The Extraordinary Book


Like the second volume, the third volume of this encyclopedia also deals with the topic Freud and His Influences. Dr. Dieter Eicke is again the editor of this volume; he was already introduced at the beginning of our review of volume 2. As the result of Eicke’s consequent editorial work this third volume can also be strongly recommended to all those readers who are interested in a more detailed study of the fascinating phenomenon ‘Psychoanalysis’.

Volume 3 begins with the continuation of the topic Psychoanalytic Movement (pp. 1–129). This chapter concerns the movements in France (R. and I. Barande), Netherlands (J. Spanjaard and R. U. Mekking), Italy (E. Gaddini), Israel (E. Gumbel) and Eastern Europe; namely: Hungary and Rumania (J. Paal), Poland (J. Malewski), Czechoslovakia (R. Fischer), Russia (R. and E. Fischer) and Yugoslavia (J. Milakovic). I would like to comment on two contributions. The first contribution is by Erich Gumbel. Gumbel emigrated in 1934 from Germany to Jerusalem and is head of the Jerusalem Psychoanalytic Institute (Max-Eitington-Institute). In his contribution Gumbel outlines the psychoanalytic points of view which were particularly studied in educational institutions (not universities) and in psychic support during the Yom Kippur War in 1973. According to Gumbel, the official attitudes of the universities with regard to psychoanalysis are predominantly negative. Janos Paal highlights the great importance of the ‘Budapest School’ which was characterized by its eminent representatives and by specific historical events. Besides Ferenczi, the following psychoanalytic pioneers are be considered: Sandor Rado, Melanie Klein, Michael Balint, Franz Alexander, Sandor Lorand and Imre Hermann.

Following the Psychoanalytic movement the topic The Followers of Freud is presented. Concerning this chapter Eicke was able to select highly qualified psychoanalysts who clearly familiarize the reader with the following profiled psychoanalysts: A. Freud (A. Besser); H. Hartmann (H.F. Waldhorn), M. Balint (M. Hoffmeister), E.H. Erikson (E.C. Adams), D. W. Winnicott (M.R. Kahn), W. Reich (W.E. Büntig), H Schultz-Hencke (E. and W. Zander) and K. Homey, H. Stack Sullivan, E. Fromm (G. Chrzanowski). The reviewer congratulates all the authors who dealt with the topic Followers because of the highly successful chapters which are connected with extensive references. In the contribution Life and Work of Anna Freud (pp. 130–181) we do not only learn relevant information concerning the relationship to her father and the emigration but also instructive information about the psychoanalytic studies in Vienna and in exile. The contribution Heinz Hartmann and the Psychoanalysis (pp. 182–209) gives an extraordinarily precise and easily understandable view of Hartmanris extensive research work. The same description of precise and easily readable information can be applied to the contribution The Work of Melanie Klein (pp. 210–249). The contribution The Work of D.W. Winnicott (pp. 348–382) is particularly impressive because of the unusual immediate picture which the author gives as the result of a 20-year long cooperation with Winnicott. Having read this chapter the final
remark of Kahn is fully understandable: ‘Winnicott was a particularly outstanding man; I will never meet another person like him.’ The contribution The Work of Wilhelm Reich and His Followers (pp. 383–425) was written by the author who was deeply immersed in his work and displays profound knowledge. In Büntig’s contribution his statement ‘Wilhelm Reich is, without any doubt, the most controversial figure in the history of psychoanalysis’ is confirmed and his simultaneous statement is brought into question ‘that the occurrence of Reich’s banishment from psychoanalysis was totally incredible’. In the very carefully written contribution The Neo-Psychoanalysis of Harald Schultz-Hencke (pp. 426–474) the two authors succeed in reaching their aim; namely: ‘to clearly and logically draw up the work of Schultz-Hencke who has been frequently misunderstood and falsely interpreted’. In the last chapter (pp. 475–512) The Trio of the Neo-Freudians; namely: Karen Homey, Harry Stack Sullivan and Erich Fromm is adequately presented. The reviewer would like to give special prominence to the paper Michael Balint’s Contribution with Regard to Theory and Technique of Psychoanalysis (pp. 250–300) on the one hand, which was written by Manon Hoffmeister, clinical psychologist, University of Tubingen (FRG) as well as to the paper The Work of Erik H. Erikson (pp. 301–347) on the other hand, which was written by Edward C. Adams (San Francisco, Calif.) practising analyst and teacher in psychiatry and psychoanalysis. The reviewer is of the opinion that these excellent contributions by the two authors cannot be surpassed.

Following the Followers of Freud extensive contributions with regard to the Individual Psychology of Alfred Adler and with regard to the Analytical Psychology of Carl Gustav Jung are presented. The very extensive chapter Individual Psychology (pp. 513–662) concerns on the one hand statements about Adler and his era (F. Mohr, R. Kausen) which also includes the breach with Freud (K. Seelmann). On the other hand the contribution Adler as an Author (W. Metzger) is presented. The Individual Psychology is comprehensively illustrated on the basis of the key words Adler’s Individual Psychology (K. Seelmann), Adler’s Case Presentations Seen from Today’s View-Point (R. Schmidt), The Contribution of Individual Psychology Concerning Psychosomatic Medicine (J. Rattner).

The topic Analytical Psychology includes five further contributions (pp. 820–940) which deal with the Followers of Jung; namely: G.R. Heyerin Germany (N. Kindler), Erich Neumann in Israel (H. Prokop), Further Development of Analytical Psychology (H. Diek-mann, E. Jung), Analytical Psychology in England (M. Fordham) and The increasing influence of Analytical Psychology in the US (HA. Wilmer). The latter title of Wilmer and the inherent statements are based on ‘impressions’ and in the view of the reviewer it is very doubtful if these statements are real or are just suppositions. Particularly Wilmer’s ‘evidence’ is not convincing; namely: the ‘personal impressions’, ‘the opinion of psychiatry-lecturers’ and the ‘opinion of followers of Analytical Psychology’. Obviously, Wilmer’s statements stem from frustration feelings which can be repeatedly found in his contribution which is otherwise objective and profound. A further typical example with regard to Wilmer’s frustration feelings is the following sentence: ‘Jung’s psychology is adapted for the healing of suffering people (normal, neurotic, psychotic people), it can be developed as a decisive factor for the survival-change of humanity.’ Similarly characteristic is Wilmer’s following sentence: ‘Unfortunately, Jung’s work seems to repel extroverts and logicians; namely: those people in the West who incline towards technology and
science; therefore psychiatrists are no exception.’ The same frustration feelings and the resulting over-compensations
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obviously exist in R. Kausen. According to this author ‘a renaissance of the Analytical Psychology is in the initial stages’ (‘In spite of a far-reaching hushing-up strategy, particularly inaugurated by psychoanalysis, is at present increasing the interest in Analytical Psychology’). After the topics Adler and Jung certain further ‘subsequent trends’ are instructively presented (pp. 941–1068); namely: The Daseinsanalyse (W. Blankenburg), The Phenome-nologically-Anthropologically Orientated Psychiatry and Psychology in France (H. Lang), The Schicksalsanalyse of Leopold Szondi (W. Huthj, Carl R. Rogers’ Theory of Psychotherapy and Its Application in Practice (W.M. Pfeiffer) and The Gestalttherapie of Fritz Perl (W.E. Bünstig). A relevant part of the third volume represents The Techniques in Psychotherapy. The first topic concerns the Analytical Methods. At once, the reader is engrossed in four excellent contributions; three of the authors stem from The Sigmund-Freud Institute, Frankfurt (FRG). The theme The Psychoanalytical Situation as the Basis of the Psychoanalytical Therapy is eminently presented by L. Rosenkötter. The author systematically illustrates the psychoanalytical dialogue and gives an easily understandable presentation of the arrangement and the effectivity factors which are inherent in the psychoanalytical situation (pp. 1069–1077). M. Muck, the author of the contribution Transference and Counter-Transference, deals with precise definitions which make the reader familiar with this field (pp. 1109–1124). R. Klüwer describes convincingly The Psychoanalytical Focal Therapy with regard to the concept, the indication and the technique (pp. 1134–1143). On the basis of his far-embracing own experience, F. Beese outlines The Clinical Psychotherapy (pp. 1144–1163). Besides these four contributions, L. Szekely (originally stemming from the Budapest School and now a practising psychoanalyst in Stockholm) wrote the contribution Sense, Interpretation and Self-Cognition in Psychoanalysis (pp. 1078–1108). K.H. Fierz Mentions some ideas concerning The Methodology, Theory and Ethics in Analytical Psychotherapy (pp. 1125–1133). The second topic with regard to the Techniques in Psychotherapy is entitled Exercising and a-Verbal methods. All the techniques which are presented here do not show the impressive scientific foundation which can be demonstrated concerning the psychoanalytical techniques. Therefore, all these contributions do not have such a convincing and systematic note as the papers of Rosenkötter, Muck, Klüwer and Beese. Moreover by the contributions on this second topic a lot of information is presented. The titles and the responsible authors are the following: Psychagogia (E. Wiesenhütter), Hypnosis (G. Krapf), The Intensifying of Depth-Psychologically Orientated Psychotherapy by Medicine (H. Leunerj, The Primal Therapy (A. Görresj, The Methods of Gestaltungs-therapie (C. Rösch and H. Hartkopf), Musicotherapy (H. Remmler), Movement Therapy (H. Stolzej, Respiratory Therapy in the Sense of Psychotherapy (A. Henning and E. Praegert), Meditative Practices in Psychotherapy (K. Dürckheim) and The Application of Yoga to Psychotherapy (R. Walser). An unusually successful conclusion to the second volume entitled Freud and His Influences Represents the topic Psychotherapy in the View of the General Practitioners. On the basis of the Balint Group Work two former co-workers of Balint – H.K. Knoepfel (Zurich) and M. Clyne (London) – describe, in a didactically outstanding manner, the possibilities and limitations of the psychotherapeutic interventions which come into question for the general practitioners who are not trained in psychological medicine
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(pp. 1321–1349). Each colleague who is interested in advanced training with regard to psychological medicine should begin with the study of these two contributions. In conclusion, if we reflect on the two volumes Freud and His Influences, then, we are able to emphatically confirm to the editor, Dieter Eicke, that he has successfully presented an excellently drafted work. This splendid concept particularly concerns not only the original theme formation and the careful selection of the authors but also the exterior design and the impressive illustrations (particularly those of Adler and Jung as well as of the authors). These two volumes represent a very convincing document with regard to the great effectivity which is inherent in the Psychoanalytic movement. In the German language field, this effectivity is shown by the fact that the younger contributors represent a new generation of thought. The reviewer looks forward with great expectation to volume 4 of this encyclopedia which will be entitled Pavlov and His Influences (from Classical Conditioning to Behavior Therapy).

H. Freyberger, Hannover

H. Zeier (ed.)
Die Psychologie des 20. Jahrhunderts

A transition from volume 3, Freud and His Influences, to the present volume, Pavlov and His Influences, exists in so far as on the outside leaf – next to his picture – the following statement by B.F. Skinner is presented: ‘In this century the two pioneers with regard to the behavioural science are Freud and Pavlov.’ Furthermore, the statement of Dr. Ivan P. Pavlov is presented – next to his picture and that of Edward L. Thorndike – ‘I must confess that the honour of having been the first person to tread this new path belongs to Thorndike.’

The editor, Hans Zeier, lecturer at the Institute of Behavioural Science at the Swiss Confederation Technical College, is working as a behavioural biologist and pedagogue. His fields of work concern experimental learning research and physiological psychology. Zeier is distinguished for numerous scientific publications; among others The Dictionary of Learning Theories and Behavioural Therapy (Kindler, 1976) which was compiled by him. Volume 4 of the Kindler encyclopedia deals with the natural scientifically oriented behavioural psychology which is also called Objective psychology’. A ‘chronological table with regard to the development of the learning theories and the experimental psychology’ is presented at the beginning of the volume. This chronological table begins with Pavlov (1849–1936) and furthermore mentions particularly Wladimir M. Bechterew (1857–1927), Edward L. Thorndike (1874–1949) and John B. Watson (1878–1958). In Zeier’s view, the choice of starting with Pavlov is justified because Pavlov cut a great figure in the development of the behavioural conditioning. However, according to Zeier, starting with Pavlov does not mean that only this pioneer had strongly influenced the development of behavioural psychology.

Volume 4 consists of two main topics: firstly, the development and scientific foundation of the learning theories and, secondly, the application of these with regard to behavioural modification or behavioural therapy. The first main topic includes the four chapters: Classical Learning and Behavioural Theories (pp. 20–188); Descriptive Behavioural Analysis (pp. 189–428); Physiological Aspects (pp. 429–
524), and Mathematical and Scientific Theoretical Aspects (pp. 525–614). The ‘classical’ chapter includes comprehensive descriptions with regard to the person and the research work of Pavlov and his followers (Th. Kussmann and O. Buresova). Furthermore, the trends of the stimulus-response theory (S-R theory which primarily descended from the neobehavioural onset of Clark L. Hull) are presented in the sense of a systematically elaborated formal behaviour theory and the subsequent later developments of the last two centuries (A. Amsel and I.M. Rashotte). A further classical learning theory which is represented by N.J. Mackintosh is the cognitive one which accentuates the processes with regard to perception and information assimilation which are directed against the S-R theories. The chapter Descriptive Behavioural Analysis begins with the theoretical founder: Burrhus F. Skinner (born in 1904) who developed the method of the operant conditioning. The relevant practical application possibilities are outlined (A. Werner and W.H. Butollo). Two further contributions concern the themes: Stimulus Generalization and Stimulus Control (W.K. Honig and P.J. Urcuioli) as well as Pavlov’s Guide of Operant Behaviour (B. Schwartz and E. Gamzu). The application of the descriptive behaviour analysis method for the purpose of research into the various phenomena of human behaviour is presented in the contributions: Behavioural Analysis of Language (A.Ch. Catania) and Social Learning (J.L. Gewirtz). The latter contribution deals with the relationship between the child and the caring adult including the inherent interaction processes. The chapter Physiological Aspects contains the contributions Physiological and Motivational Aspects of Reinforcement (J.P. Huston) and The Physiological Foundation of Learning (J. Bures). In the last chapter of the first main topic, the mathematical and scientific theoretical aspects are outlined on the basis of the following contributions: Mathematical Learning Models (Ch. Palmers); Reinforcement Principles in the Organization of Behaviour (W.T. Powers) in the sense of a system which deals with feedback-principles, as well as the contribution Reductionism in Psychology (A.R. Luria, the eminent Russian psychologist).

The second main topic, entitled Behavioural Modification consists of the three chapters: Origin and Scientifically Theoretical Controversies (pp. 625–712); Application Fields of Behavioural Modification (pp. 713–879), and Sociopolitical Aspects (pp. 880–968). According to Zeier, ‘the aim of behavioural therapy is not only to ensure that undesirable behaviour no longer occurs but also to plan what the patient has to do in situations in which he previously behaved in an undesirable manner’.

Contributions with regard to the theoretical aspects of the behavioural modification are presented in the first chapter; namely: The Development of the Behavioural Therapy (J.B. Gordon); The Development and Acceptance of the Behavioural Therapy in Germany (Ch. Kraiker), and The Controversy between Behavioural Therapy and Psychoanalysis (H. Keupp and Ch. Kraiker). The fields of application and related developments of the behavioural therapy are extensively presented in the second chapter of the second main topic. L. Süllwold describes in her contribution, Behavioural Therapy on the Basis of Clinical Cases, specific interventions. The therapeutic work particularly concerns patients suffering from phobias and generalized social anxieties, writer’s cramp and tics as well as exhibitionism and stuttering. Zeier deals with the theme Behaviour Conditioning through Biofeedback. This contribution especially concerns the modifying aspects by means of operant methods in the case of the psychophysiological consequences of irregularities of the vegetative system. This form of behavioural therapy includes, thanks to the external feedback, the possibility for the patient to be
able to bring his worries under control. Following this F.H. Kamper presents the contribution Self-Regulation and Self-Control. A. Lazarus describes his Multimodal Behavioural Therapy which includes the increased parenthesis of cognitive, socio-psychological and theoretical aspects. Lazarus exemplifies his strategies particularly on the basis of partner therapy. The pedagogical behavioural modification is treated in the contribution by R. V. Hall and R. Copeland. 

The last chapter of the second topic Social and Socio-Political Aspects concerns the contributions Model-Learning and Self-Improving Procedures (T.L. Rosenthal); Operant Control of Social Behaviour and Society (R.E. Ulrich and K. Mueller), as well as, Behavioural Conditioning and Individual Liberty (E. Ermertz). The reviewer would like to acknowledge the fact that the editor, Hans Zeier, has achieved an outstanding editorial work. This work does not only concern the thematical design and the selection of the authors but also the minimal amount of cross-reference in the individual contributions. Each contribution deals entirely with its own theme. By a supplementary glossary which includes the most important learning theoretical concepts and the behavioural therapeutic methods the introduction into this clearly planned and very meaningful book is considerably facilitated. The short biographies of relevant pioneers of the present fields and references to publications of contemporary authors represent a further important orientating help. Besides some theoretical contributions, medical colleagues will be particularly interested in the application fields of the behavioural modification in medicine. These readers’ interest may especially concern those contributions which are apparent in patients suffering from ‘neuroses’ (in the psychoanalytical sense) and in patients suffering from psychosomatic disorders. The biofeedback methods and the multimodal therapy are imposing as highly interesting therapeutic methods concerning the clinical-psychological treatment with psychosomatic patients. However, those medical colleagues who have already received some introduction to the psychoanalytically oriented psychological medicine will be puzzled by some chapters of this book if the attitudes of psychoanalysis and behavioural therapy are raised. For example, this embarrassment may occur as the consequence of statements which the author Gewirtz mentions with an astonishing and highly persuasive power. This statement concerns the thesis that in the framework of the interpretation of the mother–child relationship the application of the psychoanalytically oriented drive concept can be neglected. Furthermore, that part of Gordon’s contribution which is called Medical Model, appears amateurish and not clearly defined. Also, Gordon tends to associate this Medical Model with psychoanalysis (?!?!). The controversy between psychoanalysis and behavioural therapy is systematically outlined in the contribution of Keupp and Kraiker, who have written their chapters in a very engaging and logically objective manner. The misunderstandings between these two fields which are full of polemic are presented in their contribution on the basis of the cited authors. Therefore, I would like to finish my review with Keupp and Kraiker who urge psychoanalysts and behavioural therapists to be ever ready to discuss all problems with patience. H. Freyberger, Hannover

Herbert Weiner
Psychobiology and Human Disease
665 pp.; US $ 48.95 / Dfl. 120.- Elsevier, Amsterdam 1977
Dr. Herbert Weiner is professor of psychiatry and neuroscience at the Albert Einstein College of Medicine, New York, where he is also chairman of its department of psychiatry and of the department of psychiatry at Montefiore Hospital and Medical Center. Dr. Weiner’s book, entitled Psychobiology and Human Disease, is a major contribution to our knowledge of the roles which physical and psychological factors play in diseases. According to the author, the only branch of medicine that attempts to have a comprehensive view of disease – in that it tries to provide both functional and historical explanations of disease – is, awkwardly, named psychosomatic medicine.

The foreword by Dr. John Romano (Rochester, N.Y.) is followed by Dr. Weiner’s introduction which includes very interesting considerations concerning psychosomatic research problems. Subsequently a greatly remarkable achievement is manifest: the first in-depth review of psychosomatic medicine in two decades. The author examines the vast accumulation of data and concepts in the light of the most recent information about their physical and psychological factors in seven diseases which were chosen because they have been most extensively studied by psychosocial techniques; namely: peptic ulcer, essential hypertension, bronchial asthma, Graves’ disease, rheumatoid arthritis and ulcerative colitis with a note on Crohn’s disease. Each of Dr. Weiner’s disease presentations with regard to their psychosocial factors, genetics, epidemiology, biochemistry, immunology and physiology are outstanding as well as highly unique concerning the consequent and exhaustive study of the relationships of biological, psychological, and social determinants of health and disease.

Dr. Weiner concludes that there are multiple predispositions to the diseases studied, and that there is a probability of psychological and social predisposing factors in all diseases. His results reflect a strict adherence to the axiom of the psychosomatic approach: that diseases occur in people, and that the analysis of diseases requires a thorough understanding of the human, social and cultural environment.

Following the outstanding disease presentations, the author deals with the topic, Psychobiological Contributions to Human Disease. This chapter which shows the same excellent quality as the preceding chapters includes careful considerations concerning the very important topics: The Predisposition of Disease and The Initiation of Disease, as well as, Toward an Understanding of the Transduction of Experience by the Brain and Factors that Sustain or Ameliorate Disease. The questions that Dr. Weiner leaves open provide the initial steps for future research: what is the nature of the pathogenetic mechanism? In particular: what role does the brain, as the organ of the mind, play in the inception of disease?

Derived from a sustained and productive scholarship in the neural sciences, endocrinology, psychoanalysis and clinical psychiatry, Dr. Weiner was prepared to write this eminently interesting book which represents an unusually great pioneer work and is a milestone in what it achieves empirically, and in what it implies conceptually: the potential application of the psychosomatic approach to the development of a comprehensive theory of health and disease. The author also points out the vagueness of the adjectival use of the word ‘psychosomatic’ and draws attention to its broader connotative meaning; namely: in the maintenance of health, as well as in the predisposition, inception, and maintenance of many diseases.

This outstanding book will inform the uninformed. Furthermore
this book is suitable to mediate some relevant basic knowledge with regard to the simultaneous application of somatotherapeutic and psychotherapeutic strategies in patients who use both medical and psychological treatment. Finally, this book will generate new ideas and practices in those currently engaged in research and serves as an excellent stimulus and model to the young in search of a career. In the opinion of the reviewer, this book represents the most important work which has up to now been published in the field of so-called ‘Psychosomatic medicine’. Furthermore, in the reviewer’s opinion there exists no one book which draws in such a greatly convincing manner the absolute necessity that advances in the field can come about only through the slow and painstaking research of investigators from the many relevant disciplines working in close and respectful cooperation. Therefore, this book is an ideal basis concerning the interdisciplinary oriented cooperations and highly suitable to considerably facilitate these cooperations. Finally, the reviewer would like to point out that he has never gained so much new information and so many new ideas as was possible on reading Dr. Weiner’s book. 

H. Freyberger
Hannover