
BOOK REVIEWS

Family Structure, Dynamics and Therapy.
Edited by IRVIN M. COHEN, M.D. Psychiatric Research Report 20. Washington, D.C.: American Psychiatric Association, 1966. 234 pp. \$4.

Psychotherapy for the Whole Family. By ALFRED S. FRIEDMAN *et al.* New York: Springer Publishing Co., Inc., 1965. vii + 354 pp. \$7.50.

These books reflect the increasing attention being paid to the family as a critical area of study and treatment. *Family Structure, Dynamics and Therapy* presents a collection of papers and discussions given at a Regional Research Conference held in 1965 in Galveston, Texas, under the auspices of the APA. This excellent volume is well worth reading because it captures the adventurous spirit of the participants at the meeting. It includes papers written by members of a variety of related disciplines—"underscoring the recognition that family therapy has an interdisciplinary ancestry"—and focuses on a wide range of topics in the areas of family research and the teaching and practice of family therapy.

I would particularly like to draw attention to the paper by Dr. Pittman *et al.*, "Family Therapy as an Alternative to Psychiatric Hospitalization," which contains a very convincing discussion of the usefulness of family therapy for bringing about an apparently enduring resolution of conflicts in patients who would ordinarily be hospitalized. The clinical basis for this paper was the work done at the Family Treatment Unit, Colorado Psychopathic Hospital. Notable among the research studies was the paper by Drs. Singer and Wynne on the use of Rorschachs in assessing communication styles in parents of normal, neurotic, and schizophrenic children. Indeed, the overall caliber of the papers is such that I would recommend this book to anyone wishing to gain a current, cross-sectional view of work and thought on the family.

In his "Overview of the Conference Proceedings," Dr. Wynne reports that one of the positive changes he has noted since past conferences is the increased number of reports giving consideration to relatively specific issues in family treatment. *Psychotherapy for the Whole Family* is a whole book dealing in admirable fashion with one such study. Eight therapists at the Philadelphia Psychiatric Center worked with over 100 families, most of which contained an adolescent or young adult schizophrenic, in an attempt to discover to what extent family therapy in the home represented a viable alternative to hospitalization of the labeled patient. This was a study of great magnitude, and the results have been condensed in a very interesting and well-organized manner in this book. Although I felt that the case histories, which constitute a major segment of the book, fail to capture as much of the experiential essence of the therapy transactions as I would like to see, the level of presentation permits one to grasp quite readily the authors' assumptions and techniques—agreeing in some places, challenging in others.

As mentioned, treatment in the home formed part of the basic project plan of the Philadelphia study (although a few families were treated in the clinic), and there is an interesting discussion of the pros and cons of this approach, generally concluding that it offers more positive aspects than negative. However, my own experience with family therapy of schizophrenics and their families has led me to conclude that these families suffer an essential isolation from the community that is perhaps best neutralized by drawing them out into the clinic and also by seeing them with other families in multiple-family therapy. It may well be that the optimal manner of treating these families would be to see them initially at home with the goal that subsequent treatment sessions be transferred to the clinic setting. Another basic problem for schizophrenic families in my experience is a difficulty in the delinea-

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**THE INDIGENOUS
NONPROFESSIONAL**

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Mental Health Programs**

by
Robert Reiff, Ph.D.
and
Frank Reissman, Ph.D.

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**THE CASE FOR FAMILY
CARE OF MENTALLY ILL**

by
James R. Morrissey, D.S.W.
*Professor, Division of Social Work,
Fresno State College*

Many patients remain in institutions for lack of adequate after-care facilities. A family-care home is seen as a significant community placement resource that has not been given a fair hearing. This monograph represents an effort to furnish evidence of its effectiveness for patients and its positive impact on mental hospital procedures and the sense of responsibility on the part of the community. \$2.25

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tion of generational boundaries. The fact that this problem is barely mentioned as such by the authors of *Psychotherapy for the Whole Family* only reinforces my belief that there is a need for further study. My surmise is that conjoint marital therapy, in conjunction with family therapy, can provide the impetus for the parents to differentiate themselves as parents, assisting in the clarification of generational boundaries for the entire family.

It is obvious that assessment of the parenting function is an important area of evaluation of treatment. Although the book provides some follow-up assessment shortly after termination, it seems that transgenerational evaluation would also be desirable insofar as it would provide us with the perspective of how children become adults, select mates, and rear their own children.

These two books are stimulating and represent significant contributions to the growing literature on the family, the missing link between the individual and the community at large.

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Reports on Happiness: A Pilot Study of Behavior Related to Mental Health. By NORMAN M. BRADBURN AND DAVID CAPLOVITZ. Chicago: Aldine Publishing Co., 1965. xvi + 195 pp. \$5.

This publication is a research project report by the National Opinion Research Center (NORC). Essentially, it is a descriptive and exploratory study of the prevalence of "happiness." Happiness level is operationally defined in terms of self-report in response to the survey interview schedule question: "Taking things all together, how would you say things are these days—would you say you're very happy, pretty happy, or not too happy these days?" In the population sampled, the percentage in each category was found to be 24, 59, and 17 respectively.

Many cross-tabulation tables are pre-

sented in the text to tease out possible demographic correlates. The data indicate that happiness is positively correlated with education and income, negatively correlated with age, and uncorrelated with sex. Unmarried people, particularly men, are unhappier than the married. The unemployed or retired are less happy than those who are working. There are several interesting variations, too detailed to summarize here, among these first-order associations when related variables are held constant or examined for interactional effect.

The interview schedule contained a checklist of positive and negative feelings. The researchers found that these two categories of feelings are independent of each other. Apparently, a person's subjective assessment of his well-being is a function of the relative balance between positive and negative feelings; that is, a person will report himself as relatively happy even if he experiences such negative feelings as depression and anxiety so long as these are offset by some positive feelings of accomplishment and joys. A further finding of importance is that better-educated individuals report more feelings in both categories. Also, it seems that the factor most associated with strong positive feelings is a high degree of social interaction and participation in the environment. The interpretation of these observations is tackled in depth by the authors with rewarding results.

The researchers were specifically interested in trying to test the hypothesis that environmental stress negatively affects level of happiness. With this end in mind, they had selected their survey respondents from two pairs of Illinois communities chosen so that the one pair represented economic depression and the other pair economic prosperity. When necessary adjustments were made for community differences in the relevant variables of age and socioeconomic status, the research hypothesis unfortunately could not be confirmed with confidence. The authors do choose to speculate about some minor findings that did obtain, but such speculation would appear unwarranted.

During the period when this NORC research project was in operation, the Cuban

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FAMILY EXPERIENCES IN OPERATIONS EXODUS:

THE BUSSING OF NEGRO CHILDREN

by

James E. Teele, Ph.D.
Harvard University

Ellen Jackson Clara Mayo, Ph.D.
Operations Exodus, Inc. Boston University

An action research report which deals with motivations and experiences of Negro parents who joined together in transporting their children from overcrowded, racially imbalanced schools near their homes in Roxbury to uncrowded, predominantly white schools in other areas of Boston. An assessment is made of the factors relevant to the relief of racially imbalanced schools and racial strife which draws implications for other Northern cities facing similar problems. \$1.75

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missile crisis occurred. This provided an opportunity to examine the psychological effects of this instance of presumptive stress. Respondents already interviewed before the Cuban affair simply needed to be re-interviewed to provide a panel for assessment of change in happiness level and feeling states. Once again the results are almost wholly negative, and once again the text provides an overrich diet of speculation.

To make some summarizing critical comments, it needs to be stated first that the conceptual issues and empirical aims of the research report reviewed here are certainly commendable. The authors in this *Pilot Study of Behavior Related to Mental Health* have indeed provided some useful leads and set down some provocative ideas. The survey interview schedule that was used is printed in its entirety in the appendix of the book, and other researchers should find this availability very handy. It is regrettable, however, that the report as a piece of research has serious methodological limitations (such as inadequacy of sampling procedure, statistical shortcomings, and impoverished research design). It is also depressing that the authors have chosen to speculate at such great length in response to trivial or nonsignificant findings. All in all, however, this research report in published book form should make useful didactic material in appropriate graduate seminars. In that context both its assets and its liabilities can be put to productive purposes.

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The Urban Condition. Edited by LEONARD J. DUHL. Basic Books Inc., 1963. xxi + 410 pp. \$10.

The Urban Condition may well come to be regarded as a major resource on those aspects of the current revolution in community mental health that fall outside the medical or treatment model. This is reflected in the disciplines of the 32 contribu-

tors to the volume—lawyers, sociologists, biologists, psychologists, animal ecologists, city planners, journalists, humanists, scientists, and only three psychiatrists. It is also reflected in the titles of the five major sections of the book: Man and His Environment; Renewal and Relocation—Urbs and Suburbs; Social Action—and Reaction; The Strategy of Intervention; and Ecology of the Social Environment.

In the vast array of problems, research, and perspectives that the book's 29 chapters bring to his attention, the reader is left at first with some impression of the urban sprawl with which it is concerned. But a point of view about the relationship of an urban society to mental health does come through, and the reader leaves the volume heartened that there is more consensus about concepts, goals, and values among experts from a variety of fields in our pluralistic society than his own limited experience had led him to expect.

While Duhl, wisely, I think, makes no explicit effort to place the various readings within a consistent framework, beyond that suggested in the titles of the five major parts, his introduction does provide a number of leitmotifs to which the various authors from their different vantage points return again and again.

One motif is the ecological model. Duhl states that "the human environment of the metropolis is also ecological, in the sense that it is an open system, always in flux, never returning to the point from which it starts; and the broader ebb and flow in the process is more important than any specific cause and effect relationship." This is the major model proposed by Duhl for viewing the complexity of the urban condition.

A second theme is the need "for a reconciliation between the Social-irrational man and his instincts, who was first deeply explored by Freud, and the economic or rational man, the man who uses the strength of his ego to control the environment, whom we may call the man of Adam Smith or of Karl Marx."

Another motif is the importance of the primary community of identity. Duhl states, "It is my strong feeling that for the mental

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The above is a sample of thirty of the eighty psychologists and psychiatrists who will be writing articles for Psychology Today during the next year.

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patient, the significant community is not that of the mentally ill, but rather his primary community of identity, whether geographic area or functional group."

A fourth is the centrality of the democratic idea and of democratic process. In this connection Duhl points up the dilemma of strengthening planning and at the same time optimizing the freedom of individuals, groups, and cultures. He contrasts planning in an open society with planning in a closed society. "Planning in an *open* society can only facilitate democracy by reducing inequities, maximizing the range of choice, educating people to use the choices they make, and making these choices more widely available."

The relationship of these two latter motifs to mental health becomes evident at once from an incisive definition offered by Erich Lindemann in the first chapter. He tells us that "mental health appears to demand free commitment to an endeavor in terms of objectives shared within a reference group." Implicitly referring to the usefulness of an ecological model, he notes further that "the mental health of the individual and its concomitants in the environment cannot be separated—despite current usage, which restricts the term *health* to persons and uses terms like disorganization or disintegration when it is the community or social structure that is under study." That the search of the individual for responsibility and mental health may result in the paradox of behavior judged deviant by the wider society is also brought to our attention by Lindemann. "Social deviations [like delinquency and crime] [may] arise out of circumstances in which there is no opportunity for wider forms of responsibility [and] may themselves constitute mental health: that is, they may provide responsible participation in small, highly structured reference groups with their own codes of conduct, their own goals, their own high level of mutual obligation."

To be responsible and free, then, one needs the boundaries of a healthy community or reference group. The self-actualizing psyche needs the context and definitions provided by the sane society. This is the

dilemma referred to by Duhl in the introduction—"how to strengthen our planning, and still at the same time optimize the freedom of individuals, groups, and cultures."

The introduction by Duhl, and the first two chapters, one by a sociologically minded psychiatrist, the other by a psychiatrically minded sociologist—all in essence social philosophers—provide the overall framework for the major theses, problems, and dilemmas of the book. In a review of this kind one can do no more than broadly suggest some of the concerns of the 27 remaining chapters.

Chapters 3 through 6 deal more specifically with different aspects of the ecological model. Edward S. Deevey speaks of the usefulness of the model for students of cities and touches on the interrelationship between the two concepts of city as *urbs*, or structure, and as *civitas*, or function. Ian McHarg contrasts the city as an ecological regression with polluted rivers, atmosphere, etc., with the triumph of the city as a human institution, with the great extension of social justice that has accompanied its rise. And John B. Calhoun describes in vivid detail the social pathology resulting from extreme population density among rats.

In the last three chapters of Part I, man's mental health, his growth, and his changing identities come to the fore. Duhl reviews major changes in the field of mental health and speaks of the need for a new concept of disease, suggesting Virchow's definition that it is "life under changed conditions." Benson R. Snyder describes the college environment as one that may help cut off or promote growth, and Donald Cook, writing on cultural innovation and disaster in the American city, describes its double-edged nature—a place of possible disaster but also a place where one may gain new identities and where there is opportunity for cultural innovation.

Part II focuses specifically on the city—the growth of large metropolitan areas with which people tend not to feel identified, the "slums" for which they may grieve under the impact of urban renewal. The initial chapter by Robert Weaver gives an enlightening overview of the major problems.

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Weaver points out that increasingly the central cities are tending to become ghettos for the racially and economically underprivileged, and he asks, "How shall we make the modern metropolis a community as well as merely the physical setting for social life?"

Peter Marris underscores the problems raised by Weaver with a disheartening report on urban renewal in the United States. Social welfare programs, he tells us, cannot succeed in integrating slum communities with the wider society. In the face of such programs, "slum dwellers retreat into a subculture which, though it increases . . . handicaps, protects them from humiliation." Needed are programs that lift the self-esteem of people.

The remaining chapters in Part II provide reports of specific research done on slum areas and on urban mobility. From Edward J. Ryan we learn that in the West End culture of Boston, friendship and ethnic harmony are seen as focal values, and not achievement. Marc Fried discusses the significance of both the spatial factor and the personal and social factors in the grief for a lost home and the need for some form of continuity for individuals in process of urban change. Robert Gutman describes the factors that ease transition from one settlement to another, such as "the willingness to concede the legitimacy of a wide range of behavior patterns." And Herbert Gans tells us that suburbanite life is comparatively problem free and that the most critical problems in American society are to be found among the people who cannot move to the suburbs, who are doomed to a deprived existence in urban and rural slums because of low income, lack of occupational skills, and racial discrimination. Part II does leave the reader with a question: Is the slum of the West End really akin to the slum of the Central City?

Part III continues the exploration of various dimensions of the urban condition. Robert Connery, in a chapter on barriers to mental health service, describes the growth of large metropolitan communities—about one American in every four lives in an interstate metropolitan community—that are a pattern of American life without legal

recognition, so that community problems of health, welfare, and recreation at the local level are fragmented among many units of government.

Wilner and Walkley, reporting on research on the effects of housing, tell us that better housing circumstances did reduce illness, which in turn seemed to affect school attendance and so had an indirect effect on school performance. Hollingshead and Rogler report an investigation of attitudes toward slums and public housing in Puerto Rico. Having heard of the problems of urban renewal from Marris, the reader finds that his hope and optimism are restored by Ellen Lurie's account of how professionals, together with the people, are moving in East Harlem to rebuild a community.

Of the four remaining chapters in part III, one, by Bruce Dohrenwend, reports on the appraisal of abnormal behavior by leaders of disadvantaged groups; another, by Thomas Gladwin, is on strategies of delinquency prevention; and Duhl writes specifically on planning and poverty. The fourth is a particularly powerful and moving account of the changing identity of the American Negro by Harold Isaacs. This chapter, which draws on history and on literature to describe the Negro's search for a name to go by, speaks not only of the Negro but of Everyman.

Part IV provides us essentially with a series of models for dealing with the complexity of urban life. These range from a chapter on game procedure in the simulation of cities by Richard L. Meier to a discussion of comparative community organization by Poston. Whatever our view of these models and their implicit philosophies of social planning and social action, it is good that they are presented here. In the City of my Brother there are many Mansions.

The two closing chapters of the book, by Eugene and Edna Rostow and by Sir Geoffrey Vickers, provide, on the one hand, the perspective of law; on the other, the perspective of the long-term ecological view. The Rostows sum up where we are now in planning metropolitan environments. They speak of goals of action. "The goals of such

action . . . should be . . . to enlarge the area of freedom for the individual; to enlarge the spectrum of opportunities open to him; and to make him, to as great an extent as proves possible, a free, independent and responsible agent within a community favoring his freedom and welcoming his participation in its affairs."

Sir Geoffrey Vickers suggests the four ideas of interdependence, recurring patterns, change, and regulation as being of the greatest importance in assessing the significance of the different papers. He suggests further that the papers are a series of exercises in image formation and that their major value is to speed in the reader the development of his own appreciative systems. In this last chapter, there is wisdom, beauty of language, and the sense of slow time.

It would not be difficult, when speaking of the urban complex or metroplex, to suggest additional areas that the book might have covered, and Duhl is aware of this. I would have liked a chapter or section on cultural pluralism. One of the respondents in the West End says, for example, "We're a league of nations down here." But this itself bespeaks how many are the facets of the urban condition toward the understanding of which this book makes so significant a contribution.

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