R. Vigersky (ed.) Anorexia nervosa
The editor, Dr. Robert A. Vigersky, works in the Reproduction Research Branch, National Institute of Child Health and Human Development, National Institutes of Health, Bethesda, Md. (USA). Together with Vigersky, 66 colleagues from various medical disciplines have participated in the production of this book. Therefore, this volume is consequently an interdisciplinary one. Besides the psychiatrists, psychoanalysts and psychologists, the endocrinologists contribute because of the importance of the hypothalamic-pituitary and organ dysfunction and the gynecologists because the condition frequently presents itself as secondary amenorrhea. Furthermore, the contributions of the internists concern the many manifestations and the complications in the field of internal medicine. The contributions of the pediatricians appear important because of the frequent occurrence of anorexia nervosa in preteenagers and because of the fact that this disease represents a reversal of puberty.
On the basis of the three main chapters ‘Diagnosis, Methods, and Prognostic Factors’, ‘Hypothalamic and Endocrine Factors’ and ‘Treatment Modalities’ and as a consequence of the careful editorial work, this interesting book gives a very comprehensive discussion of the many facets of anorexia nervosa.
H. Freyberger, Hannover
Josef Mayer-Scheu Seelsorge im Krankenhaus
Matthias-Grünewald-Verlag, Mainz 1977
110pp.
ISBN 3-7867-0629-8
Dr. theol. Josef Mayer-Scheu, clergyman in the clinical departments, University of Heidelberg (Germany), is director of the first Catholic clinical pastoral training center in Germany. This concept was systematically approved in the past and is presented instructively in this book. Mayer-Scheu begins his book with some considerations concerning the orderly arrangement of the ministerial work throughout the whole range of therapy. Following this, the author outlines the single services of the ministry in hospital work with regard to the patient. This can be characterized not only by the various consultation and counselling procedures but also by the key words ‘Prayer and divine service’, ‘The last rites’ and ‘The support of dying persons’. The inherent clergyman’s activities are particularly exemplified by the author on the basis of the intensive care unit. A further instructive chapter deals with the conflicts between hospital ministerial work and therapeutic services. Finally, on the basis of his Heidelberg experiences Mayer-Scheu presents the elements concerning the building-up of a clinic congregation and gives a survey about the clinical pastoral training.
This very carefully written book strongly influences the reader by its convincing tenor. This is not only a consequence of the evident definitions but also due to the fact that Mayer-Scheu can very clearly describe what he experienced during the clinical day-to-day work in dealing with his patients. This important book represents an optimal basis for the new reflections about the relationships between clinical medicine and hospital ministerial work.

H. Freyberger, Hannover

A.P. Goldstein Strukturierte Lerntherapie

A.P. Goldstein starts with the observation that frequently persons with low social status are not sufficiently suitable for the usual psychotherapeutic methods. Therefore, the author developed his ‘structured learning therapy’. The book consists of three parts. Firstly, the various aspects of social prejudice are discussed. This discussion concerns questions of the relationship between income amount and treatment success; furthermore: special features of the personality structure particularly concerning the topics ‘authority dependence’ ‘conformity’ and ‘independence’; finally: the problems regarding the different language codes. These careful considerations give real arguments with regard to the planning of a special treatment method for persons with social prejudice. In the second part of the book, Goldstein presents his treatment method. This method particularly consists of a combination of certain proven methods, namely model learning, role play and social reinforcement. Furthermore, the author presents in detail his examinations with regard to the usefulness of his ‘structured learning therapy’ in the outpatient and inpatient treatment of persons with social prejudice. Finally, Goldstein informs about the application of his methods of training laymen therapists. These considerations are made clearer on the basis of an extensive collection of examples in the appendix of this book.

This book, which originally appeared in the US under the title Structured Learning Therapy, toward a Psychotherapy for the Poor, includes an excellent presentation of an obviously successful psychotherapeutic procedure in persons with social prejudice.

H. Freyberger, Hannover

Book Reviews

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H.J. Halhuber (Hrsg.)
Psychosozialer Stress und koronare Herzkrankheit
Springer, Berlin 1977
204 pp., 12 fig., 8 tab.; DM 36.-
ISBN 3-540-08322-7

This book is the result of an interdisciplinary-orientated workshop which took place at the well-known cardiologic rehabilitation clinic Höhenried (FRG). It was the aim of this workshop to present and discuss far-reaching facts with regard to the relationship between psychosocial stress and coronary heart disease. The participants were cardiologists, psychologists, epidemiologists, sociologists, physiologists and zoologists. Initially, the editor gives a critical survey with regard to the topic. This stoktaking is followed by epidemiological facts and a study concerning the occurrence of risk factors in workmen in the building trade. The special stress note of certain life and work conditions is outlined in the following chapters. Further themes are the metric objectivation of psychological stress, the
possibilities of prevention or other therapeutic processes with regard to stress situations as well as sociotherapeutic interventions and sociopolitical consequences.

This book gives a good outline of the various points of view with regard to psycho-social stress and coronary heart disease.

H. Freyberger, Hannover


Lernziele der medizinischen Psychologie


The editors of this book are well-known representatives of the topic ‘medical psychology’ which was recently institutionalized at the German Universities on the basis of chairs. The book includes systematically elaborated recommendations in the sense of learning aims with regard to the preclinical obligatory lectures and the final examination. Besides the mediation of basic knowledge, the socioemotional learning aims, which are unalterably necessary for the practice of the medical profession, are presented. Inherent examples can be described by the following key words: psychologically acceptable behavior in dealing with the patient; ability to perceive and estimate one’s own affective reactions and those of the patient; certain basic elements concerning medicopsychological acting; problem consciousness with regard to the medicopsychological methodology.

This greatly informative book is very relevant for all those groups who have to deal with medical psychology.

H. Freyberger, Hannover

Book Reviews

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A.A. Lazarus

Multimodale Verhaltenstherapie


In this reader which is now published in German, multimodal behavior therapy -which was developed by Arnold A. Lazarus – is presented in its different theoretical aspects and practical applications. The book is divided into two parts. In the first one the theoretical and clinical basis of multimodal behavior therapy is discussed. There is, e.g., the well-known article by Lazarus about ‘Treating the BASIC ID’, in which the fundamental ideas of assessment and treatment by means of the multimodal concept consisting of Behavior, effect, Sensation, Imagery, Cognition, Interpersonal and Drugs are described. Another report discusses the multimodal model in the context of general decision theory. Also questions and procedures in assessing different problematic behaviors are dealt with. In the following chapters the affective modality is looked at from an empirical and experimental point of view, and effects and countereffects of a lot of important psychiatric drugs are described. The second part contains a number of case studies and clinical reports. The deviations dealt with are, e.g., depression, anxiety, adipositas, sexual disorders and mental retardation. Other subjects of this part are ‘group therapy and BASIC ID’ and multimodal treatment of children. It should also be mentioned that in the appendix the ‘Life history questionnaire’ has been copied.
This interesting reader gives an extensive introduction into a new kind of behavior therapy, which stresses the importance of self-control, cognition, and imagery by leaving radical behaviorism of the early years way behind. It is shown in an excellent way that behavior therapy is not and has not to be mechanistic and technical. Nowadays, BASIC ID and the multimodal concept seem to be the most comprehensive system of behavior therapy. This is a book written by a practical man for the praxis. Thanks to the German editors for publishing this competent translation of Lazarus’ book.

H.-W. Künsebeck, Hannover


Drs. Strobel and Huppmann are co-workers of the Institute for Psychotherapy and Medical Psychology, University of Würzburg, School of Medicine. This book presents an outline with regard to the origin of the music therapy and its clinical-psychological application possibilities. The main feature of Stroebel and Huppmann’s contribution is the interactional-communicative character of their music therapy concept which does not concern purely passive listening but ‘active’ mutual music experience. With regard to psychotherapy and psychosomatic medicine, obviously music therapy is suitable to therapeutically facilitate the neurotic and psychosomatic patients’ ability to perceive their feelings in a discriminatingly sufficient manner. The content of this book can be characterized by the following key words: ‘History of music therapy’, ‘Phenomena and effects of music concerning its therapeutic application’, ‘Forms of the music therapy’ and ‘Application fields of music’. In a final chapter entitled ‘To the scientific point of view of the authors’, Stroebel and Huppmann give a critical synopsis which particularly includes research dispositions, definitions, questions and social science considerations. The final chapter ‘With regard to the training of the music therapist’ consists of short instructive recommendations.

This book represents a good introduction to the field of music therapy.

H. Freyberger, Hannover

B. Winter


The basis of this contribution represents the clinical-psychological investigation of a group of patients suffering from transverse lesion of the cord with paraplegia who were in inpatient treatment because of pressure sores. With the help of psychodynamic interviews and psychological tests the author found correlations between the occurrence of the pressure sores on the one hand and ‘critical life situations’ on the other hand. These life situations are described by the key words ‘loss’ and ‘helplessness and hopelessness’.

H. Freyberger, Hannover

Psychosocial. A Special Journal Review

Psychosocial is a new German language journal dealing with analysis, prevention and therapy of psychosocial conflicts and diseases. This journal is published every half-year and appeared for the first time in May 1978. It is published by the Rowohlt Publishing House, Hamburg.
Psychosocial deals with the social dependency of psychic processes and the psychic conditions of social behavior; with the development and application possibilities of psychosocial therapy methods; and with the chances and limitations of self-help initiatives, cooperation models and humane projects. The very promising future aspect which is evident on the basis of these thematic aims can also be made clear by the following eminently qualified editors: Dr. Dieter Beckmann, Giessen (Medical Psychologist); Dr. Hannes Beckmann, Giessen; Dr. Hartmut v. Hentig, Bielefeld (Educationalist); Dr. Albrecht Köhl, Giessen (Medical Sociologist); Dr. Annegret Overbeck, Giessen (Psychoanalyst, Family Therapist); Dr. Horst-Eberhard Richter, Giessen (Psychoanalyst, Psychosomatic); Dr. Hans Strotzka, Wien (Psychoanalyst); Dr. Ambros Uchten-hagen, Zurich (Social Psychiatrist); Or. Eberhard Ulich, Zurich (Work Psychologist); Dr. Jürg Willi, Zurich (Psychiatrist, Psychoanalyst); Dr. Gisela Zenz, Frankfurt (Lawyer).

In the view of the reviewer, the most impressive main feature in this first edition of Psychosocial is not only the attractive aim and the outstanding people on the editorial board, but also the unusually careful editorial work which was completed by H. Friedrich and A. Overbeck. In their editorial, these two editors make the statement that the contributions of volume 1 represent a far-reaching attempt to analyse the relationship of psychic and social facts. We can illustrate the scientific content of this volume by looking at the titles of the following seven contributions: ‘Psychoanalysis and psychosocial therapy’ (H.E. Richter); ‘Social disposition and therapeutic practice, concerning the question of the social aims of the psychiatric and psychotherapeutic work’ (A. Uchtenhagen); ‘About possible correlations between work activity and personality development’ (E. Ulich); ‘Child-family-school, the incorporating of the social illness concept into the pedagogic and therapeutic theory and practice’ (A. Overbeck); ‘Psychology and the consultation hour’ (D. Beckmann); ‘Family and illness event in chronic diseases’ (H. Friedrich); ‘For example Austria-psychosocial developments and conflicts of a region’ (H. Strotzka).

This very stimulating and important journal may find a high distribution among all persons who are interested in the psychosocial fields.

H. Freyberger, Hannover