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Book Reviews

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BOOK REVIEWS

THE CARICATURE OF LOVE, By *Hervey Cleckley*, The Ronald Press, 1957, x + 319. \$6.50.

This volume is written with the same scholarly sensitivity as Cleckley's previous work, "The Mask of Sanity". Although purporting to be only a discussion of present day sexual deviation and its influence on the environmental milieu as viewed from an historical background; it is likewise an excellent source of unusual references which are found in few other contemporary books. The real purpose of the book, however, appears to be the justification of the concept "sexual aberration and deviation is an illness", and the author devotes an enormous amount of space throughout the book to "proving" this statement. He has indicated in his preface that, "alleged psychiatric and psychological discoveries have played an important part in the statements and implications of some who argue that homosexuality and other deviations are relatively or approximately normal reactions", and thereupon sets out to demonstrate that these are not "normal" reactions. To the present reviewer, using such a thesis upon which to base an argument to the contrary is to attempt to champion a cause in a battle which was fought and won decades ago. In short, the book is beautifully written in a fashion that will be of interest to many bibliophiles, but the theme of sexual deviation being an illness is somewhat hackneyed.

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METHODS OF GROUP PSYCHOTHERAPY. By *R. Corsini*, McGraw-Hill, 1957, Pp. 251, \$6.50.

Raymond Corsini, a psychologist at the University of Chicago, directs this book to professionals who deal with groups of disturbed people. Doctors, teachers, ministers, and administrators are urged to become acquainted with a technique of group management which is rapidly gaining popularity.

The author divides psychotherapy into four basic types: 1-autonomous, or "self" therapy; 2-individual therapy, such as psychoanalysis; 3-group therapy, the subject of this book; and 4-milieu therapy, involving larger social units.

136 pages give the history, theory, and procedures of group psychotherapy, or "processes occurring in formally organized, protected groups and calculated to attain rapid ameliorations in personality and behavior of individual members through specified and controlled interactions." Dr. Corsini attributes the growth of interest in this approach over the past 25 years to the cultural demands of lonely people living in an increasingly isolating society. He also mentions the possibility that this growth reflects a shortage of personnel trained to render individual psychotherapy. According to his study, group psychotherapy is now used in one-half of the mental hospitals and one-quarter of the correctional institutions of the United States.

The formation of social groups can be traced to pre-historic man. Dr. Corsini does not mention the work of animal biologists which demonstrates group processes in non-human animals. He writes about Mesmer, De Sade, Freud, and other early pioneers who formulated concepts of group psychotherapy. J. Pratt and J. Moreno were the physicians whose energy and creative thinking gave an impetus to group psychotherapy in the 20th century as a means of "improving the psychological economy." Pratt's work in 1906 attracted the interest of the clergy, and gradually many non-medical people began to participate in the group therapy movement. The author reviews the contributions of major students of group psychotherapy found in 419 articles and books on this subject.

In the chapter on theory Dr. Corsini reduces all theories about group psychotherapy to four: 1—Adler's individual psychology; 2—Freud's psychoanalysis; 3—Moreno's sociometry; and Roger's client-centered theory. He finds that these theories converge in significant areas. The major contribution of "Methods of Group Psychotherapy" is Chapter 4 which integrates a mass of clinical and theoretical information. The author calls "Emotional Factors" all the terms, such as "transference", "liking," "sympathy," and "mutual attraction" which pertain to love-hate processes between people. "Intellectual Factors" covers the multitude of ideas variously called "intellectualization," "spectator therapy," and "universalization." Finally under "Actional Factors" he places "reality

testing," "ventilation," "interaction," and so forth. One cannot help wondering whether Dr. Corsini's division of group psychotherapeutic processes into these three broad groups has had some precedence in the work of E. Kraepelin. This famous German psychiatrist established an important classification of mental illnesses on the basis of Wundt's triad of feeling, thinking, and behaving as part-functions of the personality.

A discouraging conclusion reached in the chapter on the differences between individual and group psychotherapy is that "little is known about the relative advantages and disadvantages." There are about as many "methods" of group psychotherapy as there are group psychotherapists, and Dr. Corsini tries to break them all down into eight basic methods which include "directive or non-directive," "verbal or actional," and "superficial or deep" techniques. He reviews the application of group psychotherapy to psycho-somatic problems, mental illness, and criminology. No conclusions are drawn from studies conducted in prisons, training schools, and parole departments, but one gets the uncomfortable impression that there has been much enthusiasm initially, with little in the way of objective follow-up studies, in the use of group psychotherapy with delinquents. The book gives verbatim accounts of "good" and "bad" group meetings. The closing five chapters convey fragmentary dialogues from group therapy programs which demonstrate different methods. The verbal data are augmented by rudimentary descriptive statements about non-verbal interaction such as silences, crying, etc. The author tells us that anyone may call himself a group therapist since there are no uniform training standards and "not enough knowledge available to decide which kinds of training are most valuable." He discusses the difficulties and limitations encountered in trying to evaluate the effectiveness of group psychotherapy.

Dr. Corsini has done an excellent job of summarizing and condensing a diffuse, ill-defined subject in a book of 250 pages. "Methods of Group Psychotherapy" can be recommended as a reference book; students of psychotherapy will find the index and bibliography valuable. There are several limitations: the author deals only with group psychotherapy as it is practiced in the United States of America. He mentions none of the psychologies and philosophies pertaining to group processes which stem from cultures other than the Anglo-Saxon. He entirely omits a consideration of group processes from the standpoint of individuals,

which is unfortunate because doctors, lawyers, teachers, and other readers do have to make their decisions about individuals who react in terms of their own life experience and personal problems. The group therapist, in contrast to other professionals, has no standards of responsibility to guide him in his work; he cannot assume any traditional role in his relationships with the members of the group. Thus he is free to make multiple identifications, and operates within the group in a variety of ways. At the same time he cannot be held legally or ethically responsible for the welfare and control of the individuals in the group. Group psychotherapy, it is necessary to point out, is not psychiatric treatment unless the group therapist is a qualified accredited physician who has had psychiatric training. Since patients who are in group psychotherapy may and do engage in anti-social acts, it would seem important that an attempt is made to define explicitly the responsibilities group psychotherapists have towards the community.

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THE DRUG ADDICT AS A PATIENT. By *Marie Nyswander*, M.D. New York: Grune and Stratton, Inc., 1956. Pp. xi + 179. \$4.50.

Dr. Nyswander critically examines the drug addict by probing into his psychological and social background. In addition, emotional and physical needs are considered and there is a lucid explanation of the pharmacology of addicting drugs. A good deal of light is also shed on how addicts get enmeshed in a vicious cycle of ignorance and fear.

The author has had extensive experiences with addicts, having been stationed at the United States Public Health Service Hospital in Lexington. She believes that the present approach of government control is not as effective as a broad scale therapeutic plan and advocates employing the cooperative efforts of the medical profession and the Bureau of Narcotics of the Treasury Department.

The author is vitally interested in pointing up the addict as suffering from a curable illness rather than being a degenerate social outcast. While readers will not necessarily agree with all of the contents in *The Drug Addict as a Patient*, Dr. Nyswander raises some important questions which cannot be ignored.

All who wish to broaden their understanding of the problem will find this contribution a most challenging volume.

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