

## Can Behaviour Therapy Cure?

**Progress in Behaviour Therapy.** Proceedings of a Symposium. Edited by Hugh Freeman, M.A., B.M., B.Ch., D.P.M. (Pp. 94. 32s. 6d.) Bristol: John Wright & Sons Ltd. 1968.

Experience and systematic training in behavioural technique is almost unobtainable, and those using behaviour therapy are mainly self-taught. Claims have been made upon the value of the numerous techniques, and so the opportunity to exchange opinions at a symposium for psychiatrists and clinical psychologists, held at the Postgraduate Medical Institute, University of Salford, was welcomed by a large audience. In the published proceedings an introductory chapter by the editor is followed by eight chapters covering much of current thought and experience on this new therapeutic process.

Almost every psychopathological symptom

has been treated by aversion therapy, the most widely publicized being homosexuality and gambling. Probably the greatest success has been in patients with simple phobias, such as agoraphobia. Patients with obsessional symptoms have proved resistant. Some of the contributors appear to have been blind to the effects of suggestion, and case-histories, described almost as triumphs, are given in which the possible, or seemingly obvious, effect of suggestion has not been considered. Suggestion and unconscious motivation are not mentioned in the final chapter which sums up the discussion. Its author, C. P. Seager, points out that "one cannot avoid the problem of the relationship with the therapist." Nevertheless, the significance of the transference as well as the meaning of the symptoms seem to have been overlooked.

Follow-up studies have been rare in behaviour therapy, although a large number of striking experiences in aversion treatment have been published in the medical and lay

press. But does the "cure" last? M. G. Gelder writes about this in a first-rate paper on indications for behaviour therapy. He notes that widely conflicting statements have been made about the value of behaviour therapy techniques on the basis of rival psychological theories. Hence we must rely on clinical observation to discover the indications for one or other form of treatment. Individual case-studies are highly important, but without follow-up studies we have no way of finding out whether lasting changes follow a particular method.

This little volume is not a textbook, and consequently there is no systematic exposition of the subject. Nevertheless, it deserves a wide welcome. It is a frank, uncomplicated account of clinical experience in what is for many psychiatrists a new field of therapy. Each chapter is well documented, and the contributors record their hospital experiences with enthusiasm and common sense.

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## Books Received

**Hearing Sensitivity and Ear Disease in Children.** By Eldon L. Eagles, M.D., Samuel M. Wishik, M.D., and Leo G. Doerfler, Ph.D. (Pp. 274 +xxvii; illustrated.) Collinsville, Illinois: The Laryngoscope. 1967.

**Rheology of the Circulation.** By R. L. Whitmore, Ph.D., D.Sc. (Pp. 196+xii; illustrated. 65s.) Oxford: Pergamon Press. 1968.

**What Is Genetics?** By J. R. S. Fincham. (Pp. 17; illustrated. 2s. 6d.) Leeds University Press. 1968.

**Mechanisms of Contraction of the Normal and Failing Heart.** By Eugene Braunwald, M.D., John Ross jun., M.D., and Edmund H. Sonnenblick, M.D. (Pp. 205+x; illustrated. 80s.) London: J. & A. Churchill. 1968.

**Structure and Function of Transfer RNA and 58-RNA.** Edited by L. P. Fröholm and S. G. Laland. (Pp. 185; illustrated. 66s. 6d.) London and New York: Academic Press. 1968.

**Psycholinguistics.** Experiments in Spontaneous Speech. By F. Goldman Eisler. (Pp. 169 +viii; illustrated. 50s.) London: Academic Press. 1968.

**Sir Halley Stewart.** By David Newton. (Pp. 192; illustrated. 35s.) London: George Allen & Unwin. 1968.

**Truancy.** By Maurice J. Tyerman. (Pp. 128. 25s.) London: University of London Press. 1968.

**The Psychosocial Interior of the Family.** Edited by Gerald Handel, Ph.D. (Pp. 560+xi. 65s.) London: George Allen & Unwin. 1968.

**Le Pancréas Exocrine.** By André Ribot and Jean-Pierre Pascal. (Pp. 251+viii; illustrated. 70 F.) Paris: Masson. 1968.

**A Manual of Electroneuromyography.** By Hyman Cohen, M.D., and Joel Brumlik, M.D., M.S., Ph.D. (Pp. 178+x; illustrated. \$10.50.) London and New York: Hoeber Medical Division. Harper & Row. 1968.

**Proceedings of the First Congress of the International Association for the Scientific Study of Mental Deficiency.** Edited by B. W. Richards. (Pp. 982+xliv; illustrated. £7 10s.) Reigate: Michael Jackson Publishing Co. 1968.

**Abnormal Hypnotic Phenomena. A Survey of Nineteenth-Century Cases.** Vol. III: Russia and Poland, Italy, Spain, Portugal, and Latin America. Edited by Eric J. Dingwall, D.Sc. (Pp. 216+viii. 50s.) Vol. IV: The United States of America, Great Britain. Edited by Eric J. Dingwall, D.Sc. (Pp. 174+viii. 50s.) London: J. & A. Churchill. 1968.

**Identification Methods for Microbiologists.** Part B. Edited by B. M. Gibbs and D. A. Shapton. (Pp. 212+xi; illustrated. 50s.) London: Academic Press Inc. 1968.

**Research and Muscular Dystrophy.** Edited by the members of the Research Committee of the Muscular Dystrophy Group. (Pp. 472; illustrated.) London: Pitman Medical Publishing Co. 1968.

**Micropuncture Techniques and Nephron Function.** By Erich E. Windhager, M.D. (Pp. 249+ix; illustrated. 55s.) London: Butterworths. 1968.

**Patterns of Performance in Community Care.** By G. F. Rehin, B.A.(Yale), M.A.(Lond.), and F. M. Martin, B.A.(Lond.), Ph.D. (Pp. 235. 21s.) Published for the Nuffield Provincial Hospital Trust by Oxford University Press. 1968.

**Psychiatric Emergencies and the Law.** The Impact of the Mental Health Act (1959). By F. E. Kenyon, M.A., M.B., B.Chir., M.D., M.R.C.P., D.P.M. (Pp. 137+vi; illustrated. 30s.) Bristol: John Wright & Sons. 1968.

**The Metabolic Roles of Citrate.** Biochemical Society Symposium No. 27, held in Oxford, July 1967, in honour of Professor Sir Hans Krebs, F.R.S. Organized and edited by T. W. Goodwin. (Pp. 144+ix; illustrated. 40s.) London: Academic Press. 1968.

**Nerves and Nerve Injuries.** By Sydney Sunderland, C.M.G., M.D., B.S., D.Sc., F.R.A.C.S. (Hon.), F.R.A.C.P., F.A.A. (Pp. 1161+xv; illustrated. £12 10s.) Edinburgh and London: E. & S. Livingstone. 1968.

**Minor Surgery.** By David Kyle, M.A., M.B. (Pp. 323+vii; illustrated. 75s.) London: Butterworths. 1968.

**Mechanism and Role of Immunological Tolerance.** By T. Hrabá, M.D. (Pp. 136. 72s.) London: Academic Press. Basle: S. Karger. 1968.

**Caloric Deficiencies and Protein Deficiencies.** Proceedings of a Colloquium held in Cambridge, April 1967. Edited by R. A. McCance, C.B.E., M.D., F.R.C.P., and Elsie M. Widdowson. (Pp. 386+xiv; illustrated. 80s.) London: J. & A. Churchill. 1968.

**Prophylaxe und Therapie der Schielschwachsichtigkeit.** By Dr. Wolfram Aust. (Pp. 42 +vi; illustrated. 20s.) Basle and New York: S. Karger. London: Academic Press. 1968.

**Die Glukokortikoid-Therapie innerer Erkrankungen.** By Albrecht Beickert. (Pp. 462; illustrated. £5 6s.) Jena: Veb Gustav Fischer Verlag. 1968.

**Die gesunde und die kranke Wirbelsäule in Röntgenbild und Klinik.** 5th edition. By Georg Schmorl and Herbert Junghans. (Pp. 556+xi; illustrated. DM. 110.) Stuttgart: Georg Thieme Verlag. 1968.

**Effects of Radiation on Cellular Proliferation and Differentiation.** Organized by the International Atomic Agency in co-operation with the Joint Commission on Applied Radioactivity and held in Monaco, 1-5 April 1968. (Pp. 570; illustrated. £5 12s. 6d.) London: H.M.S.O. 1968.

**Physiology and Pathology of Membrane Digestion.** By Aleksandr M. Ugolev. (Pp. 226 +ix; illustrated. \$15.) New York: Plenum Publishing Corporation. 1968.

**Hypertension.** Vol. XVI. Neural Control of Arterial Pressure. Proceedings of the Council for High Blood Pressure Research. Edited by J. Edwin Wood, M.D. (Pp. 119; illustrated. \$3.) New York: American Heart Association. 1968.

**L'Année Endocrinologique.** By M. Albeaux-Fernet, L. Bellot, L. Canet, J. Deribreux, M. Gelinet, and J. D. Romani. (Pp. 196. 48 F.) Paris: Masson. 1968.

**A Textbook of Midwifery for Students and Practitioners.** 21st edition. By R. W. Johnstone, C.B.E., F.R.C.O.G., and R. J. Kellar, C.B.E., F.R.C.O.G. (Pp. 631+xvi; illustrated. 55s.) London: Adam & Charles Black. 1968.

**Development in Human Learning.** Edited by E. A. Lunzer, M.A., Ph.D., and J. F. Morris, B.Sc.(Econ.), Ph.D. (Pp. 487+xiv. 70s.) London: Staples Press. 1968.