLINICAL AND PERSONAL ACCOUNT.** J.C. Clarke and W. Wardman. New York: Pergamon, 1985. 189 pp., \$13 (paper).

The clinical chapters are written by Clarke, an American-trained but Australian-practicing behavior therapist, and the personal account is by Wardman, an Australian general practitioner with a severe case of agoraphobia. Between them they do a magnificent job of conveying all the objective and subjective aspects of the disturbance and its successful treatment.

**VALUES, ETHICS AND AGING.** G. Lesnoff-Caravaglia (Ed.). New York: Human Sciences Press, 1985, 207 pp., \$26.95.

In an attempt to bring a higher quality of experience to the growing number of people over 65 in human society, contributions on esthetics, values and ethics, historical perspectives, the democratic process, legal perspectives and competency, health care choices, ethics and suicide, religion, and recreation in relation to the elderly are presented. Although the contributions are spotty, the overall effect of the book is helpful for those of us who are elderly and/or work with same.

DIAGNOSIS AND TREATMENT PLANNING IN COUNSELING. Linda Seligman. New York: Human Sciences Press, 1986. 331 pp., \$4.95 (paper).

Seligman rather high-handedly decides that psychotherapy and psychotherapist are relatively meaningless terms (p. 26) and proceeds to write a book that could just as readily been entitled "Diagnosis and Treatment in Psychotherapy." She draws heavily on all the psychotherapy literature (including a summary of RET) and makes no discernible distinction between psychotherapy and counseling (except perhaps that counselors may not legitimately use projective tests). Nevertheless, whatever the label, she has written an up-to-date, brief and readable account of the state of the science/art.

A TEXTBOOK OF BIOLOGICAL FEEDBACK. M. Fischer-Williams, A.J. Nigl, and D.L. Sovine, New York: Human Sciences Press, 1986. 511 pp., \$19.95 (paper).

In the course of thoroughly explaining biofeedback and citing a great deal of research support for what is explained, the authors also tell us a lot of valuable stuff about the human organism in disease and in health. The chapter headings give you a rough idea of the extent of this fine account of the human animal and ways of that animal to function more effectively: development of biofeedback, neuroanatomical and physiological basis of biofeedback, relaxation techniques, bioelectronics & instrumentation, symptoms of pain, symptoms of seizure, disorders of sensory function, disorders of motor function, disorders of sleep, disorders of the integumental system, disorders of the musculoskeletal system, disorders of the respiratory system, disorders of the cardiovascular system, of the gastrointestinal system, of the genitourinary system, of the endocrine system, of the cognitive emotional system, clinical indications and contraindications for biofeedback, biofeedback and psychotherapy, and in perspective and adjuncts and research methodology and clinical application.

HEAL THYSELF: THE HEALTH OF HEALTH CARE PROFESSIONALS. C.D. Scott & J. Hawk (Eds.). New York: Brunner/Mazel, 1986. 308 pp., \$30.

Although the editors state very briefly in an introduction the topical content of each chapter in the three sections of the book, there is no attempt even there to demonstrate any lead-in or exit-from one topic to another. The sections have no introductions or summaries and the book as a whole has no summary. The individual chapter writers show little or no awareness of their fellow writers' contributions, so the reader bounces along from one subject to another with no connecting links. The writing is (as one might expect with some 30 contributors) uneven, which clearly does not soothe the feeling of a jerky ride. The con-

tent strikes me as too academically oriented for the broad group of health care professionals to whom the editors apparently hope to appeal. Still, though, there is a fair amount of information packed within for those who are willing to study instead of have an enjoyable read (maybe I'm overly weary of perusing stringy and stuffy stuff).

**THE ANXIOUS SELF: DIAGNOSIS AND TREATMENT OF FEARS AND PHOBIAS.** R.A. Kleinknecht. New York: Human Sciences Press, 1986. 236 pp., \$14.95 (paper).

For at least this once I fully agree with what the publishers have blurbed on the back of the book: "This work provides an overview of current clinical and scientific conceptions of fear, anxiety and phobia; illustrates how they affect human behavior; and describes several treatment methods to which the majority of these conditions are responsive." What's more, Kleinknecht, a faculty member of Western Washington University as well as a privately practicing psychologist, has researched the topic well, thinks well, and writes well.

**THE THEORY AND PRACTICE OF SELF PSYCHOLOGY.** M.T. White & M.B. Weiner. New York: Brunner/Mazel, 1986. 209 pp., \$25.

The authors develop Kohut's extension and reinterpretation of ego psychology and the psychoanalytic approach somewhat further than did he. The book is essentially an explanation and illustration (with case materials) of how love and empathy can help the most difficult patients (at least allegedly) including borderlines.

**THE HEALING WEB: SOCIAL NETWORKS & HUMAN SURVIVAL.** Marc Pilisuk & S.H. Parks. Hanover, N.H.: University Press of New England, 1986. 242 pp., \$19.95.

Because of the increasing fact of deterioration of earlier social supportive systems including families, humankind had better do something about creating new interactional networks. This book is a beginning in such a direction and illustrates how various communities have done this on a small scale. No real answers here, but stimulating first questions.

**HANDBOOK OF STRUCTURED TECHNIQUES IN MARRIAGE & FAMILY THERAPY.** Robert Sherman & Norman Fredman. New York: Brunner/Mazel, 1986. 250 pp., \$27.50.

For a book on therapy which offers a considerable variety of techniques and the philosophical assumptions underlying them, the absence of an index is a glaring defect. Such bibliographies as there are consist of "Resources" listed af-

ter the description of each of the 59 techniques. If you want to know if any of Carl Whitaker's procedures are mentioned, you have to wade through the 59 Resource listings to find out. Although the techniques are grouped (fantasy and imagery, sociometric, structural, behavioral, paradox, and alternative models), the groupings don't address themselves to therapeutic problems. An M & F therapist who wanted, for example, techniques that would help him to deal with a sex problem would find only one listed (Semens' Squeeze), and if impotence was not the sex problem in question that would be what we call technically in the literature: T \_\_\_\_\_ S \_\_\_\_\_.

**RESPONSIVE CARE: BEHAVIORAL INTERVENTIONS WITH ELDERLY PERSONS.** R.A. Hussian & R.L. Davis. Champaign, IL: Research Press, 1985. 197 pp., \$11.95 (paper).

This is a very practical approach to caring for the aged and describes systematically how to proceed with such care. My objection is that it is clearly institution-oriented and is almost militaristic in suggesting what amounts to doing things by the numbers. It treats old people like old people which may be inevitable and possibly even desirable when you must deal with them in institutional settings, but is not to be recommended in noninstitutional interactions. Still, though, there is a lot of accurate information concisely and usably presented here if the reader will lift it out of its one-two-three-four-forward-march intonations.

**THE PURITAN CONSCIENCE AND MODERN SEXUALITY.** Edmund Leites. New Haven: Yale Univ. Press, 1986. 196 pp., \$17.50.

For those of philosophical bent in a nonpragmatic way, this may be an interesting historical analysis of how the ethic of constancy developed in 17th- and 18th-century English culture. For those of us who are looking toward practical understanding and help for ourselves and others, I think there is little value here.

**RELAXATION DYNAMICS: NINE WORLD APPROACHES TO SELF-RELAXATION.** Jonathan C. Smith. Champaign, IL: Research Press, 1985. 357 pp., \$13.95 (paper).

Smith carefully explores the nine most important relaxation procedures (covering 58 specific exercises) and specifically instructs the reader how to use them. He gives definite criteria for determining the success or failure, allows for all kinds of individual differences, and emphasizes the desirability of getting enjoyment out of the no-panacea processes.

THE FANTASY BOND: STRUCTUE OF PSYCHOLOGICAL DEFENSES. R.W. Firestone. New York: Human Sciences Press, 1985. 406 pp., \$29.95.

The author expresses many times in this book that he believes most human beings are emotionally dead and that he sees the therapist's role as freeing them from their various fantasy bonds so that they may "achieve an ongoing state of vulnerability in which they are fully in touch with their feelings and respond appropriately to both positive and negative events in their lives" (p. 341). While I agree with the author that family relationships are based primarily on phoney feelings and that people go to great lengths to maintain relationships that they continually demonstrate to be very unpleasurable, but I believe (as devoted readers of my book reviews would no doubt guess) in tackling such relationships and the evaluations and resulting emotions that have emerged from such relationships by a straightforward exploratory rational problem solving attack. The author, on the other hand, wants to live life "to the fullest, whether painful or joyous" (it makes no difference?) and wants to lay this let your feelings hang out (whatever the hell they are) on anyone who will listen to him. This is the same old philosophy that our feelings (however irrationally based) are beautiful and wondrous and self-healing things, so all we have to do is spill them all over ourselves and others like soft-boiled eggs.

THEATERS OF THE MIND: ILLUSION AND TRUTH ON THE PSYCHOANALYTIC STAGE. Joyce McDougall. New York: Basic Books, 1985. 301 pp., \$22.95.

As a supervising and training analyst at the Paris Psychoanalytical Society, this author shows the kind of imaginative dogmatism for which the more creative psychoanalysts are celebrated (including Otto Kernberg, who has written a brief foreword for this book). If you are of the faith, this all must be wonderful. For us faithless, however, it is fascinating fantasy.

LANGUAGE IN BEHAVIOR (2ND ED.). R.W. Howell & H.J. Vetter. New York: Human Sciences Press, 1985. 299 pp., \$19.95 (paper).

Howell (an anthropologist) and Vetter (a psychologist) have updated and reorganized their original text with the result that this is an excellent brief and nontechnical reference on the following topics: linguistics in historical perspective (takes the living-and-changing language position against the purists), antecedents of language (includes work with the apes), the origin and diversity of languages, nonverbal communication, the theory of language: sounds, the theory of language: sequences, the ontogenesis of language, speech pathologies, derived systems, pidgins and creoles, language and society, and language

and culture. Even if you are not fascinated with language and its effect on human behavior (as I happen to be), you will find this a very interesting and valuable and fast-moving read.

COPING WITH AN OSTOMY. R.H. Phillips. Wayne, NJ: Avery, 1986. 285 pp., \$8.95 (paper).

"Ostomy," which, as the author points out, started as a suffix and now is a word referring to any opening made surgically in the body. The majority of the 100,000 such operations that are made each year in this country involve the colon (colostomy), the small intestine (ileostomy), and the urinary tract (urostomy). Since vital plumbing is involved, both patients and their associates tend to have a lot of anxiety engendered before and after the surgery. Although I find his style a little folksy/corny for my taste, I suspect Phillips' book would read well for many persons involved with such operations and that they would get genuine help in ways that run essentially along RET lines.

PRACTICAL PSYCHOTHERAPY. Myron F. Weiner. New York: Brunner/Mazel, 1986. 322 pp., \$30.

One of the values of this book is that Weiner reminds his fellow psychiatrists that there are a variety of other therapeutic approaches than the psychoanalytic and that there are many situations and patients for which other approaches are the treatment of preference. Another way the book helps is in providing interesting materials and ideas about such matters as goals and process of therapy, level and timing of interventions, dreams and imagery, and resolving impasses from Weiner's point of view. The main trouble with the book, as I see it, is that Weiner's point of view remains basically psychoanalytic and other approaches are automatically (and perhaps unwittingly) downgraded in terms of this point of view. Cognitive therapies are, for example, classified as *repressive* therapies and thought of as relatively superficial (while some of us, of course, think that RET, at least, gets more deeply at causation than other approaches). All in all the book is interesting and stimulating (which is not to be denigrated), but not highly helpful in a *practical* way to the nonpsychoanalytic therapist.

MODERN PSYCHOANALYSIS OF THE SCHIZOPHRENIC PATIENT (2ND ED.). Hyman Spotnitz. New York: Human Sciences Press, 1985. 337 pp., \$29.95.

I am not familiar with the first edition of this book (apparently about 1970), but the updating of references and the actual utilization of them leads me to believe that this is a greatly improved edition. In any case, it is very well done and one does not need to be of psychoanalytic persuasion to find a lot of help here in working with people, schizophrenic or otherwise.

EMPATHY: DEVELOPMENT, TRAINING, AND CONSEQUENCES. A.P. Goldstein & G.P. Michaels. Hillsdale, NJ: Lawrence Erlbaum, 1985. 287 pp., \$29.95.

The authors have certainly done an unusually thorough job of gathering and analyzing all available literature and research findings on their subject. They also present their findings in a very clear and logical fashion. Anyone who wants to have a full scholarly and scientific (to the limits of the extensive but not very conclusive research) understanding of empathy will highly prize this book. *But*, for the clinician, the value is highly questionable. The authors' own words say it well: "Early psychotherapy research too sweepingly concluded that high levels of therapist empathy enhanced therapeutic outcome whoever the patient and therapist, and whatever the therapy was. Subsequent investigation and reflection led to a more moderate view, one that saw therapist empathy being facilitative in some instances, not in others—but which, and when, with whom, by whom?" (p. 142). These questions go unanswered.

THE SHAME EXPERIENCE. Susan Miller. Hillsdale, NJ: Lawrence Erlbaum, 1985. 189 pp., \$24.95.

In a foreword to this book, Martin Mayman of the University of Michigan, describes a study which brought out the idiosyncratic nature of what people call shame and guilt. In general, however, this study devotes itself to feeling inferior (often called shame) as distinguished from feeling one has violated a standard (guilt) and from a variety of other feelings such as self-consciousness, humiliation, and embarrassment. While clarifying, the author would have provided us with something of much greater therapeutic value had she been aware of the RET (rather than the rather vague psychoanalytic) approach to these negative feelings.

CASE STUDIES IN HYPNOTHERAPY. E.T. Dowd & J.M. Healy (Eds.). New York: Guilford, 1986. 318 pp., \$26.95.

No other book to my knowledge does the job this one does: Namely, it demonstrates in considerable detail just how a clinician would proceed with clients who manifest a variety of emotional problems, family and relationship problems, habit control, somatic problems, pain control, borderlines, reparenting, and forensic situations. Albert Ellis has the first chapter in which he shows how hypnosis used in conjunction with RET can be helpful in treating anxiety about anxiety.

RESPONSIVE CARE: BEHAVIORAL INTERVENTIONS WITH ELDERLY PERSONS. R.A. Hussian & R.L. Davis. Champaign, IL: Research Press, 1985. 197 pp., \$12.95 (paper).

While fully in touch with the research literature, Hussian and Davis, clinical psychologists at Terrell State Hospital in Texas, are obviously writing

mainly from their abundant and perceptive work directly with elderly patients. They make clear what to do with every imaginable problem with these persons, precisely how to bring about desired behavioral changes, and even why they probably work. All this is done in clear and very brief statements, so that the clinician does not have to wade through a lot of less relevant stuff to get to practical points.

**LIVING THROUGH DIVORCE.** J.K. Rice & D.G. Rice. New York, Guilford, 1986. 303 pp., \$26.95.

Although I prefer couple therapy as a generic term rather than divorce therapy, premarital therapy, nonmarital therapy, marital therapy, etc., this is a basically good book on counseling couples into and through divorce. The authors tend to be objective and matter-of-fact about divorce, which is still not too common in the M & F area.

**GROUP THERAPY WITH ALCOHOLICS.** Baruch Levine & Virginia Gallogly. Beverly Hills, CA: Sage, 1985. H.S. Strean. *Therapeutic Principles in Practice*.

These small paperbacks of, respectively, 160 pages and 150 pages came to me without indicated price. They are worth "reviewing" because the first states briefly and with the accuracy derived from plenty of experience how to set up groups to work successfully with alcoholics and because the second, though written from the psychoanalytic point of view, presents a neat manual of major principles involved in doing effective therapeutic work.

**RELAXATION DYNAMICS: NINE WORLD APPROACHES TO SELF-RELAXATION.** J.C. Smith. Champaign, IL: Research Press, 1985. 386 pp., \$16.95 (paper).

Smith's nine world approaches fall three each into three categories:

1. Physical exercises:
  - a. isometric squeeze relaxation,
  - b. yogaform stretching, and
  - c. integrative breathing
2. Unrestrictive mental exercises:
  - a. somatic focusing (beginning exercises),
  - b. somatic focusing (advanced exercises), and thematic imagery
3. Restrictive mental exercises:
  - a. contemplation,
  - b. centered focus meditation, and
  - c. open focus meditation.

Roughly 2/3 of the book truly teaches various methods of relaxing for a considerable variety of purposes and is based on no greater knowledge than an un-



derstanding of English. The latter part of the book is designed for professionals and presents five different Relaxation Dynamics training program schedules for those who want to use the first part of the book as a text in teaching.

**THE FEARS OF CHILDHOOD.** E.P. Sarafino. New York: Human Sciences Press, 1986. 212 pp., \$9.95 (paper).

In his preface, Sarafino states that "this book gives you straightforward and practical information that you can apply directly when childhood fears arise" (p. 9), and I have seen no reason, having read his book, to dispute this statement. He also, as he says, "tells you specific ways you can help prevent fears from developing. And if a child has one or more fears that you suspect may be too serious for you to handle, this book describes signs to help you decide whether your suspicions are correct and provides advice on seeking professional help" (*ibid*). The author and his understanding and methods might well profit from a more explicit understanding of cognitive behavioral therapeutic procedures, but who's perfect?

**CLINICAL HANDBOOK OF PSYCHOLOGICAL DISORDERS.** D.H. Barlow (Ed.). New York: Guilford, 1985. 586 pp., \$39.50.

This is a very carefully planned and tediously edited and executed how-to-do-it book. It is based on actual treatment protocols for ten most frequently encountered adult disorders. Experienced clinicians have collaborated on the chapters (only one is single-authored) in their particular treatment speciality areas. The editor has written a succinct but helpful introduction to each chapter, which gives the book a kind of unity, and he has honed diverse writing down into enough of a common denominator to bring some sense of coherence. The ten disorder areas are agoraphobia, obsessive-compulsive disorder, clinical stress management, depression, alcoholism, obesity, marital distress, sexual dysfunction, the chronically mentally disabled, and personality disorders.

**VALUES, ETHICS AND AGING.** G. Lesnoff-Caravaglia (Ed.). New York: Human Sciences Press, 1985. 207 pp., \$12.95.

This is an attempt to make a relatively objective evaluation of how our society really thinks and feels about the aged (based on observations of how they are treated) and to point the way toward better understanding and assimilation of this group. But the chapters are too disjointed and the editor makes no real effort to weave them into a whole, and some of the writers seem to be unable to make up their minds whether they are analyzing existing conditions or trying to write something uplifting for the aged themselves.

**IS MENTAL ILLNESS PREVENTABLE?** H.A. Marlowe, Jr. & R.B. Weinberg (Eds.). New York: Human Sciences Press, 1985. pp. 205-315 (sepa-

rate of *Journal of Primary Prevention*, Vol. 5, No. 4, Summer, 1985), \$12.95.

Anyone who wants all the arguments in favor of a preventive mental health program and all the arguments against and all the rebuttals and comments about all the arguments will find them here. It is all very enlightening, but I found practical applications rather scarce.