

**Odd letters and loose correspondence, amalgamated into one sequence and sorted chronologically**

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UNIVERSITY OF MINNESOTA  
TWIN CITIES

Department of Psychology  
Elliott Hall  
75 East River Road  
Minneapolis, Minnesota 55455

5/8/90

Dear Dr. Baolby,

I want to add my  
congratulations from those many  
others who join to celebrate your  
award from APA of the  
Distinguished Scientific Contributions  
recognition.

It is richly deserved  
as those of us who focus  
on developmental psychopathology  
well know.

Sincerely yours  
Norman L. Hawley  
Professor Emeritus



GILMORE

6 Aug 90

Mr. O. J. A. GILMORE

ST. BARTHOLOMEW'S HOSPITAL  
LONDON E.C.1  
071-601 8888

30 HARLEY STREET  
LONDON WIN IAB  
071-637 8820  
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OJAG DAS

6th August 1990

Dr J Bowlby  
Wylde Close Corner  
Hampstead Way  
LONDON NW11

Dear Dr Bowlby

Thank you for your letter of 28th July 1990 which was awaiting my return from a week in Norfolk today.

Please, please, please do not put your hand in your pocket and only forward what PPP have contributed.

I must say I thoroughly enjoyed the programme on Ben last night.

I hope and trust you are thriving.

With best wishes

Yours sincerely



O J A GILMORE MS FRCS FRCS(ED)  
CONSULTANT SURGEON ST BARTHOLOMEW'S HOSPITAL



BRINK

TRINITY COLLEGE

TORONTO, ONTARIO M5S 1H8

2 August 1990

No answer required

Dr. John Bowlby,  
Ullinish,  
Struan,  
Isle of Skye, U.K.

Dear Dr. Bowlby,

Many thanks for your efforts on behalf of Bertrand Russell: The Psychobiography of a Moralist. I do hope that Anthony Storr decides to review it, and a review by Professor John Carey would also be welcome. His book on the poet John Donne is almost a psychobiography, and the chapter on Donne's London Catholic family is especially good.

I have on order Charles Darwin: A New Biography and will read it with the greatest interest. The reviews I have seen (Observer, Guardian) are appreciative, but they should be paying closer attention to the applied attachment theory which sets apart this account of Darwin from every other. It seems that the momentous shift in theory away from Freud has not yet hit home, at least not with the reviewers working for the press these days. It used to be that we could rely on either Storr or Rycroft to get things more or less in perspective.

My father (a geneticist, evolutionist and life-long Darwinian) would have appreciated your theory. He was fascinated by Darwin's chronic ill health together with his prodigious accomplishment. My father well knew that his own loss of mother (age 11), which so shook the family, had some bearing on his life of scientific curiosity. He would always ask me what my psychoanalytic enquiry into creativity was disclosing, but when I sent him papers to read he would comment very little. To some extent influenced by the extreme scepticism of his friend Peter Medawar, he tended to reserve judgment; but the new Darwin biography I'm sure would have been convincing.

Enclosed are a couple of items showing our activity in Toronto. Perhaps another history of medicine conference on the Hannah Foundation will be dedicated to post-Freudian developments. The one in October promises to be uncommonly lively.

I do hope that you keep well after the bout in hospital. Those of us in your circle of influence like to remember that you come of a long-lived breed. With best wishes also to Ursula from Helen and myself.

Sincerely yours,

Andrew Brink



## Speakers

**Hannah S. Decker** Professor of History, University of Houston

**Toby Gelfand** Hannah Professor of the History of Medicine, Faculty of Medicine and Department of History, University of Ottawa

**Phyllis Grosskurth** Professor, Department of English, University of Toronto

**Adolf Grunbaum** Andrew Mellon Professor of Philosophy and Research Professor of Psychiatry, University of Pittsburgh

**Robert R. Holt** Professor of Psychology Emeritus, New York University

**John Kerr** Psychotherapist and Assistant Editor, *Analytic Press*: Consultant and Chairman to the conference

**Malcolm Macmillan** Senior Lecturer in Psychology, Monash University

**Patrick J. Mahony** Professor, Études Anglaises Université de Montréal, Practicing Psychoanalyst

**William J. McGrath** Professor of History, University of Rochester

**Steven Marcus** George Delacorte Professor in the Humanities and Professor of English and Comparative Literature, Columbia University

**Paul Roazen** Professor of Political & Social Science, York University

**Rosemarie Sand** Institute for Psychoanalytic Training and Research

**Edward Shorter** Professor, Department of History, University of Toronto

**Frank Sulloway** Visiting Scholar, Massachusetts Institute of Technology

**Peter J. Swales** Independent Freud Historian

**Edwin R. Wallace** Professor of Psychiatry, Medical College of Georgia, Professor of Social Work, University of Georgia

## Programme

### Friday, October 12, 1990

- 8:30 - 9:00 Registration and Introduction  
9:00 - 9:50 Robert R. Holt Freud's parental identifications as a source of some contradictions within psychoanalysis  
Coffee Break  
10:10-11:00 Toby Gelfand Sigmund-sur-Seine, fathers and sons in Charcot's Paris  
11:00-11:50 Edward Shorter The two medical worlds of Sigmund Freud  
11:50 - 2:00 Lunch  
2:00 - 2:50 Peter J. Swales Freud vis-a-vis Fliess — the matter of influence  
Coffee Break  
3:10 - 4:00 Rosemarie Sand Science discovers the dream: The research of Charcot and Janet  
4:00 - 4:50 Malcolm Macmillan The sources of Freud's methods for gathering and evaluating clinical data

### Saturday, October 13, 1990

- 9:00 - 9:50 Frank Sulloway Freud's case histories: The social construction of psychoanalysis  
Coffee Break  
10:10-11:00 Paul Roazen Freud's patients: First person accounts  
11:00-11:50 Patrick J. Mahony Freud, family therapist  
11:50 - 2:00 Lunch  
2:00 - 2:50 Steven Marcus A case history before Freud  
Coffee Break  
3:10 - 4:00 Hannah S. Decker "All the defiance and all the passions." Freud's response to being Jewish in an anti-semitic society  
4:00 - 4:50 William J. McGrath Freud and the force of history

### Sunday, October 14, 1990

- 9:00 - 9:50 Adolf Grunbaum Two major difficulties for Freud's theory of dreams  
Coffee Break  
10:10-11:00 Edwin R. Wallace Freud and the mind/body problem  
11:00-11:50 Phyllis Grosskurth The idyll in the Harz Mountains: The meeting of Freud's Secret Committee in 1921  
12:00 - 1:00 Round Table Discussion: John Kerr, moderator

## Registration Form

3rd Hannah Conference  
*presents*  
**Freud and the History of Psychoanalysis**

October 12-14, 1990

First name Last name

Affiliation

Mailing address

City Province Postal code

Telephone Business Home

Professional accreditation

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Student Fee: \$15.00

Please make cheque payable to: 3rd Hannah Conference.

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See important information on back panel.

3rd Hannah Conference  
Freud and the History of Psychoanalysis  
300 Larkin Building, Trinity College  
Toronto, Ontario M5S 1H8

### Sponsors

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The Humanities and Psychoanalytic Thought Programme,  
Trinity College, University of Toronto

**Chair:** Programme

Toby Gelfand, PhD,  
Hannah Professor of the History of Medicine, Faculty of Medicine and Department  
of History, University of Ottawa

**Chair:** Local Arrangements

Andrew Brink, PhD,  
Coordinator, Humanities and Psychoanalytic Thought Programme,  
Trinity College

### Important Information

**Conference to be held** in the Combination Room and George Ignatieff Theatre  
Trinity College, 6 Hoskin Avenue, Toronto Ontario, M5S 1H8

**Registration** is limited. Register early. A currently-dated cheque must  
accompany your registration form.

**Hotel information** A block of rooms is being held until September 12, 1990 at  
the Venture Inn, Yorkville, 89 Avenue Road, Toronto, Ontario M4R 2G3 Call  
directly, mentioning the conference by name, 1-800-387-3933 or 1-416-  
964-1220. The hotel is located within an eight minute walk of Trinity College.

**For registration or further information contact:**

Herma Joel, Secretary  
300 Larkin Building, Trinity College, 6 Hoskin Avenue, Toronto, Ontario, M5S 1H8  
(416) 978-8454



# FREUD

## AND THE HISTORY OF PSYCHOANALYSIS

3rd Hannah Conference  
12 - 14 October 1990

at  
Trinity College  
University of Toronto





# THE HUMANITIES AND PSYCHOANALYTICAL THOUGHT

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## TRINITY COLLEGE SPONSORS A MAJOR PROGRAMME in The Humanities and Psychoanalytical Thought

*"In the development of mankind as a whole, just as in individuals, love alone acts as the civilizing factor in the sense that it brings a change from egoism to altruism."*

- Sigmund Freud (1921)

*"The normal man [or woman] is a fiction, although certainly generally valid laws do exist."*

- Carl Jung (1925)

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Most recent enquiry in the Humanities and Social Sciences has been, for better or for worse, affected by the theories of some of these writers. It is time to examine in detail the consequences for our ideas of ourselves, society and culture. As the poet W.H. Auden wrote of Freud:

*to us he is no more than a person  
now but a whole climate of opinion*

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---

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---

For a full description of "The Humanities and Psychoanalytical Thought Programme" in the Faculty of Arts and Science at the University of Toronto contact:

Andrew Brink, Ph.D., Co-ordinator,  
Room 330,  
Larkin Building,  
Trinity College,  
6 Hoskin Avenue,  
Toronto, Ontario,  
M5S 1H8  
(416) 978-3038

or

Herma Joel,  
Secretary to the Dean of Arts,  
Room 300,  
Larkin Building,  
Trinity College  
978-8454



4 Archibald Road  
London N7 0AL.  
071 607 3136

28 July 1990

Dr John Bowlby,  
The Tavistock Clinic  
Belsize lane  
London NW3

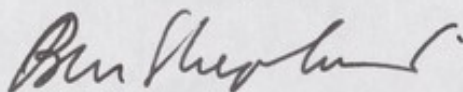
Dear Dr Bowlby,

Many thanks for a very interesting meeting last Monday. I was intrigued to discover that it was Johnson and Holmes with whom you dealt in 1940, and found your recollections of your time in WOSBs and of the role of Sir Ronald Adam very helpful.

I appreciated your generosity with your time, and will keep you informed of the project's progress.

With best wishes,

Yours sincerely,

A handwritten signature in cursive script, appearing to read "Ben Shephard".

Ben Shephard

HUNTER

VIRGINIA D. HUNTER, L.C.S.W.  
PSYCHOANALYSIS  
2700 BELLFLOWER BOULEVARD  
LONG BEACH, CALIFORNIA 90815  
TELEPHONE (213) 425-5750

CALIF. LIC. # L2292

16 Aug 90  
Returned revised script  
Air-printed.

August 1, 1990

Dr. John Bowlby  
Ullinishe, Struan  
Isle of Skye  
United Kingdom  
~~IV56 87D IV51 9AD~~

Dear Dr. Bowlby:

①

I hope you like the interview. Please feel free to add or subtract as much as you'd like. I put the bit about physical contact in since you are feeling well. If you disapprove, you can scratch it. Please give me a statement saying it's approved by you for publication when we have it like you'd like it. I wish I had asked more about your experiences and thoughts regarding Klein.

Please give me the name, if you remember it, of the wise man who made suggestions for your future training when you were at the school for disturbed children.

②

Marty Shulman, the Editor of The Review, has called and asked if I would write a paper for him to publish on your and Hanna Segal's responses to my case. I hope you approve. It should be interesting. I think I will frame it around Rangell's paper on Transference to Theory.

③

I hope you are recovering your strength. Thank you again.  
Warmly,

Virginia Hunter

VH:pw Dear Dr Bowlby  
The question that begs to be asked is  
how did your ideas influence the way you raised  
your children? If you'd like to answer it could  
be where the # is on page 11. Thank you,



Acqu 25 Aug 90

Dr. Giovanni Liotti

Via A. Consolini, 50

00142 Roma

LIOTTI

CAMPAGGLI, 19th July, 1990

Dear John:

VISIT TO ROME, NW 1990

I am happy at knowing that you have now recovered enough as to plan to move North by the end of July - and to confirm your visit to Rome and Naples!

Sandra and I are now staying in Campaegli, walking around in the woods and learning a lot about flowers, birds, trees and minerals - We hope to have you both here in the last week-end of October - If you think that it would not be tiresome to do so, we could pick you up at the Airport on Saturday (October 27), and then move from there immediately to Campaegli. On Monday afternoon (October 29) we could be back <sup>to</sup> Rome.

On Tuesday 30, evening, we could have a meeting with the ARPAS members. On Wednesday, you could give the University lecture planned by Massimo Ammanniti, and then leave for Naples. Should you decide, in any moment, that you prefer to stay in Rome over the week-end (October 27 and 28), just let me know so that I can book your ~~Hotel~~ for those nights and not only for the nights 29 - 30 - 31 of October.

Thank you for having mailed me a copy of the Darwin's biography. Needless to say, I am eager to read it and discuss it with my colleagues in Rome. As soon as possible, I'll tell Professor Paparo that you are glad to have him as a translator, if he will be able to obtain the attention of a Publisher to this enterprise.

I do not find an appropriate English expression to state how I am feeling about your recovery - so I'll just translate the wish I acknowledge deep in my heart: "Many years

of health and happiness - many, many years! - to my  
friend and mentor "

With love from us both to the both of you,

Giovanni

Saulo



PARKES  
30 July 90



## St. Christopher's Hospice

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Medical Director: Dr. Tom West, O.B.E.

Administrator: Mr. C. R. Clark

Director of Nursing: Mrs. B. Saunders, F.R.C.N.

30th July 1990

Dr John Bowlby  
Wylde Close Corner  
Wylde Close  
London NW11 7JB

Dear John

I hope that you are now fully recovered from your illness and, in particular, able to resume some teaching. Would you be willing to speak at one of our Thursday afternoon meetings at St. Christopher's Hospice? These are attended by staff from all parts of the Hospice, including Bereavement Counsellors, and by staff from other hospices.

The aim is to increase the sensitivity of staff to psychological issues relevant to their work. Sometimes we use the title "How I work with families", but you would be free to choose any topic which is relevant to our staff.

The date I have in mind is the 6th September 1990 from 2.30 to 3.30 pm in the Study Centre or, if this is not convenient, the 6th December. A small fee and expenses will be paid to you, and we shall be happy to order a car to pick you up from your home and deliver you safely back after the meeting.

I do hope you will accept this invitation as there are many of us here who know and admire your work but seldom have the opportunity to hear you speak.

Warm wishes.

Yours sincerely

DR COLIN MURRAY PARKES  
Consultant Psychiatrist

6 Aug.  
Agreed to 6 December:  
The Organiser's Movement

CROXLEY  
SCRIPT

ESCOLA BRASILEIRA DE PSICANÁLISE E ETOLOGIA

SONIA

Sonia Monteiro de Barros  
Rua Barão do Flamengo 22/204  
Flamengo - CEP 22220  
Rio de Janeiro - BRASIL

Dr. John Bowlby  
120 Belsize Lane  
NW3 5BA  
London- ENGLAND

July, 25th, 1990

Dear Dr. Bowlby,

I hope you are better now. We became very worried regarding your health but, as Ms Dorothy said, you are back to work which means you are better.

I have just phoned Ms Dorothy to see if she could ask you something for me. The fact is: as you know, I have my degree on Psychology and have finished my formation in psychoanalysis in the EBPE, which Elizabeth directs. I had to present a clinical history as my last work (thesis) based on the attachment theory. Well, I have already selected the patient who is going to serve me as the bases of this work as well as all the bibliographic references, texts and papers which will help me. My paper is half written but I would like if I could count on you to evaluate the position I have adopted.

The case history is based on a patient who could be considered as having, related to the pattern of attachment she has developed, determined and influenced by her parents, the second type you mention: anxious resistant attachment (A Secure Base, p 124).

By studying all the conditions which could determine this kind of attachment I found myself re-reading 'Loss'. My patient, a young lady of 29, has been completely neglected by her parents who, sometimes took care of her and sometimes abandoned her. She used to be sent to another country, in order to visit some relatives, for very long periods. Once, when she was 6 years old, she was sent to her grandparent's house. She didn't know her grand-father was very ill and in fact he died while she was there. She stayed with her grand mother for one whole year (far from her parents, friends, school, etc). This period was of great suffering for she could not cry the absence of the grand-father (the grand-mother did not allow, saying "she was too young to understand what death meant"). Besides that, the grand-mother used to take her, every Sunday, to the garden in order to pick some



## ESCOLA BRASILEIRA DE PSICANÁLISE E ETOLOGIA

flowers to 'visit' and 'talk' to him. She used to be very afraid of this situation and also very annoyed because he was never there for her to see and talk to.

Well, I am telling you those small details to say that, evidently, she has developed some experiences which belong, as you say, to "persons prone to disordered mourning" .

As far as I have understood your position, among the situations you point out (on page 219 of Loss ) as determining this pattern of anxious and ambivalent attachment we find the situations which, in reality, my patient has lived. (... "Nevertheless, although those who make anxious and ambivalent attachment are likely to have experienced discontinuities in parenting and/or often to have been rejected by their parents, the rejection is more likely to have been intermittent and partial than complete. As a result the children, still hoping for love and care yet deeply anxious lest they be neglected or deserted, increase their demands for attention and affection, refuse to be left alone, and protest more or less angry when they are.")

Well Dr. Bowlby, you know that when writing and defending a thesis one must bring an original point of view. I decided then to link two aspects you drew my attention to. (That is the point I would beg you to evaluate and say whether it makes sense or not)

Considering the patterns of mourning I included Maria as prone to a disordered one, having had experiences which led me to think she had an anxious and ambivalent pattern of attachment. On the other hand I have already described her, considering her parent's role, as someone who has developed an anxious resistant attachment (... "influenced by the way her parents treat her").

I had to explain why and based in which points of view I linked these two different patterns. In reality I understood both of them as resulting of the same ( or at least similar) absence of love and care. The experiences she has lived were all pointing to loneliness, neglect~~ion~~, threats of abandonment.

I tried to show that we could say that the people who have been described as having "experiences disposing towards anxious and ambivalent attachment", were, in some ways (had similar experiences) con-

## ESCOLA BRASILEIRA DE PSICANÁLISE E ETOLOGIA

sidered as having developed the pattern of anxious resistant attachment. This all due to the uncertainty of having someone available or responsive when called; due to having had parents who considered the desire of love and care a burden, responding irritably, ignoring or even scolding the child.

Following this path I could also say that the pattern of attachment that has been called 'anxious avoidant', has some points in common with, both the 'experiences disposing towards compulsive caregiving' and 'assertion of independence of affectional ties'. It seems to me that in that pattern of attachment (which is influenced by the way the parents treat a child) called anxious avoidant, we see that... "when in marked degree such an individual attempts to live his life without the love and support of others, he tries to become emotionally self-sufficient and may later be diagnosed as narcissistic or as having a false self of the type described by Winnicott (1960)" -Secure Base- "The Role of Attachment in Personality Development". We can also see, among the experiences disposing towards assertion of independence of affectional ties that... "Winnicott has used the term false self to describe the self such a person experiences and which, willingly or unwillingly, he presents to the world." (this is mentioned in Loss, page 225).

Well, what I am trying to say is that the kind of hard experiences a person has had which may lead her to develop a pattern of attachment is, in a way, quite similar to the ones that will lead her to develop another pattern. So, someone who has had, with the parents, experiences which lead her to develop a anxious resistant pattern of attachment could easily, in the case of a disturbed mourning, be considered as someone whose experiences could lead us to think she had developed an anxious ambivalent pattern of attachment.

I do believe the situations above mentioned are similar although you have described them using different terms, perhaps because you were describing different moments and circumstances.

What I am begging you is your evaluation regarding this point of view of mine when I dare to link two aspects of your theory.



## ESCOLA BRASILEIRA DE PSICANÁLISE E ETOLOGIA

I am very sorry to have written such a long letter. I think it would have been better to record a tape so that it would be easier for me to explain my points of view, as well as it would be less difficult for you to understand my poor English (certainly not enough to explain what I am trying to). Another point is that to be able to ask for your opinion whether I should continue with this line of thoughts , I had to reduce the paper and ideas so much that I am afraid the letter is not clear.

Again I am very sorry to disturb your holidays but I know you will understand how anxious I am to finish this paper.

We miss you very much as well as we miss your kind letters.

In January, this year, I have finished another translation. This time I worked on Winnicott's "Holding and Interpretation" which I hope will be ready by the end of the year.

I am eager to see your book about Darwin ( and translate it, if you so wish).

We hope you enjoy your holidays as much as you deserve.

Thank you for your attention in reading this enormous letter. Looking forward to receiving an answer soon,

Yours sincerely

*Sonia*

Sonia Monteiro de Barros 6 Aug 90

Dear S—,

You are quite right to link  
the two patterns of ~~anxiety~~ you refer  
to, namely 'anxious resistant'  
& 'anxious ambivalent'. In fact,  
Mary A. herself sometimes used  
'anxious ambivalent' as synonymous  
with 'anxious resistant'. I  
thought that was a mistake since  
all the insecure patterns of ~~anxiety~~  
are characterized by ambivalence,  
sometimes overt & obvious, at  
others <sup>eg. avoidant & compulsive caregiving</sup> only covert & potential.

You are also right to think that  
adverse experiences in childhood ~~that~~ <sup>which</sup>  
lead to one pattern of insecure ~~anxiety~~  
are often very similar to those that  
lead to another pattern.



Throughout 1862 more reviews of the ORIGIN arrived and also letters, many of them welcome ones from old friends and new scientific acquaintances, others, occasionally amusing, from cranks. All were answered. To H.W. Bates, the close friend of Wallace, who had made brilliantly original studies of mimicry in butterflies, \* he sends warm congratulations on 20th November and ends a long letter: "How gets on your book? Keep your spirits up. A book is no light labour. I have been better lately, and working hard, but my health is very indifferent. How is your health?" (LL II. 393).

At this time Bates was busy preparing a book describing his travels in South America. Published the following spring under the title The Naturalist on the river Amazons, it called forth Darwin's highest praise: "it is the best book of Natural History Travels ever published", he writes enthusiastically to the author. "Nothing can be better than the discussion on the struggle for existence" (LL II, 381). Others also valued Bates's works and in 1864 he was appointed Assistant Secretary to the Royal Geographical Society, a post he would hold until his death in 1892. Ten years earlier his scientific contributions were recognized by his election as a Fellow of the Royal Society.

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\* The process whereby a non-poisonous insect comes to show the same warning colour patterns as a poisonous one, thus enabling it to escape predation.

There are a number of points to be made here:

1. One the main features of insecure attachment, are resist & avoidant, ~~and~~ <sup>and</sup> identified by Mary A. at when the only were only twelve months old, and subjected one way their parents ~~had~~ treated them during these early months. Also in Russia that these patterns tend to persist, they are also affected by later experiences. Since these later experiences <sup>can</sup> vary enormously from person to person, the ~~variety~~ <sup>potential</sup> of these is <sup>potentially</sup> infinite. Variety of such patterns in later years with some individuals showing <sup>mixtures of, or</sup> <sup>possibilities</sup> between, one feature & another. This means that, as clinicians,



-9b-

Another figure in the story about whom little is written is Joseph Parslow, who had by now served the family for thirty years and had seen his master become famous and seven of the children grow up. "Among the faithful servants memory calls up," writes Leonard Huxley about his visits to Down during the 'seventies, "the round figure, white haired and apple-faced, of Parslow the butler - a veritable pillar of the house, without whom one could hardly picture the place" (Huxley 1921). In 1875 Parslow would retire to live with his wife and son in the village. He was succeeded by William Jackson, who would serve until the end of Darwin's life.



We are unlikely to meet <sup>pt</sup>  
~~and~~ showing <sup>any</sup> ~~pure~~ <sup>an insecure</sup> ~~sure~~ pattern  
of att in <sup>in</sup> pure form. Since you  
had such a very mixed set  
of <sup>advice</sup> experiences during childhood,  
it is not surprising that she  
shows a mixed pattern of att  
now.

I wonder if you are following  
Mary Mann's recent work? The  
A-A-1- which she has introduced  
deals with some of these issues. She  
has a book in press with CUP  
which will be very valuable. Another  
book in press (with Routledge) which  
will be of interest to you is  
Att across the life cycle etc.

of satisfaction and hope to his family. His condition showed signs of amendment in several particulars. He suffered less distress and discomfort, and was able to work more steadily.... In later years he became a patient of Sir Andrew Clark.\*... It was not only for his generously rendered service that my father felt a debt of gratitude to Sir Andrew Clark. He owed to his cheering personal influence an often-repeated encouragement, which latterly added something real to his happiness, and he found sincere pleasure in Sir Andrew's friendship and kindness towards himself and his children" (LL III, 355).

Yet another witness testifying to this ~~marked~~ improvement ~~during the period~~ is Darwin's <sup>new man</sup> ~~old~~ servant *William Jackson* ~~Parslow~~, who is reported to have replied to a neighbour enquiring about Darwin's health: "Master's illnesses nowadays are nothing to what they used to be". †

Footnote

\* Dr. Andrew Clark (1826-1893), a prominent London physician, first attended Darwin in 1873, the year that his former physician Dr. Bence Jones died. He was not created a baronet until 1883, thus remaining plain Dr. Clark during Darwin's lifetime.

† Quoted by Colp, p.288, from an article by L.A. Nash, SOME MEMORIES OF CHARLES DARWIN, Overland Monthly, 77, San Francisco, 1921). *Since Jackson had not been with the family before 1875, he was presumably quoting a common opinion.*



I shall be sending you a copy of my biography of D., together with copies of some reviews. I should be delighted if you were to undertake a translation, but before starting you would be wise to find a publisher prepared to undertake it & to negotiate a contract with one or more publishers.

disturbance, so that no fact, however small, could miss releasing a stream of theory.... but fortunately his richness of imagination was equalled by his power of judging and condemning the thoughts that occurred to him." Theories have to be tested, certainly, but they must not be condemned unheard, and that made him "willing to test what would seem to most people not at all worth testing. These rather wild trials he called 'fool's experiments', and enjoyed extremely" (LL I, 149).

Since most theories prove to be untenable, advancing them is a hazardous business and requires courage that Darwin never lacked.



replied 14 June 90 June 9, 1990 Liz  
Shelter Island DURBIN

June '90 NYS 11964

Dearest John,

I was so sorry to hear from Marjorie of your recent diagnosis and operation. I do hope you are feeling better and that they got all those nasty cells - and that you can spend a nice relaxed summer recuperating.

Thank you so much for your letter and cards at Christmas. It really helped me to hear from so many kind people, even, or perhaps especially, because I was not able to respond at the time. I am much better now, almost back to "normal", but it has been a long, slow process, fraught with feelings of loss and sadness, especially aggravated by Marjorie divesting herself of 2 Eldon Grove. It brought back memories and feelings of losing Evan, as well as 33 York Terrace, and of the sense of mortality, both mine and those nearest and dearest who cared for me as a child. So I have been thinking of you, and all your wonderful kindnesses and warmth over these 54 years that I have been around!

I had a good visit with Marjorie. She seemed more relaxed than I remember her in years, perhaps ever - and full of excitement and enthusiasm for her new flat in Oxford. It does sound nice and



Dublin  
Box 317, Shelter Island  
NYS 11964



USA 36

“ I came in with Halley's Comet in 1835. It is coming again next year, and I expect to go out with it. It will be the greatest disappointment of my life if I don't go out with Halley's Comet. ”

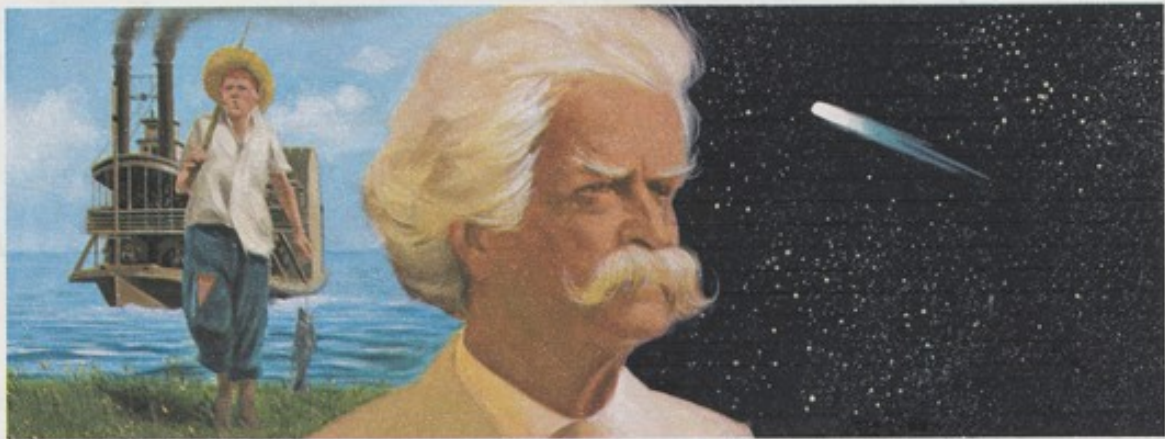


Dr. John Bowlby,  
Wyldes Close Corner,  
Wildwood Road  
LONDON NW11

U K

AEROGRAMME • VIA AIRMAIL • PAR AVION

② Second fold



© USPS 1985

1835 · Mark Twain · 1910 · Halley's Comet · 1985

Additional message area

it is amazing to think she is right where I started off at school 50 years ago!!

I will definitely be over to visit Mayme and to meet my newest niece, but I am not sure I will make it this summer - the thought of transatlantic flights and jet lag is very intimidating and I need to gather my strength for the regular teaching load which starts at the end of August. So I look forward to seeing you sometime soon, and please do take care of yourself and get well. Much love to you and Ursula  
from Liz Dublin



No Action

May 21, 1990

John Bowlby, M.D.  
The Tavistock Clinic  
Department for Children & Parents  
120 Belsize Lane  
London NW3 5BA  
England

Dear John:

I heard through the grapevine that you have been under the weather. I want to wish you the very best and our thoughts are with you.

Please know also that Ted Shapiro and I understand fully that your other commitments did not allow you to contribute to the special issue of the Journal of the American Psychoanalytic Association. Your work will be represented in a number of other contributions.

Thank you for your very kind words concerning my articles in The Course of Life.

Again, please know that our thoughts go with you for good health. I look forward to our times together in the Fall.

With warm regards,

*Bob*

Robert N. Emde, M.D.  
Professor of Psychiatry

RNE:epm

replied 3 June

The Institute

Strecker Program  
111 North Forty-ninth Street  
Philadelphia, Pennsylvania 19139  
215.471.2153  
FAX 215.471.2833

May 15, 1990

The Nation's First Hospital  
Founded 1751

H. Robert Cathcart  
President

Strecker Adolescent  
Substance Abuse Program

Harvey Horowitz, M.D.  
Director

John Bowlby, M.D.  
Wyldes Close Corner  
Hampstead Way  
London, England NW 11 7JB

Dear John,

I am just back from the annual meeting of American Society for Adolescent Psychiatry in New York where my colleagues and I presented a panel "Relationship & Regulation: A Contribution Toward a Developmental Understanding of Adolescent Substance Abuse". We presented our model of adolescent substance abuse as a disorder of self regulation arising out disturbed early attachment relationship, further perpetuated by pathologic patterns of family interaction. It went very well. We look forward to Minneapolis in October, the next ASAP meeting, where Alan Sroufe will give the Plenary and we will present the next stage of our work. I am hopeful we will have some success at moving adolescent psychiatry and ASAP further into the camp of developmental psychopathology and the relational model.

Toward that end, I am writing to let you know that I am Program Chairman (and President Elect) of ASAP for the annual meeting, May 10 - 12, 1991 in New Orleans. The theme of the meeting will be "The Relational Model and Adolescent Psychiatry". Would you consider attending and allowing ASAP to honor you by dedicating the program to you and to your contributions to our field?

and  
Department for Sick and Injured  
800 Spruce Street  
Philadelphia, Pennsylvania 19107



You could serve as Honorary Respondent and discuss presentations whenever you felt moved. And we would have dinner again, this time in New Orleans!!

In addition to Alan, I am thinking of inviting Roger Kobak, Lyman Wynne or David Reiss from family theory/therapy, Steven Mitchell, perhaps Mary Main, etc. I am open to any suggestions re: program you would like to offer.

I do hope you will have the energies for New Orleans, looking forward to your reply.

Best wishes to Ursula.

Beeley is now 9 and in 3rd grade! Moira is five & a Kindergardener!

Claudia has become an accomplished Potter & is in several galleries in the area.

The family sends its love

~~Sincerely,~~

Yours,

Harvey Horowitz, M.D.

Eric TRIST

130 NW 28TH STREET  
GAINESVILLE, FLORIDA 32607  
(904.375.6337)

replied 19 Apr.

April 8, 1990

Dear John,

I did not reply immediately to your letter of December 30th as I wanted to live with what you said about my early separation from my mother for a while. I now feel that you have settled this question which has disturbed me more in recent years than it did earlier.

Though I have never considered myself a full-blown Kleinian, I have undoubtedly been influenced by the view that the earlier the experience, the more important and that nothing mattered much except splitting and denial.

From what I was told both by my father and mother and relatives who visited us at the time, my mother and I were in an excellent state of relations by the time I was three months old.

I remained in a good state of relations with her until between the ages of 7 and 11, when I was hostile to her and she was hypercritical of me. She used to tell me all the time that I would never grow up to be as good a man as my father. I was always enjoined not to think very much of myself. On one occasion she said she would ask my father to thrash me very severely when he came home. I made such a fuss, however, that he did not go through with it -- I don't believe he would have done it anyway. Though this mutual antagonism did not persist after this period, I remained rather detached from her.

Though throughout my adult life I did what was expected of me in taking care of her, I have felt much shame and guilt in not having a more personal relationship with her. She was an imaginative person and very intelligent, but the restrictions on her education forced by complications in her family did not allow these qualities to develop.

My father and she were very happily married and always represented themselves to me as good parents. All the badness was in me. I was repeatedly told by my mother during the years of our hostility that, at the time of her distressing experiences after my birth, my father went around the house saying, "Save my wife, never mind about the child." He was a gentle, caring and



rather saintly man. In the circumstances, his feelings were understandable enough, though I did resent being repeatedly told this.

I look forward greatly to receiving a copy of your book about Darwin. I don't doubt that it will "throw into relief some aspects of the story which tend to be neglected." It is good that Norton's Darwin specialist liked your book, but I am surprised that he wanted more about Darwin's scientific achievements, which is another story to what you were concerned with.

I have not been doing well with the drugs I have been given to relax my spastic bladder. They have induced a reversed sleep rythm. I am awake many hours during the night and have to take prolonged naps during the day. This has set me back quite a bit in completely the last stages for Volume II. There seems to be some hold-up in the negotiations with Free Association Books about the British edition of Volume I, which is due out here in June. We are trying to hurry things up.

I hope that you and Ursula continue to enjoy good health.

With warmest regards,

*Eri*

TRIST

130 NW 28TH STREET  
GAINESVILLE, FLORIDA 32607  
(904.375.6337)

December 17, 1989

received 30 Dec 89

read 29<sup>th</sup>

Dear John,

1. I have meant for a long time to raise with you a problem of separation experience I had at birth. Having just had a letter from Isabel Menzies saying that she had written to you about a problem of hers which was missed in both her analyses, I thought I had better do so without further delay. The reason for the delay has been scruples about asking you to express an opinion on something which you may very well feel you should not do. I shall quite understand if this is the case.

When I was born my mother had severe septicemia, the result of an unclean instrument having been used by the locum of our family doctor who delivered her. I did not see her for six weeks. At the age of three months I became able to tolerate quite well a baby food (Allenbury's) and apparently established a good relation with my mother. What went on before that I do not know. There was a nurse in the house and a friend of my mother's who took care of me.

One of the reasons which fascinated me so much about your early work on separation experiences leading to a difference between neurotics and delinquents may well have been because of this experience of my own, though I did not think of it at the time.

There are certain aspects of my character which are affectionless and I am full of frozen affect and a large repertoire of negative feelings and attitudes. These are deeply hidden. They trouble me now more than they did during earlier phases of my life. Though this material came up during my analysis no attention at all was paid to it.

I am troubled with profound feelings of futility. My analysis got into a stalemate and I wonder if its undue prolongation did me harm rather than good.

2. I expect your book on Darwin is out. I will send to Karnak's for a copy as I don't know the address of your publisher. I look forward immensely to reading it.

3. Steve Burgess, an American who settled in Edinburgh as the Craigmillar consultant and with whom I used to go over and work, has been staying with us for a couple of weeks. He had a tape of Jock's New York presentation of his new work on holism,



the person and the self. Though he had circulated a written paper he gave a spontaneous version full of humour and anecdote which was acclaimed by the audience. I do hope he finishes a full exposition of his theoretical position beyond his book on Fairbairn.

4. Though we had two superb weeks pure holiday in Alaska, our summer at our work retreat on a small island off Vancouver Island was marred by my illness - my diabetes went haywire. I had a lot of high fever and a tendency to urinary frequency became impossible. I have had prostate surgery and am hoping that my recovery will be complete. A drug prescribed to relax a spastic bladder has increased my tendency to go to sleep during the day.

6. Apart from helping Beulah to finish the Index for Vol. I, I have done no work on the Tavvy book for five months. At least Vol. I (the socio-clinical volume) will be out on time (early spring). Unless I get more energy I won't finish Vols. II and III but am hoping the new year will see me in better fettle.

7. The happenings in Eastern Europe have been vastly exciting but the difficulties likely to be encountered when the euphoria is over are monumental. Gorbachev's chances of survival don't look all that good unless his economy improves.

Will the new European problems and the likely strengthening of EEC financial arrangements leave Maggie Thatcher isolated in the U.K. as well as elsewhere?

7. Alan is trying to regroup after five very lean years as a "developmental editor". Though he has some current successes the prospects are too precarious for my liking. Carolyn has a good ordinary job with the Public/Private Ventures group in Philadelphia. She doesn't like it as her basic interests are in development and the environment and she wants to go back to graduate school.

My memory is that all your children turned out well. I do hope this continues to be so and that you and Ursula are enjoying yourselves.

Best wishes for Christmas and New Year. May 1990 be what you want.

With warmest regards,

*Eric*

Dr. John Bowlby  
Wydes Close Corner  
Wildwood Road  
London, NW11

HEARD

Mudd House  
Crackpot, Low Row  
Richmond, N. Yorks DL11 6NH  
Tel. 0748 86448

21st October 1989

Dear John and Ursula

Although it is a full ten days since the last Attachment Seminar, I have not forgotten the very good prelude you provided for the rest of the evening. I enjoyed, very much and as always, the chance to talk to you both at home. I returned here to a week end with visitors followed by one-of-those weeks. I may say that Ursula was present in spirit while I was seeking inspiration about menus. We had the pear dish and very good it was.

As you see this is a typewritten letter. I have found that writing is now much easier on my word processor than ever it was through the medium of the pen. The reasons intrigue me. The most obvious seem to be that I can now type more quickly than I can write, which allows me keep up with the pace at which thoughts unfold. They tend to disappear in sulks when they are asked to wait around while I all too slowly write them down; also I can see the ones I now manage to capture translated into tidy typescript immediately and moreover all second thoughts can be incorporated in seconds, again without spoiling the look of the page.

Before I go any further I would like to give a message mainly for John. I received the note from Dorothy Southern enclosing the letters from poor Mr Craven. He is known to Brian, who heard from him about six months ago. Brian did not hear from him after sending quite a long letter explaining just how Mr C. could get himself referred to the Psychotherapy Dept. in Leeds West whose catchment area covers his address. But Mr C. is obviously in a more disturbed phase just now. Last week we had a letter from Murray Leishman explaining how the Scottish Institute wanted the problem a Mr C. posed for them should be discussed in the Executive of the Guntrip Trust. The next meeting will be on 9th November and I will let you know how the problem was handled. Before then I will write suggesting that Mr C approaches the Psychotherapy Dept, in Leeds West and I will indicate how this might be done.

We have at last had some rain but quite a lot of Autumn sun as well, the grass has begun to grow again and the walkers are still around so those who depend on our local industries are reasonably satisfied.

I do hope you both keep well, and I look forward to seeing you in November.

Brian sends his love as I do

Doreen

John - Jefferson unless you need to keep this



BRONSON  
Jan 9.

Dear John:

It seems long since we visited in London last summer, and I don't think we can get back for at least another year, so let me bring you to date on our activities.

Wanda got a 2-3 year grant to study the development of competence in 1-3 year olds, has established offices and a staff of four, and has begun to recruit babies. It will be the best, by far, of any study yet done in the area. I also have a grant, and am on leave from Mills for the year to do a longitudinal study on developing waverers to novelty during the first year. The two studies will tie together most closely. We are both making extensive use of  $\frac{1}{2}$  inch video equipment for recording behavior, and I find it to be a major technological advance for ethologically oriented studies: reviewing tapes illuminates qualities of reactions in a way that could never be achieved through direct observation.

(over)



2.

I leave for Hawaii in 4 days to collect data, which will keep me there, off and on, for the next 7 months - my subjects will have been assessed at birth for reactivity to various stimuli by Dave Crowell, who is conducting a major neonatal study at the University of Hawaii; I hope to establish constitutional differences that contribute to the intensity of responses at nine months - I am sure they exist.

Wanda and I have been too long awaiting your book - did we miss notices, or is publication yet to come? Do stir things up, the world (that counts) awaits it.

The news we hear of May is not good - she had an operation to cope with arteriosclerosis, which I gather went o.k., but a student of hers wrote Wanda recently, and noted that May is now plagued with neuritis to a point where she is only rarely on campus. Wanda will try to see her when she goes East to some meetings in February. Let us hope for quick recovery - May is not one to accept infirmity easily.



I am most grateful for the German references on Meili's work - they are very close to my coming study, and I would have missed them. I enclose a copy of one; the other, which is probably of less immediate interest to you, I have put on tape as Wanda's mother translated it (easier to do) and am forwarding it to you separately. No need to return it.

apart from our dismal politics, life has been most pleasant this fall - lovely weather, and Wanda and I both very busy on organization and pilot studies. Talking psychology over our before-dinner martini's (several, these days) we mightily convince ourselves of the fine quality of our method and the sound insights they will produce. In a few years we will come to England to produce a major work (with you and many?) covering the first few years.

Our regards to Ursula. Perhaps you two will get to Berkeley soon? Gordon.

EMANUEL PETERFREUND, M. D.  
1148 FIFTH AVE.  
NEW YORK, N. Y. 10028 / 9/28  
TELEPHONE (212) 722-8233

PETER FREUND

Reply 22<sup>nd</sup> Oct

Oct. 16, 1989

Dear John,

With pleasure I write to say Hello and to enquire how you are.

After 3 months of hospitalization and a difficult course of chemotherapy, surgery, etc I got a <sup>remission</sup> ~~remission~~ from leukemia, against all odds. So I am now home and doing well.

I was left very weak, and unable to walk. So I have been involved in a long rehabilitation program. Right now I am still bed ridden for the most part.

It has ~~been~~ not been easy for any of us. Ory has had to deal with a great deal. But she has been simply a gem.

I was quite organic at one point in treatment and had the interesting but very frightening experience of watching the break down of many mental models. I was quite disoriented, for example; I could not reconstruct the mental model of my apartment in which we have lived for over 30 years. But the mental picture cleared up, fortunately, as my physicians expected.

I will close at this point. I can't get to my word processor. Please excuse the handwriting.

Hope all is well with you. I am looking forward to reading your book on Darwin.

Manny



August 4th 1989.

c/o Mrs. Clive M. Gavin.  
"Aostabrook".  
Hornbridge.  
Devon PL20 7 TT.

Dear John & Ursula,

Thank you so much, both of you, for your letters of deep sympathy. Somewhat to my surprise I'm finding these letters a comfort & support. Probably, too, receiving them & answering them & attending to necessary matters is preventing from feeling the full force of my loss, which will hit me like a tornado later. It's bad enough as it is after fifty two years of happy marriage & stimulating companionship.

Cynthia had been suffering from a variable, though not crippling, complaint that was not fully diagnosed for the past fifteen months. But when we were in France in the Spring she began a steady deterioration so I got her into a French clinic as an acute emergency. All renal function had completely packed up. As there was no improvement after nearly a month of intravenous dialysis we brought her home by air ambulance to a hospital in Plymouth where Clive's colleagues



worked hard. But there was no improvement; she held up for a while, then went rapidly down & died. Though she had a good deal of distress, she had little pain & died quite peacefully. As the illness was so drawn out the end was hardly a shock to me just deeply distressing.

Chie & his wife are looking after me excellently. I'll go back to Solphim at the end of the month but don't mean to make any plans in a hurry.

With my thanks & love to you both,

Arnald.

What has happened to your book on Darwin? I'm still waiting for it.

I see from today's 'Independent' that someone has written a book on Cyril Burt.



August 5th 1989.

c/o Mrs. Clive Mc Gavin,  
"Aostabrook",  
Hornbridge  
Levon Rd 20 TT.

My dear John,

You raised a matter in your letter, the idea of a memorial service for Cynthia — a most thoughtful idea it was.

I talked it over at length last night with Clive & Rachel, whose mother in January of 1989.

On thinking it over & weighing it up I think not, though it was a touching suggestion.

In the first place neither she nor I had any religious feeling, let alone conviction, so that for any memorial service, of necessity religious, would really be a hypocrisy for us. It is true that we had a simple service at the cremation but that was not as a nod towards some deity but to see her cremated with decency & dignity.

All our close family were there except for her sister Barbara who was unfit to travel.



Her large circle of friends are widely scattered, though some remain abroad as in Weston-by-Welland most are widely dispersed, not just in the United Kingdom but also in France (perhaps the majority now), Spain, Portugal & South Africa & the United States.

Already nearly all these friends have sent me sympathetic & encouraging letters, answering which has given me great satisfaction. Few would be able, or might not want, to come to a memorial service.

Don't think of this as heartlessness. Quite the contrary. Such an occasion would stir me up deeply.

When we were young you gave me a copy of Robert Bridges' "Testament of Beauty". There is one passage that I quote to myself on relevant occasions.

"Our stability is but balance  
And wisdom lies  
In masterful administration  
Of the unforeseen."

With, as always, best wishes to you both,

Arnold



PAT SABLE, Ph.D.

877 Teakwood Road

Los Angeles, California 90049

Reply

22 Aug 89

Aug 1, 1989

Dear John,

The newspaper article, about a colleague, used an attachment theory framework. In fact, I helped the students with the literature review & helped Andy with his conclusions before the finished draft. He has sent an article off for publication. My article in Am. J. of Orthopsychiatry will appear in Oct or Jan, (he thinks). It has been formally accepted so I am sending you a copy. I don't know what editing will be done but as I have talked to the editor on the



phone, there won't be much.

It has been a difficult summer,  
my 92 year old father died in early  
May. It was sad also to hear of  
Henry Harsburg's loss. He & Estelle  
Parness were the first two attachments  
friends & both were supportive of  
my interest.

We hope you are well. I am  
preparing for fall classes. Have sent  
off another article on attachment &  
agoraphobia & plan to send another on  
my spousal study -- concerning the  
elderly. It is ready to go. I am  
interested in contacting some  
editors who put together text books,



PAT SABLE, Ph.D.

3

877 Teakwood Road

Los Angeles, California 90049

for eg of different theories & then  
apply them to a discipline such as  
social work. It seems they should  
have chapters on attachment.  
How is the Darwin book

doing?

Study group continues to  
meet. In fact, Andy (Newspaper  
article) came to our last  
meeting & presented his research.

It seems some time since  
we've been in touch. I am  
pleased to be able to tell you  
about the onto acceptance.

Yours,  
Pat

TAVISTOCK AND PORTMAN CLINICS SPECIAL COMMITTEE

## The Tavistock Clinic

TAVISTOCK CENTRE, 120 BELSIZE LANE, LONDON, NW3 5BA

Telephone : 01-435 7111 Ext.

Dr. John Bowlby  
Consultant Psychiatrist Emeritus  
Tavistock Clinic

14th July 1989

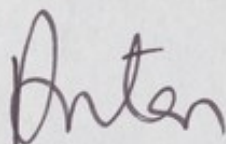
Dear John,

I have just heard about your being elected a Fellow of the British Academy, and your having received a Distinguished Scientific Contribution Award of the American Psychological Association.

I am writing on behalf of the Professional Committee to say how very delighted we are at this recognition of your vital contribution in the field of human science.

With our very best wishes.

Yours sincerely,



Anton Obholzer  
on behalf of the Professional Committee

LH2BCL



PETER FREUND

EMANUEL PETERFREUND, M. D.  
1148 FIFTH AVE.  
NEW YORK, N. Y. 10028  
TELEPHONE (212) 722-8233

June 17, 1989

Dear John,

I do hope that this letter finds you in good health and working and writing productively.

Medically, things have not gone too well for me. In February it was found that I have a pre-leukemia condition, undoubtedly a consequence of the heavy chemo therapies I have had. I knew in 1982 when I first came down with Hodgkin's that there was a higher incidence in those who have had chemo of a very virulent form of leukemia. It is ironic that the chemicals that "cure" can cause an even more serious form of cancer. Actually, my condition now is not a definite leukemia, but it is moving in that direction. I live by getting regular blood transfusions, and spend my time going to doctors, taking tests, nursing the many complications of my condition. When a full leukemia develops I will have to be hospitalized for many weeks for a very toxic chemotherapy.

Last week, after a hospitalization, I realized that I had to take a "leave of absence" from practice. It is doubtful that I will be able to resume any sort of practice, but I will see.

You can imagine how difficult all of this has been on Ory who has been a gem.

I write primarily because something in me wants to make sure you know the important role you have played in my life. You were the only major figure in the psychoanalytic world who treated my work with respectful attention. And that was of enormous help to me.

Again, my very best wishes, and regards from Ory.

Manny



PAL!

The Retreat  
Shahibag  
Ahmedabad - 380004  
10<sup>th</sup> June 1989

AJAY

Dear John,

I hope you will forgive me for this very long delay in writing to you. The <sup>last</sup> time we met in '86, soon after Ajay's birth, things were extremely difficult as you know. well, it has not been easy bringing up the baby in these ~~unusual~~ adverse circumstances, but I still feel that I made the right decision in having him.

we heard about your illness and were very relieved that you were <sup>fully</sup> recovered. I'm sorry not to have thanked you <sup>earlier</sup> for your kindness to us in London, which I really deeply appreciated.

My father died on May 29<sup>th</sup> last year after a very hamularic illness (cirrhosis of the liver). It is still painful to recall the events, so I won't do so just now. Perhaps if I manage a trip to England in the not too distant future, we'll be able to meet and talk. If you have the time and <sup>are</sup> well enough, that is, I've been feeling very low,



the support of  
especially this last year. I miss my  
analyst who is far away in London.  
I haven't been able to write to  
anyone but arranged to write to her  
a few days ago. In the absence of "help"  
I started self-prescribing valium, and  
was taking from 15-20 mg. per day when  
my father went into a coma. Recently  
a psychiatrist has switched me onto  
another drug (under medical supervision),  
which I hope will be more  
effective and less harmful. I  
feel I badly need to ~~see~~ find  
some way in which I can live my  
life reasonably happily without  
feeling so miserable all the time.

I don't want to be a burden to others  
nor do I want to harm myself  
the way my father did. I do  
hope you don't mind this  
sudden "bombardment" from me.

Would send us a card and  
mas. please thank her and give  
her my love. I was disappointed and  
hurt that she didn't come to see my  
baby. I feel something came between us  
after a slightly unpleasant talk I had  
with Pia. Both of you have been extremely



kind to me ever since I came to  
London to join LSC in 1974. I hope  
the last paragraph won't make  
you too feel negatively towards  
me.

Ajay is a delightful little  
boy - he hasn't had an easy time  
either, but he is (so far) a  
happy child - appreciative and  
loving.

With warm and  
affectionate regards,

Palli.



Dear Pats,

I am very glad to hear from you & especially that Ajay is developing so well. That he is happy & loving is a tribute to the instruction you have been giving him despite all the difficulties, which I can well imagine.

The loss of your father must have been a great <sup>especially to you</sup> blow. I know you were very close to him, & I expect the anniversary of his death a month ago reminded you how very much you miss him.

Let me know well in advance when you are likely to be in London so that we can arrange to meet & have a talk, & perhaps meet Ajay again. We are going to Skye on the 1st August, but after our return on the 15th we shall be in London all winter (except for 5-12 Nov when I am lecturing in Garmouth).







**Happy Holidays**

*With our love,*

MARILYNN & DON LUNDE  
MONTY, CHRIS, GLENN, EVAN, BRET  
*20 17 16 15 12*

Dr. & Mrs. Donald T. Lunde  
1040 Cathcart Way  
Stanford, Calif. 94305

Dear Ursula & John,

We so enjoy your Xmas news each year. Ours is much the same - happily. Monty adores Stanford & has settled on a double major in Art Design and Human Biology, still plays in The Bad & dances one of the Dollies (pom-pom girls). Chris plans to go to Cal Poly in San Luis Obispo next Fall, majoring in Child Development. He would like to have his own Nursery School some day. He's busy working at Edy's Ice Cream Shop. Glenn still plans on Stanford the following year, is enjoying girls and adores his new job at a huge toy shop - in charge of electric trains etc. Evan is having his best year with both school work & friends & continues the paper route tradition but can hardly wait to get a "real" job next Summer - probably with friends of ours who own a glass co. Dret is taking 7<sup>th</sup> grade by storm - loves school, teacher, friends, etc. and is doing beautifully - also has a paper route of his own now.

Our parenting text The Next Generation will finally be out in Jan, also a new co-authored book on one of the mass murder cases The Disappearance in Feb or March, a new edition of the sex book and a new publication Murder + Madness by Norton. He has just signed up for another on the LA side. Stanley will do a trade parenting one. Bought a better house in San Luis Obispo last Spring & sold our Cornell apt's. Marilyn



# MRC

Medical Research Council  
External Staff

Department of Social Policy  
and Social Science  
Royal Holloway and  
Bedford New College  
(University of London)  
11 Bedford Square  
London WC1B 3RA

Telephone 01-580 7112/3

Your reference

Our reference

9th June '89.

Dear John,

I was delighted at the news. I  
am sure you are the first of your kind -  
but then you are not of a kind, but  
unique! I had supper with Jim Birley  
the other night - his birthday - he had  
just been given the latest volume of  
Darwin's correspondence - he's reading all of  
them! How are you? At any rate,  
many await your book!

Tirril and I have spent weeks/  
months preparing a new training scheme  
for CEDS - life events for the US.  
The first course is in a few weeks

in Pittsburgh . It has been quite an  
effort . The Americans have given us  
a great deal of support . So we  
hope for much more trans-Atlantic  
research — and also collaboration . I'm  
glad all goes well . And thank  
you for writing

With all best wishes

Yours

Cary.



PROFESSOR SIR HENRY PHELPS BROWN  
16 BRADMORE ROAD, OXFORD, OX2 6QP

TEL. 0865 56320

25 May 89

*Dear John.*

Your letter was my first intimation of Council's decision - Fellows are not informed until they receive the papers for the AGM in July, at which the actual election will be made. But the sight of your script on the envelope made me hope that you had good news to impart, and so it was. Evelyn and I are delighted, on all accounts. To speak of congratulations seems out of place, when the award is so belated, but we are very glad indeed for your sake that it has come at last. It comes also as a relief - as you know, there was a number of nominations in this first year of the new mode of election, and I feared that Council might prefer a candidate in a more traditional field. But I think much will be due to the strength of your support from Sec. 12, and in particular to the full and cogent citation, in which I suspect George Brown had a hand.

We were sorry to hear of your troubles with the copy editor. I think the American practice of copy-editing comes nearer rewriting than anything done here, at least for academic authors. There is also the difficulty raised by differences of style between our two countries - what you and I would accept as plain and clear English gives difficulty to an American reader by its unfamiliarity; expressions that seem cumbersome to us provide him with more familiar signals.

That contemptuous and dismissive review that my book received in TLS has now been offset by a review, as wholly laudatory as the other was scornful, in the Times Higher Educational Supplement. I have also seen the script of a highly favourable review to appear in the Australian and NZ Economic

Record. So I'm relieved of the fear that the first review aroused of my having lost my grip in old age without being aware of it. Or I should be relieved, but that insult still rankles. If one is punched on the nose, and later given a bunch of roses, one's nose still hurts.

When I came back from the trip that Evelyn and I took to the Canaries in February, I decided that the time had come for me to put retirement into practice: my energies were ebbing, and I was increasingly aware of how far I'd fallen behind all the work that has been done in my field in the last twenty years. So I gave up the project for another book on which I'd been working, and sadly ended a long association with my part-time secretary. But I find I'm not happy without a task, and so I've taken to writing again, if under less pressure than before.

A thunderstorm yesterday has brought relief from the oppressive heat of the past few days, and relieved Evelyn of her anxiety about drought in the garden.

Again, we're delighted by your news.

*With kindest thoughts from us both, to you and Ursula,  
Henry.*



THE BRITISH ACADEMY

20-21 CORNWALL TERRACE

LONDON, NW1 4QP

TELEPHONE: 01-487 5966

TELEX: 263 194

TELEGRAPHIC ADDRESS: BRITACADEMY, LONDON NW1

From  
P.W.H. Brown  
Secretary

13 May 1989

IN CONFIDENCE

*Received 20 May 89*

Dear Sir,

I have the honour to inform you that the Council has resolved to propose you for election as a Senior Fellow of the British Academy at the Annual General Meeting on 6 July 1989.

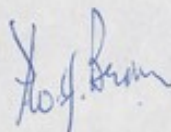
The creation of this new category of Fellowship was recently approved by the Privy Council, and the relevant Bye-law now reads

"A person who is ineligible for election by reason only of his or her age may be elected as a Senior Fellow"

I enclose a copy of the Academy's Bye-laws with a notice of the approved alterations.

May I draw your attention to paragraph 32 of the Academy's Bye-laws. I should be glad to hear if you are willing to become a Senior Fellow and to observe the regulations of the Academy. In order that due notice of Council's resolution may be circulated to the Annual General Meeting, may I ask for a reply at your earliest convenience.

Yours faithfully,



Dr. J. Bowlby, CBE, FRCP, FRCPsych., FBPsS  
Wylde Close Corner  
Wylde Close  
Hampstead Way  
London NW11 7JB

✓  
16 BRADMORE ROAD, OXFORD, OX2 6QP

TEL. 0865 56320

1 May 89

Dear Mowle,

Many thanks for returning the Trollope biography, with a most enjoyable letter. I'm glad you enjoyed Pope Kennedy's work as much as I did - a great achievement, I thought. (I wonder if you've come across A.N. Wilson's Tolstoy, another biography that I've read lately with high appreciation - tho' the subject is not so companionable as Trollope.) ~~Else~~ 'The Three Clerks' is one of Trollope's many books that I've never so much as seen, tho' Evelyn and I in our bedtime reading are now following the misfortunes of Johnny James. Like you, I found Phineas Finn - and Redux - disappointing, to the extent that nothing Phineas himself says or does warrants his ready acceptance as 'one of us' by the standards of his party - no doubt Irish charm can go a long way, but we have to take Trollope's word for it. You mention Trollope's unembarrassed acknowledgement of the importance of money, in contrast with some other novelists - but not, it occurs to me, Jane Austen, who surely must have faced the problem of how she could support herself, or be supported, short of throwing herself on 'the market for human flesh', as a governess, like Jane Fairfax. - It seems to me that Trollope was clear sighted in his view of human nature, for all that he lacked insights gained after his time. But after due allowance for the authority attaching to a title, and to age, in his day, I still find it hard to



believe that Lucy Roberts could resolutely refuse the man she loved and who loved her, unless his mother approved.

Evlyn and I were glad to hear that John's book is now securely placed with a publisher, and we look forward greatly to reading it. Please tell him that his name has gone forward to the Council of the Academy, with a full and (I thought) persuasive recommendation; but as this is the first time that elections are being made ~~within~~ in the relevant class of Fellowship, there is a backlog of nominations, and Council in selecting from among them may be drawn towards those whose studies have been more central to the traditional scope of the Academy. We shall hear, I expect, in the course of the next six weeks.

We hope you're enjoying being back in SKye again.

Yours ever,  
Henry.

John

TRIST

The Beach!

130 NW 28TH STREET  
GAINESVILLE, FLORIDA 32607  
904.375.6337

May, 1989.

Dear World,

Some of you may not be speaking to me as I messed up on my last mailing and a number of letters were not sent out. I hope to get it right this time and shall enclose copies of the October letter to those of you I think were missed. Many apologies.

Well, Volume I eventually got done -- not by Thanksgiving, as I see we suggested last time -- but by February. Somehow, we managed to convince ourselves with great regularity that another day would do it and worked far too many 10 and 12 hour days and it still took weeks before the wretched thing was on its way to the publishers.

The result was that we both got sick. I only had a very bad cough and cold -- almost unheard of nowadays -- but Eric went down with a urinary infection which had to be hit by antibiotics. This undid all the good that had been done by some homeopathic treatment that his holistic doctor had given him and which had taken away his depression, stopped him dropping off in a dazed sleep several times a day and even much reduced the pain in his knees and belly. After several false starts, we are now embarked on a new homeopathic remedy which seems to be helping and are keeping all our fingers and toes crossed that it may work as well as before. It was quite wonderful to see him in January. He was positively 'chirpy' and was able to revise a lot of the book with great effect.

On June 10th we shall be leaving here -- hopefully before the worst of the heat and humidity sets in -- to spend most of the summer in British Columbia. We have found a couple of rooms in a small guest house, called the Sea Canary, on Denman Island (about one third the way up Vancouver Island) with a wonderful view across the water and over to the mountains, which should still have snow on for a while. Eric is hoping for some 'ontological peace' there. He always does so much better beside water and mountains come in a close second, so the combination should be productive.

The plan is to deal with most of Volume II. I am getting a laptop computer and there is a business office on the island (a one-girl operation) where I can print things out. However, we shall make very sure that we take a lot of time out



for trips and at the end of July shall be going to Alaska for two weeks. I am very proud of myself for having worked out a 'non-cruise'. We are not exactly cruise people -- six meals a day and dressing up, not to mention the effect on the poor old budget -- so we are taking the Ferryliner which is a working ship that plies between Seattle and Skagway. They have very nice cabins and it should be interesting to meet people coming and going between Alaskan ports. The Ferryliner is also called the Alaskan Marine Highway as most of the towns have no other means of communication. From Skagway we are going to go up to Whitehorse Pass on an ancient train (recently renovated and made safe) which follows the route of the Yukon goldrush.


Then for the last two weeks of September we shall be back at York University where Eric is looking forward to working with his old colleagues again.

Our address in B.C. will be

c/o Mr. and Mrs. J. Ongarato  
PO Box 31  
Denman Island  
British Columbia V0R 1T0  
CANADA

We shall not have a phone but they will be pleased to take urgent calls for us. The number is 604.335.2949.

Our best wishes for a very good summer to you all.

Love,  
Beulah  


MUDD HOUSE, CRACKPOT,  
LOW ROW, RICHMOND,  
N. YORKSHIRE DL11 6NH.  
Telephone Richmond (0748) 86448

BRIAN LAKE

11.<sup>th</sup> March 1989,

Dear John,

Thank you very much indeed for your generous and helpful response to my paper on the Ego Ideal & Attachment Theory. I was doubly grateful for your letter after receiving a short note from the Editor of the Yellow Journal two days later informing me, that in view of its very specialised approach it would "be advisable to offer the manuscript to a specialist psychotherapy journal".

It was disappointing, although not entirely unexpected. I had found it difficult to compress these concepts into 5000 words. But it saddens me, that he & the assessors should think that the majority of readers would not have <sup>the</sup> "high degree of sophistication in analytic theory" to make it accessible to them. Perhaps I'm getting out of touch with the general psychiatrist's attitude to such issues. But non-psychiatric-non-psychoanalytic friends of mine read it with considerable interest, and whilst describing it as



a 'concentrated read' felt that they had gained something from it!

I intend to send it to the Journal of Psychotherapy with minor modifications to see what they think fit; and to work out a simplified version fit for my talk at the R. C. Psychiatrist's Spring Meeting in Leeds. I shall be interested in the outcome.

Meanwhile I shall look forward to the 'first night' of your Darwin production! I hope that you are finding sufficient space amongst your other interests to complete the last act.

I very much appreciated your good wishes for my health. Fortunately the news is reassuring. My hydronephrosis will "see me out" in the best sense of the term. The infection was at 'lower' levels!

I imagine that Ursula and 'panself' will be making periodic forays into the garden to work & enjoy the premature Spring flowers. Do you & I have been digging and 'mucking' the beds with vigour & enjoying the thought of longer days & shorter nights.

Once again, thank you so much for your letter. We both send to Ursula & 'panself' our affectionate greetings & best wishes. Yours truly, Brian



64 Dartmouth Park Road  
London NW5 1SN  
01-485 3896

Dr John Bowlby  
Wylde Close Corner  
Hampstead Way  
London NW11 7JB

26 February 1989

Dear Dr Bowlby,

I should be grateful for your advice.

I'm writing to you because I am an admirer of Attachment. (I enjoy especially your note to explain that all babies are cuddly.) I was also glad that you said, in an interview with Ruth Gorb for the Ham and High in 1987, that 'If you get (the theory) right, the practical things come right.'

This has been our experience. My husband and I started off with very little practical knowhow when our first baby was born. I did not know how to fold a nappy. But we did have a theory which was that, since we both believed that a newborn baby must be good, the baby would want what was good, and that therefore we would try to follow the baby's wishes as far as possible. I found it difficult to believe how simple are the wants of a baby, but how much of these simple essentials each baby wants. Respect, understanding, leading to lots of hours of sucking and cuddling - those were the most important. My husband made it financially possible for us to do this. We now have three wonderful children, all of school age.

Recently I was persuaded to read some feminist literature, where I found quite unprovable assertions such as: 'every mother has known overwhelming, unacceptable anger at her children.' Of Woman Born, p. 224. (Has Adrienne Rich discussed this with even 10% of 'every mother'?) This assertion certainly roused my anger. I don't like this alien voice speaking on my behalf. I have looked through bookshops for alternative literature, but there is nothing that reflects my viewpoint and that of the mothers I talk to and work with. So then, encouraged by the thought of Xenophon's "'What am I lying here for? The night is passing....'" (Persian Expedition, Penguin ed., p.99), I decided I would try to put together such a book myself.

The purpose of the book will be to delineate the character of wholehearted motherhood, to enable women who are like this to recognise themselves, and women who disparage motherhood to realise precisely where they differ. It will depend on a definition of 'wholehearted', which will be taken to mean that the mother puts her whole heart into doing her best for her newborn: it is her priority. Poetry-writing and (adult) temper-tantrums are activities that the mother decides should temporarily take second place. She may hope to write better poems as a result - but she does not see her child as invasive.



My method of achieving this will be to find mothers who fit a few essential criteria (I'm not too sure about this. So far, I've chosen people who live locally, i.e. in London, who have a baby of under two years, live with a biological and participating father, and happen to come my way), see if they seem happy with the baby, and interview them. I attach a photocopy of my interview sheets. The interview is very low-key, and I add questions when a subject seems to require it. My aim is to find the common denominators.

I have two sources of access to mothers, apart from chance. I belong to the Active Birth Centre, founded and run by Janet Balaskas, where I work as breastfeeding counsellor. I enclose a copy of my brochure (the green sheet), where you will find, on side 3, my suggestion that mothers can get in touch with me. The women who received this brochure have not had their babies yet, so it may be some time before I get a response. In addition, I belong to the La Leche League, where I am training to be a 'leader'. I go to fortnightly meetings of mothers. So meeting mothers will not be a problem. The objection might be that they are all affluent, vocal middle-class ones. I don't know if this will make for a very narrow description, and if it matters.

Now: this is what I want to ask you - Can you advise me on how to make the maximum impact? Can you warn me of all the objections that might be raised against this project by devotees of the theory of maternal/infantile ambivalence? Can you suggest how I might interview and later present material so that, to those who oppose it, it at least appears a serious viewpoint?

Would it be possible to discuss this with you? I should expect you to charge for your time, and am glad and able to afford it.

With best wishes,  
Yours sincerely,

*Naomi Stadlen*

Naomi Stadlen (Mrs)

READING SUGGESTIONS

La Leche League of Great Britain  
The Art of Breastfeeding  
£5.95

Sheila Kitzinger  
The Experience of Breastfeeding  
Penguin £3.95

Janet Balaskas and Yehudi Gordon  
Encyclopaedia of Pregnancy and Birth  
Macdonald-Orbis £14.95 [Paperback available Spring 1989  
£9.95]

Di McDonald  
More than One (on twins and triplets)  
Ian Henry £5.95

Anne Price and Nancy Bamford  
Breastfeeding Guide for the Working Woman  
Century £4.95

These books can be ordered from your local  
bookshop, or through your public library.

Breastfeeding Counsellor  
for the Active Birth Movement

Mrs Naomi Stadlen  
64 Dartmouth Park Road  
London NW5 1SN

Tel. 01-485-3896



The art of breastfeeding used to be passed on from one generation to the next by visual example. But today breastfeeding is more often done in private. If in public, it is usually done discreetly.

We may have grown up seeing more women bottle-feeding their babies. We may, as children, have been given baby dolls together with a toy feeding-bottle.

So it is not surprising that many of us are ignorant of the basics of breastfeeding. But we need to know: our newborn babies cannot tell us how to hold them to enable them to suck, nor when and for how long to feed them. These decisions have to be ours. We are also unprepared for dealing with discomforts, and lack the experience to judge whether these come into the range of 'ordinary', or serious.

The ante-natal classes on breastfeeding provide preparation on the essentials. As a breastfeeding counsellor, I offer suggestions in answer to your specific questions.

If there is anything puzzling you about feeding your baby, please ask, even if your baby is not born yet. You might think your question will sound naive, but a naive question usually gets to the heart of the matter, whether a particular question on breastfeeding or a broad one about parenthood.

I was initiated into breastfeeding by my three children. I trained with the National Child-birth Trust and qualified in 1980.

#### FEES

##### Telephone queries

No charge for a quick call, but for a query lasting over 15 minutes there is a charge of £5 at the start of every 15 minutes. Your follow-up calls are £5 at the start of every 15 minutes.

##### Visits

In my home: £12 for a 50-minute session  
In your home: £15 plus travel fares  
Emergency visits: £25 plus taxi fares (I have no car.)

#### RESEARCH

I am collecting data on how it feels to be a mother. If you would like to talk to me, for example recalling your expectations and comparing with the daily reality, please telephone. There is no charge, but I should be grateful for your permission to tape-record, for study purposes.

QUESTIONNAIRE

HOW DOES IT FEEL TO BE A MOTHER?

Name:

Tel:

Age:

Date of interview:

No. of children + birthdates:

Partner's name:

Employment, with hours away from home:

Pregnancy

Approximate date of becoming pregnant:

Any particular difficulties:

Did you have to give up working?

Ante-natal classes:

Any other preparation:

e.g. books



Expectations

Before your (first) baby was born, what did you think it would be like to be a mother?

Did any of the following influence you:

Memories of your own mother

Any other particular mothers e.g. friends, neighbours

Advertisement

TV documentary

Film

Painting or photograph

Fictional account

Factual account

Was your main expectation precise or more vague and fuzzy?

Birth

How was it?

What was your first sight of ...?

How did you choose the name?

Feeding

When did you start, and how?

Were there difficulties?

Did you have to feed a lot?

If so, did you find it disrupting?

If not, how do you comfort ~~XXXX~~ ...?

Sleeping

Where does ... sleep?

Regular sleep times? Pattern to sleeping?

Sleeps through night?

Who puts ... to sleep at night? Any ritual?

Crying

What kinds of crying are usual for ...?

How do you respond?

Can you recall times when ...'s crying was unstoppable?

Round the clock

How many of 24 hours do you spend with ...?

Which do you find most rewarding?

Which do you find least?



Partner

What is your partner's relation to ...?

How does it compare with yours?

Does your partner wish he had more time with ...?

Out and about

What are your main regular outings?

Do you go out as often as you would like?

Do you feel different, when you take ... out, in relation to other people you meet? pass by in the street?

Do you go out on your own?

Who looks after ...?

Do you feel you go out alone often enough?

Your own upbringing

Were you brought up by two parents?

How would you describe your own mother?

Her relation to you?

To any siblings?

To her husband or other partner?

Any grandmothers? Legends about grandmothers?

Visual

Any thoughts about photocopies?

(Selection. Omit if all inappropriate.)

'Just how difficult it is to be somebody's parent is one of the best-kept secrets around....'

Whole Child/Whole Parent Polly Berrien Berends  
p.2

Do you agree?

If so, what would you say was your biggest difficulty?

Can you list about six ways in which becoming a mother has made a difference to your life?



KARL E. POTTHARST, Ph.D.

Clinical Diplomate, A.B.P.P.

16255 VENTURA BLVD., SUITE 806

ENCINO, CALIFORNIA 91436

(818) 788-2610

February 22, 1989

Dear Mrs. Walker:

Here's our check toward the enlarged, enhanced reading room at Tavistock Library. I have spent only a brief few hours in the library (when I was at Tavistock in 1982) but I recognized it needed larger space, etc. It seems bulging at the seams!

John Bowlby's life-time of work has meant so much to me and to the students I have sponsored in their doctoral work, I am delighted to help out!

Sincerely

Karl Potthorst  
and

Barbara Potthorst

PAT SABLE, Ph.D.  
877 Teakwood Road  
Los Angeles, California 90049

28 Jan '89

Jan 28

Dear John,

Thank you for your Christmas wishes. (You may still be away but want to get this off to you anyway). We had our annual study group party though Ernie

forgot the camera which may delay your getting a picture. Karl had a camera, took a picture & promised to send it to you.

Happy to know you & Ursula are well. I received my copy of Secure Base. Have already read & integrated material from two papers that were new to me into



my lectures.

School goes well. Am invited to give 2 lectures in the next several months: one, Fear of attachment in children in residential treatment to the staff of a residential center for very disturbed children; the other on loss + mourning (I'll use my dissertation) to a staff of 100 at a Family Service Agency. It still gives me a special thrill to be paid, as I will be for both, to speak about attachment!

Last night I attended a panel discussion at one of the psychoanalytic Insts. here on Daniel Stern. What was interesting to me was that Jim Grotstein (he's been to our study group)



Who's very well known around here, kept saying -- "since 1969 John Beverly has said these things." Such comments always inspire me to get busy with writing. I'll have some time this semester as I'm teaching 1-les course. So far, articles on my dissertation have been refused by journals but I'll keep re-writing & trying.

My younger son, John, was married in November so both are now settled into "attachments."

The study group is talking about doing some research. The idea came to me after hearing Joe Weiss, from San Francisco, discuss how a study group did research, gradually



expanding into publishing & lecturing.

Faculty are telling me that my former students are using attachment in subsequent courses. When you & I talked in 1980 about what direction I might go in, I never would have imagined I'd be in this position where I would have the opportunity to present the ideas to so many people -- & who are new in the field -- & thus receptive -- as you pointed out. It has evolved so naturally, maybe because I was determined to "go with" my interest in attachment -- regardless of what others might say or do.

I was wondering if you still have copies of my 2 published papers on attachment -- actually 3 -- counting one in a monograph on disasters -- or if I should send them to you. Best to Ursula.

Jordy,  
Pat



LIOTTI

Dr. Giovanni Liotti

Via A. Consolini, 50

00142 Roma

13th December, 1988

Dear John,

① I hope that you and Uncle are well and happy. Did Uncle get back the photo of your daughter with my last letter? (I am always afraid that things get lost when I mail them!). In this regard ... I have just mailed you, under separate coverings, a copy of the last issue of RIVISTA DI PSICHIATRIA, with the translation of your paper on Developmental Psychiatry. The issue should have been printed in July, but actually came out in November.

② The translation is good indeed. The translators, together with other SIX Colleagues, are now determined to establish the ASSOCIATION for the STUDY of and APPLICATIONS of ATTACHMENT and DEVELOPMENT (in Italian: Associazione per la Ricerca sulla Psicologia dell'Attaccamento e dello Sviluppo: A.R.P.A.S.).

The Association should function as a meeting point for colleagues wishing to discuss these topics, as a collector of books and papers on Attachment and on developmental processes through the life span - and mainly as a source of stimuli for the clinical applications of these researches. For at least two years, it is meant to remain the "Club" of a limited group of people.

Among the members, there are now, beside cognitive psychotherapist, also psychoanalysts (one of Jungian and another of Freudian Schools). Of course, you will be the Honorary President, according to our wishes (no duties are implied by your accepting the nomination!!!). If you accept, please let me know.

\* ③ Mary Main will be in Rome for two weeks in January. Dr. Osofsky and Dr. Tomshew will participate in her seminar, and they hope to enlist other qualified members of the Association among the fifteen participants.

④ Colin Parkes suggested, very usefully, to expand a little bit more on two themes of my paper Insecure Attachment and Agoraphobia that are only hinted at: I am soon going to revise the article according to his suggestions.

⑤ What about your book on Darwin? Not only I, now, in Rome, am aware of its existence and eager to read it!



Sandra and I are enjoying our little flat in the mountains but  
on the Appennini - so near to Rome that we are able to reach it  
almost every week-end! As soon as some photos will be printed,  
we shall mail you one or two in order to give you an idea of  
the landscape we are in love with.

We wish you a Merry Christmas and a very, very  
Happy New Year -

Yours ever, Giova

NINA MURRAY



December 3, 1988

My dear John & Ursula: -

This is a much delayed note to thank you for the unexpected arrival of "A Secure Base". The reason for the delay is because I bided (bode?) my time & read the book.

This is also to reassure you that the clinicians in our Trauma Clinic at Mass. Mental Health Center lean heavily on your theory as they work clinically with survivors of horrendous events. For us lack of a secure base — going back to earliest childhood experiences — is the hall mark of PTSD & our every effort is to return the patients to that security.



Often This is not possible - <sup>of attachment figures</sup> murders, etc,  
being hard to alter - but we search  
for the best attachments we can find in  
the person's history & build & project  
the patient's course on that. We love  
~~attachment~~ theory because it is so immanently  
practical.

Life goes on as well as can be  
expected for me - Harry permeates my every  
day - lives in my soul - so that helps. I'm  
working 3 jobs & that keeps me extremely  
busy. I am working in an inner city slum  
school with abused & neglected children trying  
to help the teachers to be <sup>to provide,</sup> "the safe base for  
the kids" - also doing basic research on memory  
with a Cambodian population (of course, the  
children with close relatives still with them are much  
less pathological than the "unaccompanied minors") as  
well as my non-mental work. Am off to Israel  
for some interactivel meetings in Jan. All my 5  
children & 10 grandchildren thrive - so that's nice  
too - Pretend This is an Xmas card - I'll never  
get around to getting these out before Valentine's day.  
Much love & Thanks to you both -  
Mia



# A SECURE BASE: REPRINT

24th November 1988

Ms Edwina Welham  
Associate Editor  
Routledge  
11 New Fetter Lane  
LONDON EC4P 4 EE

Dear Ms Welham:

## A Secure Base

Many thanks for your letter of 7th November giving news of the Spanish translation and the call for a reprint of the English edition.

I do not think there are any further corrections required, but there are three references printed as 'in press' of which details can now be given. They are -

page 161  
Cassidy & Kobak (1988)  
see also text on page 129

page 166  
Main, M. (Parental aversion etc) (1988)  
(I cannot find where this is referred to in the text)

page 166  
Main & Cassidy (1988)  
Developmental Psychology 24, 415-426  
See also text on page 127.

By contrast, on page 167 there is a reference, Main & Solomon, giving the date as 1987 which should actually be (in press).

I am naturally glad to know the book is selling well. Can you remind me how many copies were printed initially? Also how many will be in the reprint?

Yours sincerely

John Bowlby, M.D.



PETER FREUND

EMANUEL PETERFREUND, M. D.  
1148 FIFTH AVE.  
NEW YORK, N. Y. 10028  
TELEPHONE (212) 722-8233

November 17, 1988

Dear John,

I enclose a copy of a talk that I will be giving at the annual meeting of the American Academy of Psychoanalysis in January. The Academy seems to be one of the very few organizations ~~that seems~~ to have a bit of interest in my writing.

This paper, which will be extended before I submit it for publication, is one of the fallouts of the large manuscript I wrote last Winter when I was ill. It is, I think, one of the clearest statements of what I have been trying to say for some time. Perhaps of interest to you is what I wrote on page 23. I found out last week that you made a similar statement on page 58 in A Secure Base. I revised the original draft of my talk to get in a quote from you. I expect to quote much of the relevant paragraph on page 58 when I rewrite my paper for possible publication.

The interesting thing is that both of us felt the need to make the statements that we did. It is always so bewildering to me that such statements have to be made in a discipline where just about everyone has advanced training, whether it be in medicine or psychology. One would think that what we both said was completely obvious, but it is not. I had to defend myself against the charge that I may not be an analyst when Morris Eagle and David Wolitzky brought up the issue in a detailed review of my second book. And Eagle and Wolitzky are two of our more scientifically sophisticated people.

In the enclosed paper I deliberately left out how theories of the more "abstract" kind influence what we do. This is a big issue and when I rewrite my talk for publication I will essentially say that the more abstract or more experience-distant ideas that we have can influence our clinical work greatly through the working models that have been built up based on our understanding of these theories or ideas. Thus, what we know of "attachment theory" will come into treatment naturally if we know what "attachment theory" means experientially and have allowed ourselves to build up working models based on the very many real life events to which the words "attachment theory" refer. These working models allow us to recognize attachment issues when a patient tells us of experiences that have patterns similar to our already existing models.

AND  
ALSO  
THROUGH  
THE  
STRATEGIES  
THAT  
WE USE

*You may have said all of the above already. (cot)  
I will be reading A SECURE BASE shortly to find out.*

One of my problems these days is that I find that I have little patience with the literature of psychoanalysis that simply reworks the old ideas. I much prefer to read other things. This past year I found myself fascinated with *The Blind Watchmaker* by Dawkins. This is a book that I highly recommend if you have not already read it. I spent much time with *Mental Models* by Johnson-Laird, a work you refer to in *A Secure Base*. Johnson-Laird strikes me as simply brilliant and his book, amongst others, convinced me that I was a generation behind in what I understand, as I mentioned in my last letter.

Just in case you may not have heard, the American Psychoanalytic, the New York and Columbia Institutes have recently lost a big suit to the psychologists and will have to accept them for training. This, I suspect, may prove to be a blessing in disguise because the psychologists may provide the candidates for training which the medical profession has not.

With best wishes,

Sincerely,

A handwritten signature in cursive script, appearing to read "Manny". The signature is written in dark ink and is positioned to the right of the typed word "Sincerely,".



EMDE  
1988

4200 East Ninth Avenue  
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School of Dentistry

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Graduate School

24 July 1988

John Bowlby, M.D.  
The Tavistock Clinic  
Child and Family Department  
Tavistock Centre  
120 Belsize Lane  
London, NW3 5BA  
England

Dear John:

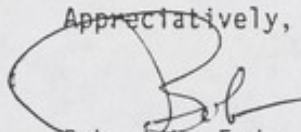
I was thrilled to receive your wonderful note of congratulations and appreciation with respect to the two papers in the International Journal. Your work has been, and continues to be, a source of insight and vista-expanding research, and I can think of no finer compliment than to have such a note from you.

I am pleased that you had a good experience and set of discussions at the Anna Freud Centre. My impression is that they are now wanting to move in more of an empirical and research-oriented direction. This being the case, they must of necessity move to integrate and make use of many of your ideas.

Our MacArthur Early Childhood Transitions Network was renewed for another five years. We are working on a smaller number of targeted areas and I am pleased to say that our Attachment Study Group remains intact and lively. As you know, under Mark Greenberg's leadership the group has accomplished a great deal with respect to scientific collaboration that has allowed for the measurement of attachment patterns during the preschool years. It is my hope that this work will continue more along the lines of researching developing working models of attachment and the representation of attachment themes in narrative form.

*Asst Meyer lecture*  
I very much look forward to your study of Darwin. Your integrative review paper in the "American Journal of Psychiatry" was magnificent and much needed. I am finding it is being widely read (thank goodness). My best for continued health and creativity.

Appreciatively,



Robert N. Emde, M.D.  
Professor of Psychiatry

RNE:mss

HINDE

JB/DES

22nd June 1988

Professor Robert A Hinde  
MRC Unit on the Development and Integration  
of Behaviour  
Cambridge University  
Madingley  
CAMBRIDGE CB 3 8 AA

Dear

I have been reading your INDIVIDUALS, RELATIONSHIPS AND CULTURE with great admiration and interest. It strikes me as an extremely lucid and balanced treatment of a complex and controversial set of problems and I hope will be very widely read. I must confess, however, to being a little unhappy about your reference to Mary A. and myself on page 118.

I feel that your double use of the word 'ideally' gives a wrong impression of where Mary and I stand. My own position is presented in the two editions of ATTACHMENT on pages 356-358 (hardback). You will notice that in the second edition (1982) I have added some material to page 357, including a footnote to Trivers 1974 article, in which I indicate that there is a problem of the kind you discuss and about which we still know too little.

It has long seemed to me that an interval between births of  $2\frac{1}{2}$  years and preferably 3 is desirable if children are to prosper most and mothers who are without extra help are not to be too heavily loaded. Most securely attached children, I believe, take a big step towards greater independence during the second half of the third year after which their demands on mother are much reduced in quantity and intensity.

My impression from reading the literature is that in most hunter-gatherer societies intervals between births are at least two years and often three. Three years still enables a woman to have seven or eight children during her reproductive life which, even with a casualty rate of 50%, represents comfortably more than a replacement rate. So I'm not convinced my ideas are as much out of keeping with evolution theory as you suppose.

I don't know whether Mary A. would agree with me about this, but I am sending her a copy of this letter in case she wants to comment too.

(over)



Before ending I want to say how delighted I am that you will soon be an Honorary Fellow of the College and that an ethological approach in psychiatry is now so widely appreciated. To my regret I shall not be in Brighton to help celebrate the occasion. I may well be in Cambridge in coming weeks, however, and if so will be in touch.

Yours

John Bowlby

Copy to Dr. Mary Ainsworth

HAMPSTEAD HEALTH AUTHORITY

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Therapy

as from

The Tavistock Clinic

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8 June 88

Dear Florence Heller,

Dorothy has forwarded  
your letter of 19<sup>th</sup> May with  
one copy of Robin Symmer's  
& also the excellent photos  
by Frank for which I am  
most grateful. My wife &  
I particularly pleased to  
have the two of Juliet.

Robin Symmer's letter  
is a very fair statement



of the industry. As you  
say the best exercise  
has been well written  
white.

with very good with.

from

Barbara

84 Wood Vale  
London N10 3DN  
19th May '88

Dear Dr Bowlby,

Thank you for your letter, dated  
19th February.

Predictably, the Observer did not  
print my letter but they did send it to  
Dr Skinner. I enclose copies of the  
ensuing correspondence, which made  
me feel the whole exercise was well  
worth while.

I am also sending some  
photographs of you and Juliet  
taken by my husband, Frank, on  
the occasion of the Child  
Psychotherapists' celebration of  
your eightieth birthday.

With kind regards,  
Yours sincerely,  
Clarence Heller.



From Dr. A. C. Robin Skynner

March 27, 1988

Maureen Cleave  
Lawford Hall  
Manningtree  
Essex

Dear Maureen,

Thank you for passing on to me the letter from Florence Heller about your article on our interview. As this was written to the Observer I am replying to you rather than the writer, with a copy to the commissioning editor, so that you can send a copy on to this reader if you are happy with I have said, together with any comments you may wish to add.

The lady concerned was clearly present with Dr. Bowlby at one of the sessions I was telling you about, which Dr. Sutherland was describing to Dr. Bell when the dinner-gong interrupted his account and prevented Bell from learning that Bowlby was seeing, as a group, only the referred child and both parents, and was not including the brothers and sisters or other important family members. However, in the case she witnessed the referred patient was an only child, so this would not have been apparent.

She is quite correct that this was not the only case Bowlby treated in this way, but she obviously does not know the paper Bowlby published about this work in 1949 ("The Study and Reduction of Group Tensions in the Family", HUMAN RELATIONS, 2, 123-128). In this Bowlby made it clear that only the parents and identified patient were seen together, the siblings not being included. He also presented these joint sessions as ancillary to the separate individual sessions for different members, which were still regarded as the main treatment. These two facts distinguish his work from what we regard as 'family therapy' today.

Of course, like other innovators Bowlby may have played down the role of the joint sessions in his published report, to avoid upsetting his more conventional colleagues, but I have to go by what he said himself. The story I gave you has formed part of many accounts of the development of family therapy, and has never to my knowledge been challenged, even on an occasion when Bowlby, Bell and I were brought together for a dinner party by one of Bowlby's close colleagues because of the connections described.

The work witnessed by the writer, written up in the paper above, is the earliest example of joint sessions with family members I have been able to find, so that Bowlby is

undoubtedly a 'forerunner of family therapy', and indeed in my view the forerunner. But I think that is made perfectly clear in your article, and I was particularly pleased to see how carefully you had followed my words and shown how his early experiments had really been the beginning of it all.

He was, incidentally, particularly helpful to John Cleese and myself when we were writing 'Families and How To Survive Them', by discussing his ideas with us at length and making detailed suggestions about the part of our text which deals with attachment-theory.

It was most interesting to have a first-hand account of this early pioneering work, and to see that Florence Heller found the sessions she witnessed as powerful and moving as I often find mine today.

With best wishes,

Yours sincerely,

Copy to Sue Matthias, Commissioning Editor, Observer Magazine.





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March 30, 1988

Dear Miss Heller,

Thank you for taking the trouble to write to us.  
I enclose a copy of Dr. Skynner's reply to the point you raised.

With every good wish,

Yours sincerely,

*Maureen Cleave*

Maureen Cleave



ESTABLISHED 1791

# THE OBSERVER

CHELSEA BRIDGE HOUSE · QUEENSTOWN ROAD  
LONDON SW8 4NN · TELEPHONE 01 627 0700  
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16th March 1988

Florence Heller  
84 Wood Vale  
London  
N10 3DN

Dear Florence

Thank you for your letter about our interview with Dr Robin Skynner.

I am sure that neither Dr Skynner nor the writer, Maureen Cleave, intended to under estimate Dr Bowlby's initiative in any way.

I have forwarded a copy of your letter to Maureen Cleave who may wish to reply to you personally.

Thank you for your interest.

Yours sincerely

SUE MATTHIAS  
COMMISSIONING EDITOR  
OBSERVER MAGAZINE

cc Maureen Cleave



HAMPSTEAD HEALTH AUTHORITY

The Tavistock Clinic

CHILD GUIDANCE TRAINING CENTRE

TAVISTOCK CENTRE, 120 BELSIZE LANE, LONDON, NW3 5BA

Telephone: 01-435 7111 Ext

19 Feb 58

Dear Florence Heller,

I was very interested to see the letter you have written to the Observer & grateful to you for taking the trouble to write it. The case you describe (which I fear I have forgotten!) is a good illustration of what I was trying regularly

During the fifties. I  
wonder if they'll print it.  
With very many

thanks

Yours

John Bortley

---



16 February 1988

The Observer's  
8 St Andrew Hill  
London, EC4

Sir,

In your magazine (14 /2/88) Dr. Robyn Skynner's view of the beginnings of family therapy needs clarification. The impression is given that Dr. Bowlby's new initiative was to work with both both par ents but not with the whole family.

As a student at the Tavistock Clinic over 30 years ago, I was privileged to work with Dr. Bowlby on a case which made a deep impression on me. A boy had been referred because of stealing. He was an only child, adopted in infancy. Dr. Bowlby saw the parents and the boy together for several sessions during which it was revealed that the father had taken to extremes the adoption agency's advice that the child should be told he was adopted. Trying to be sure of doing the right thing, he reminded him on every possible occasion till the boy felt he was "rubbing it in". At the same time he failed to convey how much he loved him, thinking that that could be taken for granted.

Skilfully and gently opening up these areas for discussion, Dr. Bowlby enabled the family to reach new levels of understanding. At a time when it was standard practice to split the family up, giving each one a different therapist, I do not imagine that it was the only case Dr. Bowlby treated in this way. He should therefore be given credit as a forerunner of family therapy.

Yours truly,

Mrs. Florence Heller



*The family may be a noble ideal, but psychiatrist Robin Skynner has still to meet one that is 'completely healthy'. Yet, as he told Maureen Cleave, he hasn't met a case that can't be cured. Photograph by Geray Sweeney*

# Squaring the family circle

SINCE IT WAS PUBLISHED IN 1983, a small paperback called 'Families and How to Survive Them' keeps reprinting – twice last year. It has been translated into all European languages and into Japanese. Perhaps, as most of us have families, this is not surprising, but what is curious is the eccentric form it takes, that of a conversation between psychiatrist Dr Robin Skynner and his former patient, the actor John Cleese.

It is an attention-seeking device designed to appeal to the eavesdropper. Dr Skynner, who pioneered the use of family therapy in this country, hit upon it while working with his wife, Prudence. When they had a particularly awkward family to deal with, they would ask leave to discuss the problem between themselves, urging the family not to listen. This guaranteed rapt attention and they could slip in all sorts of ideas hitherto resisted.

And so it is in the book: even the most disturbing subjects like manic depression and schizophrenia, battered babies and sexual abuse are dealt with as ordinary topics of conversation, as it were overheard by the reader and occasionally drawing on mad Basil Fawley as illustration.

'We were trying,' Dr Skynner says, 'to get through people's defences and it does seem to have had a powerful effect. They are reassured by it: what might be wrong with them is

not some nameless horror that they can't even look at. They can see why they got like that and forgive themselves and their parents for it.'

Encouraging us to be honest and at ease with ourselves might loosely sum up Dr Skynner's life's work. 'There isn't much difference between people,' he says, 'but some accept what they are and some don't. Everything improves with time. When a patient comes with a problem, the interesting question is not what caused it but what is stopping it getting better. And what stops it getting better are often the things being done to cure it.'

Dr Skynner is 65. He is very tall with a quizzical, attentive, humorous look and mild manners; he is wise but not opinionated. Perhaps being honest with oneself makes one deal humbly with others. He lives in NW3, psychoanalyst country, and some of his best friends, he says, are psychoanalysts, but his wife was not one of them. Prudence was an advertising executive before her marriage and, having reared their two children, was roped in to help in group and family therapy sessions.

Dr Skynner described this unconventional move: 'She just pitched in and learnt on the job with me. If you work with a group of couples, you feel the gooseberry; you need to be a couple yourself.' For 15 years until her

very recent death it was the most successful partnership.

His distinguished achievements, which include helping to found the Institutes of both Group Analysis and Family Therapy, have escaped the pages of 'Who's Who', but the originality of his contribution lies in his early systematic use of family therapy and the extent to which he engages himself in it. 'I waded in boots and all,' he says. 'Like the modern physicist, I include myself in the equation. Whatever you observe is affected by your observation.'

He began to use the method in 1962 in his child guidance clinic in Harlow simply because it saved time.

'We rumbled what was happening. The child the mother brought was usually not the one that needed help. In a very rigid, obsessional family, we would be brought the most healthy child, the one who was strong and rebellious. The one we should treat was the timid, conforming one who'd been left at home. In order to see which was the urgent case, I started getting them all in together, and to my surprise I was noticing these dramatic changes after one or two sessions. It was mind-blowing. Such problems might have taken a hundred sessions, a thousand sessions of deep psychoanalysis. School phobia, regarded as a very serious problem and often taking two years of psychotherapy, was being sorted out in a matter of weeks.'

Family therapy broke new ground by breaking two rules: one was that the same therapist should not treat two members of the same family and the other that he must not involve himself in the treatment. John Bowlby, who became Britain's most influential child psychiatrist, broke the first rule by ►

**'FAMILIES  
gang up on you  
like an American  
football team.  
They've got the  
game plan, which  
is to guard  
the family secret'**

**Dr Skynner:  
mild in manner;  
wise but not  
opinionated**



being both parents of a problem child. 'Actually in the Tavistock Clinic,' said Dr Skynner. 'No one else would have understood. The grandfather of family therapy in the States was called John Berkeley Bell and he paid a visit to the Tavistock and he was invited to dinner by the principal, Jock Sutherland. Sutherland was telling Bell about Bowlby's work when the gong rang and he never discovered that Bowlby wasn't treating the whole family. So he went back to America and brought in the other brothers and sisters. It was Bell's partner that fired me off.'

The sessions are extremely noisy with everybody laughing, shouting, sobbing and insulting each other. Ideally, the therapist is calm in the eye of the storm. 'They gang up on you like an American football team, bring you to a standstill the moment you move. They've got the game plan, which is to guard the family secret. This secret is a denied emotion - such as anger or jealousy - and a denied emotion results in symptoms in the children. I have to come what is being denied. If sex is a secret, then I have to be very sexually frank and explicit. If it's anger, I have to act that.'

What the therapist is doing here is called *modelling*. Once, to his

embarrassment in early days, he felt himself strongly attracted to the mother of a family he was treating. It dawned on him that this was the emotion the father was denying. He has even demonstrated how to spank a small child to indicate that this is a permissible thing to do.

It all sounded quite exhilarating and Dr Skynner said it was. So exhilarating that he soon gave up treating patients singly. Couples are the minimum.

'Families are never boring. They give you so much. Even the awful ones are enjoyable. I was once treating four separate couples, each of which was extraordinarily difficult to be with. I put them all together and it was like a bonfire. They all changed and they all improved.'

Psychiatrists too have families. Dr Skynner himself is the eldest of five sons. Like many other people in the mental health business, he says, he was attracted to it by a need to understand both his family and himself. 'You go in through the side door marked staff only in order to pick up some useful tips, and you find you have more in common with the people you are treating than you realised. The painful moment comes when you're on the verge of seeing that you're in the same boat, a patient in

disguise. Often we seem sent by our families on a mission to explore, but only on condition that we discover ours is an extremely healthy family with nothing the matter, particularly with Mum and Dad!'

He has never met a completely healthy family though he has read about them in books. The Timberlawn Psychiatric Research Foundation in Dallas has done research into them and, far from being dull and boring, they are great fun. 'Like a three-ring circus,' Dr Skynner said, 'with everything under control.' They are distinguished from our own unhealthy families by six main characteristics, chief of which is the capacity to cope with change, in particular with death.

Dr Skynner describes his own family as mid-range, some bits perfect and others functioning better than he could have hoped. He was astonished by how well he and the children coped with his wife's death. 'Quite extraordinary,' he said. 'I felt sad and lonely but full of energy. I sat down and wrote a long poem about her!'

The trouble with family secrets is that they are visited like sins in the Bible on succeeding generations. Indeed this may have been what the Bible meant. As we tend to marry the people like ourselves, with the same secrets or denied emotions, one can appreciate that they will become even more closely guarded - so much for progress.

Some families will have a scapegoat for these emotions, a child on whom all the badness is dumped. 'Something in the scapegoat reflects what we can't accept in ourselves, and one particular child - perhaps the one most like us - will carry this forbidden emotion for the rest. The scapegoat idea is an interesting one that people can understand. The therapist has to step into the scapegoat role and find a way of saying what the scapegoat child is expressing, and of defusing it and making it acceptable.'

He says this is quite disagreeable because you are always frightened that you, like the scapegoat, will be rejected.

'I find that the scapegoat child is often blamed as being jealous. The parents deny feeling jealous but you will find that they are very competitive and jealous of each other; if they accept this, the child will stop behaving in this jealous way. The cycle is broken and the child is free.'

I said it seemed like magic and Dr Skynner said it seemed like that to him too. 'I'm always surprised, I never think it's going to work, but it does and it works right across the board.'

He makes use of all the information: where the members of the family sit in

relation to each other, how often they catch each other's eye and - if he goes into the house - how they react to the pets. I left my spectacles behind in the house. 'We psychiatrists,' he murmured artlessly on the telephone, 'always find this sort of thing very flattering. She would not want to leave!'

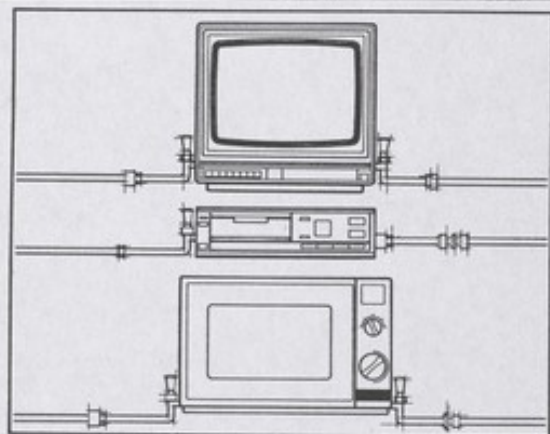
The burning question is: is dangerous? He says yes, sometimes, but only for the therapist. 'I have been trying,' he wrote in the *Bulletin of Royal College of Psychiatrists*, 'to damage families for over 20 years and I've never been successful.' The skill lies in not pushing the family faster or further than it is ready to go. To see some truth about oneself, he says, before one is ready to see it can lead to depression and suicide. The skill doesn't lie in the treatment but in when not to give it.

'The two things in my life I've most enjoyed doing are this work and flying Mosquito aeroplanes during the war. They were very beautiful and very fast and our squadron did mainly low-level attacks. Years later, when I was doing one of these family interviews, I came to the crucial point and I realised that I had the same sort of feeling of being absolutely attentive and completely there as I used to have when we were just going to drop a bomb. In both instances I was dealing with something of an explosive nature. In therapy the aim is to defuse the bomb rather than try to escape from it or be blown up. It's very risky and very exciting.'

Families, he says, are never a danger to each other in these situations. They know exactly how far to go. Often the children, particularly in large families, are much healthier than the parents. He once found himself getting nowhere with a very difficult couple. 'Professionally they rowed and argued.' In desperation he brought in their seven children and was one of the daughters who sorted them out.

'It's always very moving when you see something like this. I can't explain why but it just is. I'm always impressed by how much more generous and loving and constructive people are than you think or than they appear to be.' ■

Family therapy is now practised in most large teaching hospitals and major cities. Dr Skynner's latest book is *Explorations with Families*, Methuen (£25). Methuen also publish *Families and How to Survive Them* (£4.50); Constable publish *One Flesh: Separate Bodies*, (£6.95), a most wonderful book. See page 129 for his lyrical description of marital sexual love.



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Julian KATZ  
1 3th. May 1988.

replied 15 June 88

Dear John,

I cannot remember when I last wrote to you, but it must be some time ago. What has inspired me to write today is twofold. I have now more leisure time as I have given up my private practice and am no longer seeing patients. Secondly, the Journal with your Adolf Meyer lecture has just come to hand, which I much enjoyed. I saw, too, a notice in "New Society" of a forthcoming book of yours "A Secure Base", which I will be looking forward to reading. It is good to see that you are still keeping active. Is the work on Darwin still in the pipeline?

The Sydney uni have at long last, appointed another Prof. of Child Psychiatry - Bruce Tonge - its taken them ten years! Tonge has asked me to continue supervising Staff and registrars, which I am quite happy to do. I will also be continuing with seminars and supervision of trainees in Child Psychiatry. In addition I have got myself involved in supervising a group of S. American psychologists and Psychiatrists who, on a voluntary ~~basis~~ basis are treating torture victims from that benighted continent. All this will keep me busy enough and leave me time to catch up on the reading I have been wanting to do for years.

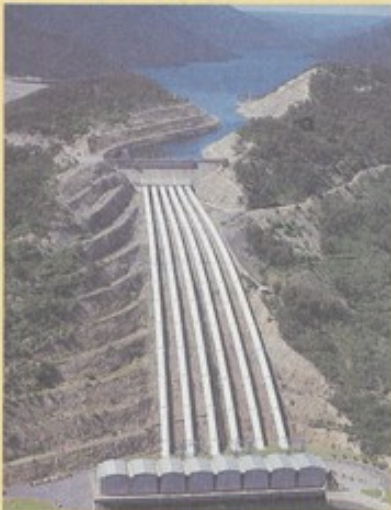
We did not get to meet your grandson, so I expect he did not need a Dr. or dentist as Ursula had feared. Is he still in Sydney?

I hope you and Ursula are keeping well. Esther joins me in wishing you both well and send our best regards.

Yours sincerely,  
Julian



BY AIR MAIL PAR AVION  
AEROGRAMME



Tumut 3 Power Station, Snowy Mountains Scheme, south-eastern New South Wales

53c AUSTRALIA



Nomad

TO Dr. John Bowlby,

Dr. and Mrs. John Bowlby  
Ullinish  
Struan  
Isle of Skye IV51 9RD  
Tel: 047-072-237

COUNTRY OF DESTINATION ENGLAND.

SENDER'S NAME AND ADDRESS

Julian Katz,  
1/6 Longworth av.  
Point Piper  
NSW 2027  
Australia.

POSTCODE

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DO NOT WRITE BEYOND THIS LINE

Dr & Mrs J. D. SUTHERLAND  
3A GILLSLAND ROAD  
EDINBURGH EH10 5BW  
Tel (031) 337 3020

JOCK S.

28 MAY 88

Dear John,  
It is very generous of you to send the copy of the recent book. I find it & your previous one very useful as giving summaries of certain "basics" so I am really very glad to have it.  
You must have had a marvellous spring weather wise as far as we could gather from the TV so may it continue.

It would have been very good to have had a chat but I don't see any prospect at present. The Yessky-Ekstein Books fell through as far as I was concerned when I never heard from them for 2 years after getting Mrs. from me. I withdrew it and have now got involved with Free Assoc. Press. There is a large job & I have to do it against a diminishing work capacity - 83 last April!

Meninge was as usual very enjoyable tho' we find the travel an great trial with all the uncertainties that have developed in the International flights as far as making



Connectors goes. I was speaking to Eric on the telephone. His health is pretty dicky but he is full of commitment to his great job of getting all the previous Papers published.

I am preoccupied with the self especially getting a view of its structure & function 'sub specie reductionis'. As far as I can see, no one seems to look at its function in the <sup>EVOLUTION</sup> of man.

In this connection, Darwin should be a good topic these days with all his letters coming out.

**BEN M** The Monises seem to be in a bad way. Ben phoned one week ago they both are in poor shape. They moved to Yorkshire last November to be beside Carlyle.

I keep pretty well - don't expect to mention it! Moby is well & mobile but with a lot of arthritic pain in the arms & knees. It's a strange illness - causes a mud pain & the victims don't seem to be ill' apart from the pain. Anne & her brood all do so. They themselves have had to get used to Phoebe, the eldest & very bright utterly determined to devote her life to horses! Don't hear of anything except getting away for school, this summer with some training course to qualify in some way or other. We hope for all Remond.  
Love from us  
Paul

MRC

Medical Research Council

MRC Unit on the Development and Integration  
of Behaviour  
University Sub-Department of Animal Behaviour  
Madingley, Cambridge CB3 8AA

telephone Madingley (0954) 210301

reference

May 5, 1988

Dear John,

Thank you very much for sending us a copy of  
your book. It will be a valuable reference for all  
of us, especially since we now have a family therapist  
in the Unit, who will be treating families with shy  
children. Thank you again — & love to you & Ursula,

Joan.



# MRC

Medical Research Council

MRC Unit on the Development and Integration  
of Behaviour  
University Sub-Department of Animal Behaviour  
Madingley, Cambridge CB3 8AA

telephone Madingley (0954) 210301

reference

My 4 P8

Dear John,

You are incredible. Thank you very much for sending  
us a copy of your new book - I visited you & I  
will agree as to whether I may take it to read when  
I go to Canada for a short visit at the end of  
this week. Anyway, I will look forward to  
digesting it. Best wishes - & to Wanda  
yours ever Robert

Henry MURRAY

Mrs. Henry A. Murray  
22 Francis Avenue  
Cambridge, Massachusetts 02138

May 1, 1988

Repl. 27 May 88

Dear John and Ursula:

I found a carbon copy of the enclosed letter (which I copied for you) that Harry had originally dictated to me from his bed in February. I have a feeling it never got sent. I think it disappeared into his rewrite pile. Alas, I do not think he will write again. He has had pneumonia, congestive heart failure, the flu and a host of other difficulties, is completely bed-ridden, nurses day and night. He is barely comprehensible and mostly non compos mentis. So I thought I would get this message off to you so you would know his thoughts before they grew too jumbled to matter.

It has been a hard four months, watching him slip away. Now I wish the end would come for he is so miserable. He has lucid moments and talks of suicide and asks for euthanasia. He has not eaten for weeks. We try and keep him comfortable and out of hospital.

We do hope your days are fruitful and full. I think of you so often. We are moving along in our spring and the dog woods are about to burst out in bloom. This will bring back such pleasant memories of your visit.

With love and admiration,

Nina





February 6, 1988

Dear John and Ursala:

What a surprising and upsetting episode you had, John, a while ago. Maybe by this time you and the doctors have reached an adequate explanation of it all. I have had two or three mini splashes among my neuron networks. Ever since your dark episode, all my powers necessary for writing letters, and that includes reading what you have published, have deserted me. I have an insistant need to keep in touch with your findings and your thoughts and the memories of the good times we had together. My intellectual transactions have been confined to Melville and the types of psychological processes (dynamic, holistic, heirarchical, which include the develomental and cognitive, of course, etc.). I'll tell you (that nobody else) but a few of my comrades have decided to cheer for my 95th birthday this year at the APA Convention. Despite the fact that I haven't published anything but one or two Melville pieces in company with Eugene Taylor, I may send you a little bunch of such essays.

Goodbye for the present. My body is getting colder and scarcely moveable.

Love,

P.S. Please send me an adéquate address of Eliot Jacques.



they are still working on the data.

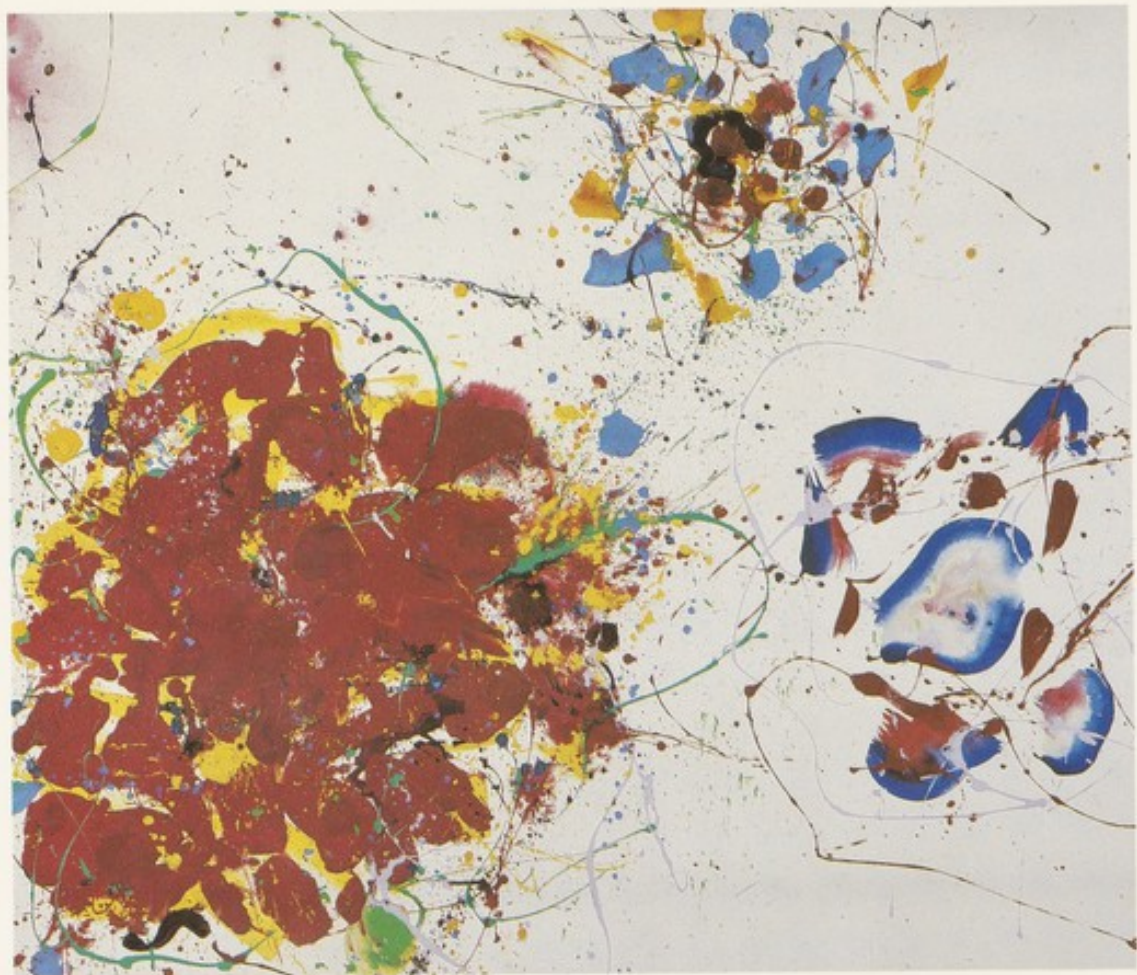
One of the faculty at USC (where I am) is doing research (he gets healthy goats) & has become interested in our group & plans to come this month.

There was a "discussion with Judd Marmor" recently - It drew a large crowd & in introducing Kim Al Schmit (a neighbor of mine) said Judd had moved beyond traditional theory, especially with his interest in attachment! & was surprised, though delighted to hear attachment singled out.

Do hope you & Ursula are well! Are you planning any trips to anywhere in the states?  
fondly,  
Pat

Dear John, <sup>Referred</sup> **SABLE** April 14, 88'  
<sup>26 April 88</sup>  
Finally I have the picture from our Xmas party to send you. The only new member of our group is Judy Rosenthal, a social worker on the faculty at UCLA that I met last year & introduced to the group. She's published a book on childhood psychosis & has become a fine addition to the group. Recently she showed us some videos she'd done of a mother-child interaction - & then the mother leaves the room, leaving the child with a stranger - & then returns. Assessments were made as to the security of the bond but





*A Regular Painting*, 1987, acrylic on canvas, by internationally acclaimed artist, Sam Francis, in celebration of the birth of his son Augustus.

The artist has generously granted Planned Parenthood Los Angeles permission to reproduce this unique work of art.

Proceeds will support Planned Parenthood's vital clinical and educational programs.

© Sam Francis, 1987

BRANSON

3456 Dwight Way,  
Berkeley, Ca 94704

April 13, 1988

Received 27 May 88

Dear John and Ursula,

In what represents for us a very atypically adventuresome move, we rather suddenly decided to extend our attendance at the Infancy Conference in Washington, D.C. (April 21-24) by adding on a nostalgic visit to Europe. We will spend a few days in and around Lyon (where my brother is currently acting as one of the Deans in UC's programs for studies abroad), perhaps make a quick visit to Florence and Siena, and -- of course -- come to London. Our specific itinerary is still quite unplanned; all we know for sure at this point is that we arrive in Paris in the morning of April 25, and return home from London at noon on May 7. It would make us both very happy if we could touch base with you -- it has been a very long time since we saw you last, and with our increasingly strong dislike of air travel and all its attendant hassles, who knows whether we shall ever venture again beyond the confines of wherever relaxed touring by car can take us. We plan to phone you as soon as we reach Britain (probably May 2 or 3) to see whether your schedules can allow us to get together. I very much hope that something can be worked out; it would be so lovely to see you!

All the best,

Ward



Alexander THOMAS

Developmental Psychiatry  
Comes of Age

JB/DES

23rd March 1988

Professor Alexander Thomas  
NYU Medical Center  
550 First Avenue  
New York  
NEW YORK 10016

Dear Dr. Thomas:

Very many thanks for your cordial letter. I am naturally glad that you think my recent paper may contribute to the efforts you and Dr. Chess have for so long been making to educate our psychiatric colleagues towards a developmental perspective.

It is unfortunate that amongst so many clinicians there is a fixed idea that children are born with an easy, an anxious or a difficult temperament and that that will continue throughout life. I realize that you give great weight to the influence of environmental happenings, for better or for worse, but this message is very slow to be absorbed.

There is, of course, still controversy about the patterns of attachment that are assessed in Mary Ainsworth's "strange situation" procedure, but some of the recent work in that field, much of it in press, suggests her findings are pretty robust. Nevertheless, it may well be some years before there is consensus one way or the other. Meanwhile, I welcome the amount of convergence there has been growing between us.

I well recall the visit you and Dr. Chess paid to us at the Tavistock in years gone by and send you both my warm good wishes.

Yours sincerely

John Bowlby, M.D.



NYU  
Medical  
Center

Alexandra THOMAS

---

550 First Avenue, New York, NY 10016  
Cable Address: NYUMEDIC

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Department of Psychiatry  
(212) 340- 5711

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March 9, 1988

John Bowlby, M.D.  
Tavistock Clinic  
120 Belsize Lane  
London NW3 5BA  
England

Dear Dr. Bowlby:

Dr. Chess and I were deeply impressed by your article "Developmental Psychiatry Comes of Age", in the January 1988 issue of the American Journal of Psychiatry. The paper brings together and integrates many separate threads coming from the expansion of research and clinical studies in developmental psychiatry. Many, if not most psychiatric clinicians and even some researchers, at least in the United States, do not think in developmental terms, and your article should help to bring a new perspective to their professional work.

However, we are concerned over your discussion of temperament (p.5). This issue is of special interest to us, inasmuch as it has been a major focus of our own research and teaching activities for over 30 years. In no way have we even proposed that temperament is a fixed unchangeable attribute of the child or adult. In following our sample of 133 subjects of the New York Longitudinal Study we have witnessed many dramatic examples of change in temperament over time, including those you mention in your discussion of temperament on page 5, as well as many others. There are other subjects in whom temperament has remained stable over the years. When this has occurred, just as in those cases in which temperament has changed, the cause for the change or the stability has almost always been clearly due to certain environmental influences, whether intrafamilial or extrafamilial. Our position with regard to temperament is very similar to your discussion in the preceding paragraphs of the reasons why patterns of attachment may persist or change.

The concept that temperament is inborn does not in any way mean that it is uninfluenced by environment, which is true of any psychological attribute which may have a biological basis, whether it is intelligence, perception, attachment, etc. You postulate (on page 3) "the existence of a control system [for attachment] within the CNS analogous to the physiological control systems that maintain physiological measures". We also

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-2-

postulate, as do others, that temperament involves some mechanism within the CNS, hence the term "innate". But the environment also plays a vital part, as it does with attachment, as soon as the child is born, and perhaps even in prenatal life.

Your concepts of attachment have made a most important contribution to developmental psychology and psychiatry. You cannot be responsible for those who distort your views to assert that the infant's attachment has a determining effect on the individual's entire future life. For example, there is the statement of Selma Fraiberg, who was an influential American psychoanalyst: "Love of a partner and sensual pleasure experienced with that partner begins in infancy, and progresses to a culminating experience, 'falling in love', the finding of a permanent partner, the achievement of sexual fulfillment. In every act of love in mature life there is a prologue which originated in the first year of life" (Fraiberg, S. (1977), Every child's birthright: In defense of mothering. New York: Basic Books, pp.31-32).

In the same way some workers in the temperament field interpret temperament as immutable and as the core of personality. We, and most other temperament researchers, do our best to counteract such distortions. Too much should not be attributed to inborn temperament, as you point out. As long ago as in our 1968 volume, Temperament and Behavior Disorders in Childhood, we asserted this position:

"There is an understandable temptation to make temperament the heart and body of a general theory. To do so would be to repeat a frequent approach in psychiatry which, over the years, has been beset by general theories of behavior based upon fragments rather than the totality of influencing mechanisms. A one-sided emphasis on temperament would merely repeat and perpetuate such a tendency and would be anti-thetical to our viewpoint, which insists that we recognize temperament as only one attribute of the organism. In our view, temperament must at all times be considered in its external relations with environmental opportunities and stresses." (New York: Brunner/Mazel, p.182).

Sometimes, specific temperamental attributes may be a highly significant factor in the child's development; sometimes they are of substantial importance; and sometimes they are relatively insignificant. Teasing out the factors responsible for these varying outcomes constitutes one of the major current issues in temperament research.

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-3-

It is true that we are skeptical of the usual interpretation of the child's behavior in the Ainsworth Strange Situation. In such a "strange situation", in which the mother behaves so differently than she does at all other times (as Michael Rutter has pointed out) the child's reactions may possibly be influenced by his or her temperament as well as by secure or insecure attachment. Others, such as Jerome Kagan, have raised the same question. We are not convinced of Sroufe's argument on this issue, and think that further research is required to settle this issue. Strange Situation in no way involves a belittlement of the existence or significance of attachment.

We have burdened you with this long letter because the questions you raise have been brought up by other developmentalists. We would like to close by expressing again our appreciation that we are sure your paper will make to developmental psychiatry and psychology.

Sincerely yours,

A handwritten signature in blue ink that reads "Alexander Thomas".

---

Alexander Thomas, M.D.  
Professor of Psychiatry

NYU Medical Center  
School of Medicine  
Post-Graduate Medical School  
University Hospital  
Institute of Rehabilitation Medicine

New York University  
A private university in the public service



Stella CHESS (1988)

Child & adolescent psychiatry come  
of age: a fifty year perspective  
J. Am. Acad. Child Psychiatry 27: 1-7

so often happens, however, the pendulum swung to the opposite extreme, and the neonate now became a tabula rasa, a blank slate on which the environment would inscribe its influence until the adult personality was etched to completion. It was the first few years of life that were considered crucial in this process. Given this premise, it was no surprise that child psychiatrists began to place the blame for a child's disturbed behavior on the parents, especially, the mother. This thesis was buttressed by the reports and formulations of a number of influential figures. Perhaps most important was the study done by Bowlby (1951) for the World Health Organization on the mental health of homeless children. He concluded that "mother love in infancy and childhood is as important for mental health as are vitamins and proteins for physical health." Although he has modified some of his early formulations, in a more recent volume (1969) Bowlby reaffirmed his conviction that the loss of the mother figure in early life is capable of "generating responses and processes that are of the greatest interest to psychopathology."

Concepts such as the "schizophrenogenic mother" became so widely accepted that they were used without attribution (see Jackson, 1960). The "double bind" theory put forward by the anthropologist, Gregory Bateson, and his colleagues, and such concepts as the "hostile rejecting mother," began to dominate child psychiatrists' thinking and practice. Circular reasoning was rampant. If the mother appeared psychologically healthy and devoted to her child, who was suffering from some psychological disorder, this only meant that her conscious attitudes were reaction formations against unconscious hostility and rejection of the child.

This mal de mere ideology (Chess, 1964) caused untold guilt and anxiety to innumerable mothers. There were, of course, unstable, rejecting, and even child-abusing mothers who were basically responsible for their children's ills. But these were a minority. Most mothers whose children had behavior problems or serious illness, such as autism or schizophrenia, were committed to their children's welfare. In addition to their confusion and distress over their difficulties in care-giving, the mothers were made to feel responsible for their child's disorder by mental health professionals. The pressure on mothers in those days was vividly described in 1954 by Hilda Bruch, one of the few prominent psychiatrists who viewed this development with alarm: "An unrelieved picture of model parental behavior, a contrived image of artificial perfection of happiness, is held up before parents who try valiantly to reach the ever receding ideal of 'good parenthood' like dogs after a mechanical rabbit. . . . The new teaching implies that parents are all-responsible and must assume the role of preventive Fate for their children." I certainly shared Bruch's concerns and could not as a clinician make the linear one-to-one correlation between parental attitudes and practices and the child's psychological development. Although our skepticism was confirmed by reviews of the research literature (Orlansky, 1949), the "blame-the-mother" ideology, with its simple, uncomplicated explanation for all kinds of complex clinical problems in children, continued unchallenged.

Psychoanalysis played a progressive role in those early days by substituting a dynamic viewpoint and a focus on the child's early life experiences for the static, pessimistic, constitutional formulations that paid little if any attention to the individual

child's real life. It offered a comprehensive theoretical system of the developmental process and promised therapeutic relief through the special techniques it had formulated. However, it also contributed strongly to the blame-the-mother ideology and ignored the biological in favor of a purely psychogenic approach. (Psychoanalysis is often considered to be a biological theory because of its basic concept of inborn instinctual drive states. In practice, however, the vicissitudes of these instinctual drives and their effect on the child's development were presumed to be shaped by psychological influences and psychodynamic defense mechanisms). As Detre (1987) recently commented, "One by-product of our nearly exclusive reliance on psychosocial explanatory theories was that we rid ourselves of problems that did not fit our newly found identity. We abandoned the epileptics, the demented, the developmentally disabled and the retarded, and asked the police to take care of the alcoholics, the substance abusers, and the delinquents."

In the 1950s and 1960s, the domination of child, adolescent, and adult psychiatry by psychoanalytic theory was overwhelming. I remember many meetings of the American Academy of Child Psychiatry in those years in which papers were presented with titles purporting to refer to child psychiatry as a whole but which consisted of a purely psychoanalytic viewpoint. I was usually the sole discussant to protest that a psychoanalytic paper was relevant but should not be equated with child psychiatry as a whole. The speakers would agree politely with me, but this did not change their attitudes. Eisenberg (1986) reported a similar experience at the 1962 American Psychiatric Association Conference on Psychiatric Education. He expressed his concern with the preoccupation in teaching intensive individual psychotherapy, in spite of the lack of evidence that long-term psychoanalytic psychotherapy was superior to brief psychotherapy. After these remarks, he described "a veritable stampede of Department Chairmen to the floor microphones. . . . Just about every eminent figure present rose to defend the primacy of psychoanalysis as the 'basic science' of psychiatry; not one supported my critique in the public forum."

Change did occur, however. By the 1976 APA Conference, "deemphasis on a psychoanalytic orientation" was listed first among the shifts in professional training goals that had occurred over the previous decade" (Eisenberg, 1986). What was responsible for this dramatic change in emphasis? A number of factors were responsible. Specialists in our field have been increasingly formulating specific investigative hypotheses capable of critical testing through the identification of appropriate samples and populations for study, with adequate control groups and with methods that are replicable, reliable, and statistically analyzable. Developmental psychologists and psychiatrists have placed more emphasis on the study of children in naturalistic life situations rather than relying primarily on laboratory experiments that could be carefully controlled but might bear little relevance to the child in real life (McCall, 1977). A number of prospective longitudinal studies, including our own New York Longitudinal Study (Chess, 1979), have followed cohorts of children from infancy onward, with findings that have refuted previous speculations based on the dubious accuracy of retrospective memories of biased samples of adults undergoing psychiatric treatment. New techniques of observing and testing neonates



Daniel S. Weiss, Ph.D.  
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UCSF

Daniel WEISS

Arch<sup>n</sup> 12 Mar 88

29 February 1988

John Bowlby, M.D.  
Tavistock Clinic  
120 Belsize Lane  
London, NW3 5BA  
ENGLAND

Dear Dr. Bowlby:

I read with interest your January 1988 lead article in the American Journal of Psychiatry. Having been an undergraduate at Johns Hopkins when Mary Ainsworth was there, I took her course and was profoundly influenced in my thinking by attachment theory and research. While at Hopkins I got to meet Mary Main, Alicia Lieberman, and the rest of the crew. I have retained some contact with Mary and Alicia here at UCSF. I have a deep and abiding admiration and respect for your work and thinking, and feel that you are probably the most important contributor to the thinking about the nature of human nature in the last 40 years.

In any case, my reason for writing was not simply to express my admiration, but also to call to your attention some analyses I planned and conducted in the collaborative research here at Langley Porter that you may find of interest. Some years ago, in collaboration with Mardi Horowitz, I was looking at the reaction in adults of the death of their parent. Given your thinking and writing, it occurred to me that the loss of a mother was probably going to be more upsetting than the loss of a father, all other things being equal. I designed an analysis to test this question and I reported the results on p. 389 and discussed these on pp. 390-391 of the enclosed article. Indeed, as you discuss on pp. 7-8 of your article, the death of the mother was more problematic than the death of a father, regardless of whether this was the first or second parental death.

I hope you find this information of interest and that it may be of some use to you. Let me close by once again expressing my admiration for the insight of your thinking and the clarity with which you express those thoughts.

Sincerely yours,

*Daniel S. Weiss*

Daniel S. Weiss, Ph.D.  
Assistant Professor of Medical Psychology

DSW/dmf; Encl.



STEVENSON

JB/DES

24th February 1988

Dr. S.J. Stevenson  
University of Cambridge  
Institute of Criminology  
7 West Road  
CAMBRIDGE CB3 9 DT

Dear Dr. Stevenson:

My recollection of the 'Fisher Group' letter to the Times of 16th March 1955 is as follows, though I can't vouch for its accuracy.

The initiative came from Margery Fry and/or Peggy Jay, I believe. I had got to know Margery Fry during 1939-40 in Cambridge where she had gone to stay for the war and she abridged the Report I did for the World Health Organisation in 1951 for paper-back publication. She had been Principal of Somerville, Oxford 1926-31 and spent much time as a Juvenile Court Magistrate despite being 81 in 1955. The three of us met and decided to invite Eileen Younghusband to join us and it was Eileen who drafted the letter. The four of us I have mentioned were all left of Centre politically. We were eager, however, that the letter should be politically balanced, which led to Mrs. Walter Elliot (later Baroness Elliot of Harwood) to be invited and to Rosamund Fisher, wife of the Archbishop of Canterbury, to be the lead signatory.

Most of the other signatories were friends either of Margery Fry, or Eileen Younghusband, or Peggy Jay, and active either in the child care world or as juvenile court magistrates. Rev. Marcus Morris was editor of the boys' magazine, Eagle; Arthur Sheffington, Labour M.P.

Once the letter was drafted and agreed between the initiating four, it was sent round to friends for signature and the group itself never met.

Peggy Jay, who was then married to Douglas Jay, Labour M.P., is still around and very active. It would be worth your while contacting her. Her address is - 28 Heathcroft, Hampstead Way, London NW11, I believe.

Yours sincerely

John Bowlby, M.D.

29

S. J. STEVENSON

*The Times, 16 March 1955, p. 9*

16 March 1955

### FAMILY WELFARE

TO THE EDITOR OF THE TIMES

Sir.—It is now generally agreed that the maintenance of satisfactory home life is essential to the safeguarding of the nation's children. Yet the undersigned have all, in their various spheres of work, become aware that, in spite of the many social services now provided, help often comes too late and with too little co-ordination to save a family in danger of breaking up under the impact of acute stress. This failure has a disastrous effect on the children.

If it is right to think that it is essential to support, protect, and nurture the family group, then an important test of the effectiveness of the various social services is the extent to which they achieve this purpose. By this criterion it appears that many of the social services not only fail to preserve, but, in some cases, actually tend to break up the family. Each service concentrates on its particular aspect of the case, and the family itself is lost sight of, and, indeed, may even become dispersed.

Juvenile court magistrates are painfully aware that the reasons for the appearance of many of the children brought before them can be traced to the deterioration or break-up of families whose problems should have been recognized and resolved at a far earlier stage. Further, there is a disturbing number of parents whose appearance in the adult courts on charges of neglect or cruelty results in legal separation from their children. Early recognition of the problems involved might have prevented this.

The National Assistance Board may not be able to meet family needs fully where there are young children and no male wage earner. Long-term mental or physical illness can result in prolonged separation of parents and children which might be avoided by helping the family within its own home. Evictions for rent debt and the tragedies of residence in "Part III accommodation" often result in the break-up of a family; and this at an immeasurably increased cost to the public purse. It has been proved, moreover, that any form of caring for children outside their own home is far more expensive than that of assisting the family itself.

It would seem to us, then, that there is an urgent need for re-orientating the social services towards the maintenance of the family, which neither the Children Act of 1948 nor any other Act specifically seeks to do. Many Government departments, local authority

committees, regional boards, and voluntary organizations are independently involved, each with their own field workers. The result is that a small army of officials and home visitors may descend on the family in distress. Each concentrates on his particular facet; none is responsible for the whole. We do not believe that the coordinating committees set up in some areas can possibly deal with the many aspects of this problem. We are therefore convinced that the pressing need of the moment is for the Government to appoint a committee of inquiry whose terms of reference should be wide enough to include all causes of family breakdown, with positive recommendations for their prevention and alleviation.

We are, Sir,

ROSAMOND C. FISHER, RUTH ADAM,  
JOHN BOWLEY, KATHARINE ELLIOT,  
MARGERY FRAY, HILARY HALPIN, BASIL  
HENRIQUES, DOROTHEA HUNTER, PEGGY  
JAY, MARY M. C. KEMBALL, MARCUS  
MORRIS, MARY OGILVIE, MADELEINE J.  
ROBINSON, ARTHUR SKEFFINGTON, F.  
CLARE SPURGIN, EILEEN YOUNG-  
HUSBAND.





Rosamund Fisher m. 1917, six sons

Ruth Adams m. 1932 Kenneth Adams  
BBC TV from 1957

Katherine Ellist<sup>#</sup> m. 1934 Bavinon E of Harwood  
Tenant 1903, m. 1934 Humber H.O. A.V. Clee 1958  
Child Care, Scotland

Margery Fry  
1874

Hilary Halpin ? LEC

Basil Henriques

Jostrea Hunter

Peggy Jay m. 1933 Financ. Sec Treasur

Mary Kemball

Marcus Morris Rev. Ed. Eagle

Mary<sup>Lady</sup> Dyilvie Principal St Anne's, Dx

Madeleine J R Johnson

Arthur Skeffington MP Lemington, PPC Min of  
F. Clare Spurgeon Parisians

her best, but had a violent temper and beat A with a cane when she was naughty. When she was aged 15 the step-mother left the home and the father became very disturbed. She was taken into care when it was discovered that he was abusing her. She is now married but gets very little support from her husband."

It seems likely therefore that referring agencies, and NEWPIN itself, are focusing on women who have either minimal extended family support or very unhelpful families, and either no current partner or a very unsupportive one. NEWPIN is in these cases functioning like a substitute family, but one in which the rules and expectations are very different from that of the family of origin, where basic human obligations were not met and children were harshly criticised, mistreated and abandoned. A significant number of women reported reconciliation and renewal with parents and siblings, or at least coming to terms with past painful experience, arising from the confiding and sharing which went on in the befriending relationship, the 'Girls' and Volunteer groups and from discussion with NEWPIN staff. One woman described how she had come to understand her cold and indifferent mother better through realising that people can withdraw to protect themselves from pain when, like her, they have had many experiences of rejection and loss. Although her mother had not changed, she was no longer hurt by her, and no longer preoccupied with the sorrow and loneliness of childhood. Other women seemed to have become so involved with NEWPIN that their problems, whether past or current, no longer dominated their lives. As in group psychotherapy, 'the individual becomes a member of an alternative group to the one in which his symptom ... was generated and maintained - and this process alone, this becoming part of the group ... is sufficient to effect change' (Garland, <sup>1980</sup>~~1981~~).



~~XXXX~~  
HILDA S. ROLLMAN-BRANCH, M.D.

A PROFESSIONAL CORPORATION

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January 25, 1988

Rep.  
2 Feb 88

Dr. John Bowlby  
Tavistock Clinic  
120 Belsize Lane  
London NW3 5BA  
England

Dear Dr. Bowlby:

Your lead article in the American Journal of Psychiatry is a timely, clear, and broad based account of the development and present status of Developmental Psychiatry. It reminded me of your visits and stimulating presentations almost thirty years ago in Los Angeles!

It also pleases me that my own thoughts and speculations of 1961 (reprint enclosed) are being investigated and born out within the larger framework considered in your article. It gave me special satisfaction that you write: Emotionally significant bonds between individuals have basic survival functions and therefore a primary status.

Catching up on my reading of Science today, I came across the interesting corroboration (Need for Mothers Touch is Brain Based) of which I am enclosing a photocopy. The panorama keeps expanding.

With best wishes for a healthy and productive 1988,

Cordially yours,

Hilda S. R-B

Hilda S. Rollman-Branch, M.D.

Encs.



# Meeting on the Mind

Last month, the American College of Neuropsychopharmacology (ACNP) held its 26th annual meeting.\* Sessions included the biological and genetic aspects of brain diseases; mechanisms that regulate biologic and behavioral development; origins and treatments of stress, panic, anxiety, and obsessive-compulsive disorders; receptor-neurotransmitter mismatches; mechanisms of action of therapeutic and abused drugs; and the neuropsychiatry of AIDS. The following are highlights of three reports from the conference.

## Need for Mother's Touch Is Brain-Based

To a rat pup or a human infant, a mother's touch has real biological effects—it means growing and thriving. Depriving infants of maternal contact produces the opposite effect; neither rats nor human babies will gain weight or develop according to a normal schedule. These effects of maternal deprivation can be traced to the brain peptide  $\beta$ -endorphin, according to new data from Saul Schanberg of Duke University Medical Center in Durham, North Carolina.

Schanberg, Jorge Bartolome, and Cynthia Kuhn, also of Duke, find that a very specific pattern and strength of maternal touching somehow promotes protein synthesis and weight gain in infant rats. Without the maternal contact or an artificial substitute, rat pups fail to synthesize growth proteins but they continue to synthesize other proteins. The deprived pups are not suffering from a lack of nutrition, however. Instead, the key to their response appears to be  $\beta$ -endorphin. By injecting this peptide directly into the brains of rats pups up to 3 weeks of age, before they are naturally weaned, the researchers can mimic the growth-stunting effects of maternal deprivation.

"This is brain control beyond whatever I thought existed," said Schanberg. "Just think, a substance secreted by the brain affects the way the entire body responds to two early regulators of growth—insulin and growth hormone." The effects of experimentally administered  $\beta$ -endorphin apparently occur without the involvement of the pituitary gland, the master hormone gland at the base of the brain. Schanberg and his co-workers have not yet demonstrated which parts of the brain actually release  $\beta$ -endorphin during maternal deprivation.

The new results are a culmination of more than 10 years of studies, which Schanberg stresses could not have been done without the use of laboratory animals. "This is one case in which animal work has led directly to the clinic," he says. He and Tiffany Field of

the University of Miami studied the effects of touching premature human infants and found that they, too, thrive better with extensive skin-to-skin contact.

"We used a combination of back massage, neck rubbing, and kinesthetic movement (moving the arms and legs)," says Schanberg. "The touched babies showed a 50% increase in body weight and enhanced neurological development over a 12-day period." Eight months later, after the infants had lived at home, the touched babies still fared better.

To measure the biochemical effects of maternal deprivation in rats, the Duke researchers monitor the activity of the enzyme ornithine decarboxylase (ODC). ODC is important for the synthesis of putrescine, spermidine, and spermine. These substances help to regulate the synthesis of nucleic acids and proteins in organs such as the heart, lungs, brain, and spleen. "Within a half-hour from the time the pups are deprived of contact with their mothers we see a shut-down in ODC activity in major organs throughout the body," says Schanberg.

Two things restore protein synthesis and weight gain in the pups to normal levels. One is reuniting them with their mothers. The other is licking the pups, as the mother rat naturally would. "I couldn't get the lab technicians to actually lick the pups," says Schanberg. But Gary Evoniuk, also of Duke, observed that stroking them heavily with a

wet paintbrush had the same effect. Apparently a combination of the mother's wet, rough tongue and the pressure and massaging action it has on the pups is biologically important. The licking stimulates the pups to urinate, which they are unable to do alone at early ages, and it also appears to keep brain  $\beta$ -endorphin levels in check.

In general,  $\beta$ -endorphin exerts its effects by binding to opiate receptors on nerve cells—the same receptors that are stimulated by morphine and heroin. But the  $\beta$ -endorphin effects seen during maternal deprivation are different. They cannot be inhibited by drugs that block the pain-reducing and addictive effects of opiate drugs. "This is a nonclassical opiate effect," says Schanberg. He thinks that it may depend on the so-called epsilon class of opiate receptors, which are as yet poorly understood.

## The Receptor Mismatch Controversy

A central dogma about nerve cell communication in the brain is being challenged. During the past few years, Miles Herkenham of the National Institute of Mental Health has shown that the distribution of receptors for neurotransmitters often does not follow the same pattern as the distribution of the neurotransmitters themselves. Herkenham terms this discrepancy a mismatch and suggests many neurotransmitter and drugs in the brain may act outside brain synapses, rather than at them.

At the same time that he offers this provocative interpretation about what his data might mean, Herkenham is cautious. "I only arrive at the idea of communication outside synapses after ruling out all the alternatives," he says. "It is not a direct demonstration. Until recently, many in the field dismissed Herkenham's data, but he now has so much anatomical evidence supporting the mis-

### Maternal contact is essential

A mother rat's touch promotes normal growth and development in her pups and keeps their brain  $\beta$ -endorphin levels in check.



David Barron

\* The ACNP meeting was held from 6 to 12 December 1987 in San Juan, Puerto Rico.

Jan 8, 1988



PETERFREUND

EMANUEL PETERFREUND, M. D.  
1148 FIFTH AVE.  
NEW YORK, N. Y. 10028  
TELEPHONE (212) 722-8233

December 20, 1987

Rept.  
23 Jan 88.

Dear John,

I realized that I had not written to you in some time. I do hope that all is well with you. I noticed just the other week an announcement of the meeting at Tavistock next year to celebrate your 80th birthday. My congratulations for honors well deserved. Also, as I hope you know, just the other week there was a review in the New York Times (or was it the New York Review of Books) of the new Oxford encyclopedia on mind (I do not recall the exact title). George Miller, the well known psychologist and the reviewer, singled your article out for special praise.

More and more I read of meetings concerning work on attachment. Your influence on the field has been enormous.

The news from me is not too good, but there is reason for optimism. Despite the statistics and a negative CAT scan in June of this year, I came down with a recurrence of Hodgkin's last September. It was a replay of what happened five years previously, but this time we understood what was going on. Within two weeks of the first suspicion of illness I had completed my first course of chemotherapy and there ~~were~~ strong indications that I had a remission of the disease within 72 hours of completion of the first treatment. Cat scans at the end of the third treatment were negative. I completed my fourth treatment just two days ago and the question now is when treatment will be stopped.

So, I have been in survival mode and everything has revolved around my illness. I have maintained a full practice; I cancel all patients every four weeks for three days while undergoing treatment. Five years ago I was able to conceal my illness from most patients because of few outward signs of illness. This time things were quite different because I became very pale from anemia and then lost all of my hair almost overnight. A most interesting situation for me and my patients!

The "craziest" part of all this is that for my personal therapy I am writing a book using every spare moment I have. Fortunately, the brain needs little blood to function. I had outlined some ideas in the Summer and as soon as I became ill I went to my word processor and began to write using only my brief notes and references at hand. I finished a first draft yesterday, about 350-375 typewritten pages. I will now go over it to see if I made sense. I know that I let myself say what I felt like

(cont.)



saying. At this stage, why not?

GIFFORD

For me it is always amazing to go over material written by people who are getting much publicity and find such impoverished thinking. I am sure you know about the writings of Adolf Grünbaum, one of the deans of American philosophy of science. He has made an international reputation in recent years with his writings about psychoanalysis. He even gave that distinguished lecture in philosophy in England on the subject. I think it is called the Sturman lectureship, or something like that. I have followed his work with some interest. But, when going over casually selected parts that were of interest to me, I was simply shocked to see the tendentiousness, the outright misrepresentation of sources, etc. He is a combative person, and dealing with him is like taking on a den of lions. The interesting thing is that he has been "adopted" by a group of analysts and appears regularly now at the annual meetings of the American. His work has much value insofar as he challenges what many take for granted. But he has little understanding of therapy. He knows only what he can read about it and has no hands on experience in any way.

I have lost touch with much of what goes on in our field, in terms of meetings, gossip, etc. I did not even go to the meetings of the American this past weekend, for the first time in 30 years, because of my appearance. I do not need to advertise my illness. So, I am more the loner now than ever. I gave a talk or two in the early part of the year. An invitation for next January had to be turned down.

Mount Sinai has the new chairman of psychiatry that we expected, a young biological worker. The New York Psychoanalytic continues to stumble along in serious financial trouble. It is trying to affiliate with a medical school to rescue them financially. Surprisingly, Mount Sinai seems to be interested in them. The guess is that the Psychiatry department is really interested in the real estate, the building that the Institute has in a prime location.

I am sure you know that Betty Hamburg is now chief of child psychiatry at Sinai. Daniel Stern has left Cornell and will spend half a year at Brown U. and the other half with Cramer in Switzerland.

With best wishes and regards from Ory.





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University of Chicago



Charles R. Walgreen Foundation  
for the Study of American Institutions  
1101 East 58th Street, Chicago, Illinois 60637  
312|753-3606

George J. Stigler

Dear Ursula & John:

Here are 8 of my 9  
grand children, showing that Matthias  
had every right to be worried.

I'm going to Stanford  
(Hoover) again this winter, although  
they are having such a wet autumn  
that I shall probably be forced to work

I still teach, and in fact  
have lost no duties - only the  
efficiency necessary to discharge them.

I am presently trying to write a

"popular" book on economics, in the  
same series as Lewis Thomas' The  
Youngest Science and Freeman Dyson's  
Disturbing the Universe. I found it  
difficult to be autobiographical as they  
were: oh to have had just one  
cavalry charge or one great train robbery:  
professors are so dull!

Merry Christmas

George



HINTON Pash Lane

Reading

Jan 12 18

Dear John,

Thank you for your good wishes  
— there are few people from whom  
I would rather hear such sentiments.  
It was totally unexpected, but  
I hope it will help both the lab  
& the work we are trying to do.  
I'm not thinking of myself as retiring,  
& hope I shall be able to  
get some support to continue active

research for a while.

Am glad Darwin is still  
going well. Am looking through  
Bill Thorne's letters it made me  
realize how much advancement of  
knowledge went on by correspondence  
until recently - at least I  
don't think it happens quite like  
that now.

With best wishes to you

All

for us

Bob



British Academy

PROFESSOR SIR HENRY PHELPS BROWN  
16 BRADMORE ROAD, OXFORD, OX2 6QP

TEL. 0865 56320

CONFIDENTIAL

12th January 1988

Dr John Bowlby C.B.E.

Dear John,

I have been considering whether to renew your candidature for an Honorary Fellowship of the British Academy, but changes on foot in the Regulations make it appear necessary to wait a year. If the report of ~~the~~ a recent committee is accepted, the criterion for election under which you were put forward last year will be withdrawn, and its place will be taken by provision for the election of a new category of Senior Fellows. These will be persons whose work falls within the ambit of an existing Section, in whose activities they will be able to take some part, as ~~Honorary~~ <sup>Ordinary</sup> Fellows. It is, I think, Section 12, which now extends over social psychology and social anthropology, within which your own contribution would fall, and I have reason to believe that you would have support from some of its members.

But I am sorry that this means waiting to see if the Academy does in fact set up this new category of Fellowship, so that I cannot usefully move in the matter until 1989. I can only hope that we shall both be going strong then.

Yours etc.  
Henry

EHPB







Dec. 87

Dear Dr Boxillby,

I can just say

I wish you the happiest  
Christmas and New Year  
in the world!

With my gratitude to you,  
a great man and the most  
genuine 'care-giver' I have  
ever met

Yours

Stefano Esposito

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David A. Hamburg, M.D.  
President

November 12, 1987

Dr. and Mrs. John Bowlby  
Wyldes Close Corner  
Hampstead Way  
London NW1 7JB  
ENGLAND

Sent on 18 Nov  
Home Start leaflets  
Copy of Powell & Mills 1985  
Lect 7 + Refs.  
Svanne Appraisal

Dear John and Ursula:

It was wonderful to visit with you and your family. We thoroughly enjoyed every minute of it. As usual, you were very kind and generous.

As usual too, it was highly informative and intellectually stimulating. I have already given our staff a brief account and will be discussing more with them shortly. We will be in touch with the people you identified as key scientists and scholars in the attachment field. You were very kind to suggest that you could send us some material about the Home Start intervention and the Pin intervention. That would be exceedingly helpful. That sort of innovation bears directly on the work of this foundation.

Once again, Betty joins me in sending our deepest appreciation and warmest affection,

As always,

David

P.S. You also generously offered to encourage Colvin Parks to send some of the papers from your celebration. I would certainly be delighted to have the opportunity of studying these papers.





Department of Child and  
Adolescent Psychiatry  
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Direct Line 794 6874

Pond Street  
Hampstead  
London NW3 2QG

## The Royal Free Hospital

Telephone  
01-794 0500

Our Ref: ADB/AJS

10th November 1987

Dr. John Bowlby,  
Tavistock Clinic,  
120 Belsize Lane,  
LONDON NW3.

Dear John,

Just a note to say how much we appreciated your coming to speak to the medical students on Friday. As you gathered, they were augmented by many of the psychiatric staff and social work staff of the Hospital, as well as other interested people and you gave them a lot of food for thought.

Funnily enough, that very evening I was dining with friends who had a distinguished research ophthalmologist from the States visiting. On hearing I was a child psychiatrist he started to tell me about a lecture he had heard as a medical student at Harvard in the 60s which he had never forgotten; it turned out to be you, of course!

I am sending separately a small honorarium to cover your expenses and I very much hope that we have started a tradition at this Medical School which can be carried on.

With affectionate good wishes,

Yours sincerely,

*Dora*

Dr. Dora Black  
Consultant Child Psychiatrist

*Plus  
John*

HAMBURG

Carnegie Corporation of New York

437 Madison Avenue, New York, N.Y. 10022 • (212) 371-3200

David A. Hamburg, M.D.  
President

September 9, 1987

Dr. and Mrs. John Bowlby  
Wyldes Close Corner  
Hampstead Way  
London NW11 7JB  
ENGLAND

Dear John and Ursula:

I just came across the enclosed article from the British Medical Journal and hasten to write. It is wonderful! The recognition is fully and aptly deserved.

I enclose the testimony I prepared for a Congressional hearing on early intervention. I would welcome your comments and look forward to discussing it with you on our forthcoming visit. Needless to say, Betty and I eagerly anticipate spending time with you.

With every good wish,

As always,

*David*

Enclosure



# BRITISH MEDICAL JOURNAL

## Bowlby's 80th birthday

What Francis Crick and James Watson were to molecular biology John Bowlby has been to child development. His highly original work done soon after the war has proved enormously fruitful, and it was no surprise that 400 participants from 20 different disciplines turned up to a conference organised by the Tavistock Clinic to celebrate his 80th birthday.

The appearance in 1951 of *Maternal Care and Child Health*, a book written at the behest of the World Health Organisation, led to vigorous discussion among all those interested in young children. It was translated into 12 languages and later abridged by Margery Fry to become *Child Care and the Growth of Love*, which sold half a million copies and is still in print. (Bowlby recently said, "It could do with a rub up, though.") Like many of his writings from 1938 this work showed how his imaginative thinking was backed up by systematic longitudinal studies. He and his colleagues showed how attachments develop from infancy into school age and at all phases of the life cycle—birth, adolescence, marriage, old age, and particularly bereavement.

Although psychoanalytic in his approach, Bowlby was, ironically, eclectic and egalitarian. He did not believe in the dominance of doctors and realised how much psychologists, social workers, and psychotherapists had to offer psychiatry if they came together. This was the philosophy of the Tavistock Clinic, where Bowlby was founder and first director of the child and family department. Bowlby also turned to ethology to see what it had to offer on the study of the relationships between mother and infant from its acute and intense direct observations and its systematic data collection.

He broke with the orthodox belief that infants were dominated by instinctive drives and genetically preprogrammed. He showed how vital was the infant's experience right from the start of life through attachment to the mother. If a child was given time, attention, and accessible, responsive interaction then the attachment was good and the child joyful, secure, confident, and independent. Poor attachment led to jealousy, anxiety, and anger, and broken attachment to grief and depression. Bowlby studied the quality of parenting, and while he emphasised how big a part the mother played he also recognised the importance of fathers. Their importance lay not only in relating well to their

children but also in supporting their wives, especially during pregnancy and labour and when they were under pressure from family commitments. This recognition of the importance of fathers led to the concept of family therapy, which was later developed by John Elderkin Bell. If fathers were not included they might sabotage the help given by professionals.

Bowlby's ideas were not readily accepted. He aroused antagonism among those caring for sick children in hospital because they felt threatened by him showing how much the home mattered to the child. Feminists protested that Bowlby was demoting women to "Kinder, Kuche, and Kirche," whereas what he was really saying was that the child's need for warm caring mothers could be provided by grandmothers or other surrogate figures. Hospitals resisted for a long time Bowlby's suggestions on more open visiting. Nurses would say, "You see how upset the child is after visiting time, he now has a fever and has started to vomit": they failed to recognise that the child's expression of fear and loneliness was rekindled on seeing his parents. Bowlby's colleagues felt threatened because he recognised that non-doctors were as important as doctors.

Eventually resistance to Bowlby's ideas gave way, and workers all over the world tested his ideas scientifically. Psychotherapists and psychologists recognised that the experiences that parents bring with them from their childhoods affect their relationships with their own children. This led to a fresh look at the experiences that children go through in unfavourable circumstances—such as socioeconomic hardship, parental unemployment, poor housing, and, above all, separation at vulnerable times in infancy. Bowlby was a synthesiser. He bridged the disciplines and started a vigorous appreciation of the far reaching effects of an infant's experiences.

The celebratory conference aimed at showing how these early experiences affect emotional development and how when attachments are interrupted the result can be psychiatric problems and distorted human relationships—maternal depression, suicide, and murder. But mostly the conference was concerned with the ideas on prevention and treatment that flowed from Bowlby's ideas. It was a memorable occasion made all the more so by Bowlby's presence and his reflections at the end that much remained to be done. He was appreciated for his individual achievements, but the conference was essentially concerned to acclaim his influence and inspiration to others.

DAVID MORRIS

Consultant Paediatrician,  
London W1H 4FE



Dr. John D. Sutherland  
3A Gillsland Road, Edinburgh, EH10 5BW  
Tel. 031-337-3020

17 Aug 1987

Dear John Thorne

We hope the holiday  
is putting the finishing touches to John's  
memoir - despite the weather.

I thought John might be amused  
of the enclosed. Writing to papers has  
never been a thing for me but I was  
impressed by the whole tone of Lomas'  
Review of Winnie's letters so I sat  
down & penned a longer one to the  
T.L.S. I had more than doubts  
that they would publish it because of its  
length & perhaps because of not enough  
interest. However, I was startled  
yesterday to see my reply published in  
full. I hope you will feel it  
was in a good cause, with the main  
point clear enough!



We had Eric Beulah for the first  
week in August in Edinburgh. They stayed  
at a rather splendid B. & B. a few miles  
out but were able to get into the town  
easily enough. Fortunately not yet 'The  
Festival' which makes movement here almost  
impossible while it lasts.

B. is as mad as ever about health &  
diet etc & we wondered if all his rules  
were really helping him. The test of things  
they couldn't eat was really something.  
He took them one day to Dryburgh Abbey  
(which we think is an enchanting place) and  
they both enjoyed it. Unfortunately, however,  
Eric took a very bad turn as we were  
walking out. He clutched on to me with acute  
vertigo spinning him ferociously & then he vomited  
for 2-3 hours afterwards. I thought he was  
going to die. He recovered slowly and they  
stayed the night in the hotel which adjoins the  
grounds of the Abbey and were very well looked  
after. Yesterday we telephoned them in Florida  
& he seemed to be pretty well recovered. But I  
felt his condition was pretty frail.  
Love from  
your mother

# Letters

## The Status of Psychoanalysis

Sir, - In his perceptive review of *The Spontaneous Gesture*, F. Robert Rodman's selection of letters by D. W. Winnicott, Peter Lomas (July 24) expresses views on the status of psychoanalytic theories that require comment. He writes that when assessing a scientific theory the personality of its author can be discounted: "but psychoanalysis is not a science, and anything that can help us to understand why its practitioners hold certain beliefs is worth considering." In view of the relevance of the psychoanalytic contribution to child development, it is essential that there should be adequate appreciation of its importance. For that purpose Lomas's remarks do a disservice, the more so as they come from a psychoanalyst.

All scientific theorizing is an imaginative process and so inevitably influenced by personal factors. In the so-called natural sciences the objective nature of the data makes it easy to judge the soundness of a particular theory. Because the data from psychoanalytic practice are both private and highly subjective, it is commonly held that psychoanalysis is thereby precluded from being a science, a view widely supported by Popper's dictum that its theories cannot be falsified. This latter statement is simply not true. Psychoanalytic theories have always been replaced when they have proved to be incompatible with fresh findings. A specific difficulty here is that whereas falsifying data can be obtained readily in laboratory experiments, ten to twenty years are required for analysts to assimilate and test new ideas in their practice. As a result changes are seldom noted by those outside the field.

The practice of psychoanalysis, like medicine, can never be primarily a scientific activity. It is a unique encounter in which two people combine to understand the self of one of them. The analyst has to make generaliza-

tions about behaviour at the personal level. Before Freud, views about human nature came mainly from the empathic and intuitive gifts of poets and writers. They will always make a unique contribution, one that we cannot dispense with, because of their sensitivity to the human scene. Freud's work created a method for extending the scope of conscious experience, but insights from practice are still produced by a poetic or creative imaginative activity. Winnicott is often described by analysts as having a highly poetic mind, yet a very large number of psychoanalysts and others are extremely grateful for his "beliefs" regarding the influence of the early family environment on the development of the person. Such insights are appraised and adopted in the light of further practice. Eventually they have to be transmuted by scientific procedures into validated knowledge.

Psychoanalysts have been notably slow in advancing this task. On the one hand it cannot be tackled adequately within the limitations of practice, but, perhaps more importantly, there has been a striking reluctance to replace Freud's assumptions based on nineteenth-century science by the modern biological theories that have made fundamental changes in the conceptions of what is scientific when the open systems that constitute living organisms come under closer scrutiny. The effect of their impact is well illustrated by John Bowlby's massive evidence built up over the past forty years. He has provided ample proof that theories about the early development of the person can be both verified and greatly enriched by studies using strictly scientific standards. His work arose out of his own creativity, and so it is the more significant that it supports almost all of Winnicott's "beliefs" despite the flaws in his personality that Lomas suggests should make for great caution in their adoption.

In the human sciences, the contributions of the poetic imagination, whether from the writer or the psychoanalyst, are the primary

source of our advances. The task of examining them scientifically requires the practitioner to change his role to that of scientist. The clarifications in this issue of the nature of science and its relation to practice are now leading to knowledge of child development that is scientific by any standard, and those concerned with its application to the evolution of soundly based mental-health measures can be reassured of its status.

JOHN D. SUTHERLAND,  
3 Gilliland Road, Edinburgh.

## A Threat to Latin

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by Jock S.



# Arrogant Insights (Headline)

T.L.S

JULY 24 1987

Peter Lomas

F. ROBERT RODMAN (Editor)  
The Spontaneous Gesture: Selected letters of  
D. W. Winnicott  
211pp. Harvard University Press. £15.95.  
0674833368

D. W. Winnicott's formidable charm and his ability to put others at ease goes some way to account for his unique capacity, as a paediatrician and psychiatrist, to communicate with children. This gift, combined with prodigious energy and creativity, has made him arguably the most influential psychoanalyst since the days of Freud and Jung. The Spontaneous Gesture consists of a number of his letters selected and given an excellent introduction by the American psychoanalyst Robert Rodman. Some reveal his concern for issues in the wider world related to his own work; others are written to immediate colleagues about matters directly connected with psychoanalysis.

Winnicott gave his passionate support to the emotionally deprived, and many of these letters were an attempt to influence those in the psychiatric and social services towards a more humane understanding of mothers and children. Their style is striking. They are written with the attractive clarity that one would expect from a man renowned for his ability to convey the intricacies of psychoanalytic thought to a lay audience. Although usually tactful he is forthright and courageous. Now and again the personal element intrudes in a bizarre way. What, for instance, must Lord Beveridge have thought, on receiving a letter criticizing his plan for a Health Service, to be informed, three times in the space of a page, of Winnicott's hate. "I must at any rate be honest with myself and express to you yourself the hate that rises naturally in me. . . ." Surely the point at issue is the Health Service, not Winnicott's psyche?

Of greater moment – and, I imagine, the chief *raison-d'être* of this book – are letters written to psychoanalysts, in which Winnicott forcefully and lucidly argues points of view about theory, practice, and the politics of the British Psychoanalytic Society. Although there are no significant additions to his published work, ideas often appear in a new phraseology. Writing about the fate of the "true self" in very disturbed people, he says:

In effect the true self is hidden right away and only emerges under very special conditions if at all. In this defence the patient turns himself into a mental hospital and the true self is a patient hidden away in the back somewhere in a padded cell.

He appears to have little doubt about his own views and few inhibitions in criticizing those of others. He habitually, after attending the fortnightly psychoanalytic meeting at the Institute of Psychoanalysis, wrote a letter to the speaker. These letters can seldom have brought comfort to their recipients. There must be many an analyst who, after breakfasting with one of Winnicott's letters, felt more inclined to go back to bed rather than to face his or her patients. Occasionally he is aware of this, as when, in a letter accusing Hannah Segal of arrogance, he writes: "I find I want to say something to you as a result of last night's meeting and I hope you are feeling strong enough . . .".

One is left with curiously mixed feelings about these letters: admiration for the integrity, passion, intelligence and common sense which go into them (exemplified by a masterly, albeit unrewarded, plea to Anna Freud and Melanie Klein in which he asks them to abandon the divisions in psychoanalytic training), yet disquiet at their narcissism. Win-

nicott does not usually write as to an equal; he instructs rather than seeks insight. He emphasizes his own importance: "The main thing is that what you are working at here is something that I find myself deeply in sympathy with." Furthermore, he often insists on the priority of his own ideas and becomes enraged if, in his view, they are not sufficiently recognized.

It is probably unhelpful when assessing a scientific theory to give any weight to the personality of its author. But psychoanalysis is not a science, and anything that can help us to understand why its practitioners hold certain beliefs is worth considering. Winnicott stressed the extreme dependence of the child on the mother and the disastrous consequences of a failure to protect him from trauma. Similarly, he laid great emphasis on the therapeutic value of "holding" the disturbed patient in a manner which mirrors the way in which a mother holds her baby. His everyday behaviour, as revealed by these letters, shows an unusually maternal, caring attitude to those around him but he appears to lack sufficient respect for their autonomy. It may be that his insistence on the analyst's, rather than the patient's, impact on the personal dialogue derives from his sense of his own importance and flaws his very impressive contribution to healing.

by

by Peter Lomas

U

PARAD

PARAD

1501 Pearl St.  
Santa Monica, Calif. 90405

August 10, 1987

Acher D.S. 17 Aug '87

Dear Dr. Bowlby,

Five years ago my friend and mentor Karl Pottharst introduced me to your work. The Attachment-Separation-Loss trilogy is, as you know, considered by many to be the product of a pioneering genius. I am in full agreement with that appraisal and try to do my share in contributing to the dissemination of your extraordinary synthesis.

Several years ago Karl related to me that he had asked you how attachment theory might shed light on the meaning of human dreaming to which you replied that dreaming was not a subject you had studied in much detail. In this study (please accept this manuscript as a gift from me) I found empirical support for a relationship between attachment history variables and manifest dream content in a manner I believe to be entirely consistent with attachment theory.

Thank you for your large contribution to my understanding of myself and human nature.

Karl has informed me of your bad luck in fainting and experiencing a prolonged unconsciousness. Tavistock reports that you have had a remarkable recovery. I'm very glad to hear that and wish you the best of luck in all matters,

Sincerely,

*Jonathan Parad*

Jonathan Parad, Ph.D.



Dr. John D. Sutherland  
3A Gillsland Road, Edinburgh, EH10 5BW  
Tel. 031-337-3020

29 June 1987

Dear John,

Just a note to thank  
you for the opportunity to be at  
the Banquet. What a splendid  
'do' it was and with so many old  
friends that I fear I did not talk  
to as many as I wished.

It was very good of you to give  
me such a prominent place & much  
appreciated having Ursula on one side &  
Mary Ann on the other. The  
speeches were very good including your  
own, and the whole thing was, I  
felt, a really fitting tribute to  
yourself & your monumental work.  
As you know, this recognises the

fundamental importance, my own preoccupation  
has been to come, as Stern says, from  
the 'clinical infant' as envisaged from  
the introspective stance of the inner world  
I now feel much clearer on the  
ways in which they all fit and hope  
to get some of this into the Fairbairn  
book as a kind of interpretation of  
where he was trying to get to. Had he  
known what we now know about development  
his radical contribution in trying to get  
rid of the 'energetic' basis would have  
been of much greater impact & a good  
follow on with the attachment made  
to the inner object as later experience  
fashioned those.

I was sad to see Eric looking  
so frail; I think, however, he may  
have more stamina than shows.

Andy goes on steadily & grows, the  
freedom from pain is the main thing.  
I did enjoy his seeing the family - tho' a  
bit shabby to see the grandchildren so grown up!  
Our love to all  
John



PROFESSOR SIR HENRY PHELPS BROWN  
16 BRADMORE ROAD, OXFORD, OX2 6QP

TEL. 0865 56320

20 June 87

British Academy

Dear John,

I'm very sorry to have to tell you that the Council of the Academy is not putting your name forward for election to an Honorary Fellowship. You were supported by several Sections; but in making its choice among the nominations, Council evidently chose to keep within what has hitherto been its accepted scope.

I hope that the forthcoming celebrations, and international gathering, will be richly rewarding to you in every way. Evelyn and I look forward to attending the banquet, for which Juliet has been making the arrangements.

Yours ever  
Henry.



CHILD AND ADOLESCENT CENTRE

Paul PATTERSON

June 2nd, 1987

Dr. John Bowlby  
The Tavistock Clinic,  
Department for Children & Parents,  
Tavistock Centre,  
120 Belsize Lane,  
London, N.W.3 5BA  
ENGLAND.

Dear Dr. Bowlby:

One of the disadvantages of a return from sabbatical is the immense pressure to "catch-up" and "take-over" again. Consequently, all my good intentions to send first Christmas cards, then New Year's cards, then Easter cards have all come to naught. However, I very much appreciated my time with you and all the things I learned from you. I have made considerable clinical, theoretical and teaching use of attachment theory since my return and ultimately hope to incorporate it in the work I was doing prior to my sabbatical.

I have been invited to give a number of lectures on "Update of Attachment Theory" since my return and, although rather under-qualified, I have done my best to outline the importance and significance of the new advances in the area which you drew to my awareness. In the process I have made it quite clear that, in my mind, you have been almost single-handedly responsible for re-humanizing psychiatry, re-introducing the reality base of "real relationships and real people" to the "inner working models" that had often previously been considered to be based on "fantasies", stimulating and facilitating theorizing and research about the infant-mother relationship, and last but not least, restoring their parents to children previously "abandoned" during hospitalization. Quite an accomplishment, especially when one considers that these are only the peaks of a few highlights and that your contribution is by no means yet over.

/2



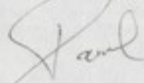
Dr. John Bowlby

June 2nd, 1987

At the moment I am planning to return to England with my family to recapture some of the wonder of the privilege of our year there and have timed our return to co-incide with your "Birthday Conference". I know that you will be mostly tied up with the festivities, but I hope I will at least have a chance to say "hello" during the conference.

With very best wishes for your birthday,

Yours sincerely,



Paul G.R. Patterson, B.A., M.D., F.R.C.P.(C)  
Director,  
Child and Adolescent Centre.

Associate Professor Psychiatry & Paediatrics  
University of Western Ontario.

PGRP:jp

P.S. Shortly after my return to Canada I was given new office quarters and my old building was torn down. I enclose a card with the new address and telephone number and would be grateful if you would correct the address you presently have in your files.

Between June 13th and 28th, of course, I shall be at my previous English address and telephone number - Hilltop, Old Forewood Lane, Crowhurst, East Sussex, TN33 9AA -  
Tel: 0424-83-350 or 0424-83-489

HARVEY A. HOROWITZ, M. D.  
THE INSTITUTE OF PENNSYLVANIA HOSPITAL  
111 NORTH 49TH STREET  
PHILADELPHIA, PA. 19139  
TELEPHONE 215 471-2153

HARVEY  
HOROWITZ

16 June 87

Ans; Aug 87

Dear John,

Sadly, for me, I've been unable to free myself up for the 80<sup>th</sup> Birthday celebration & Attachment Conference. I am so disappointed, for just 2 weeks ago I had dinner with Mary Main & joined in her excitement, but, hospital responsibilities have made the time away impossible for me.

The conference will be wonderful. Perhaps I could lay hands on some of the papers, even before publication, particularly the work on adolescence that is to be presented by Raphael of Australia?

At any rate, John, do have a wonderful few days! I have full of the accolades &



attention won't be too difficult for you to bear. But, because you are a modest man, you surely know it is well deserved.

Please accept this last book of Gregory Bateson as an expression of our respect & affection.

Yours,  
Denny

HOROWITZ

HARVEY A. HOROWITZ, M. D.  
THE INSTITUTE OF PENNSYLVANIA HOSPITAL  
111 NORTH 49TH STREET  
PHILADELPHIA, PA. 19139  
TELEPHONE 215 471-2153

5 May 87

Dear John,

Thanks for your letter of 8 April, and the news that we may  
① proceed with the 'landmark' Child's Tre paper, which, as  
I may have mentioned, was greatly appreciated in my seminar.  
I anticipate that many, many clinicians will get a great  
deal from renewed interaction with the ideas, and the fact  
that it is a bit of an anniversary is being on the  
case. Stern Feinstein, editor of the ANNALS will be  
in touch with you concerning the details.

② We will keep open the 88-89 Boieson Lecture, & await your  
finding time & energy following the completion of DARWIN  
to come to Philadelphia. On reading Hende's

③ Toward Understanding Relationships I was surprised  
in the section on complementarity (a systemic-cybernetic  
property of relationships) he, Hende, did not cite  
Gregory & Naven, his 1936 work in which he first  
described this phenomenon, along with schismogenesis  
& symmetrical relationships.

④ I continue to plug away at getting the Attachment Research



Project underway. I have a small group of five<sup>5</sup>, including a woman taking her PLD from Penn i Psychology & two psychoanalytic residents. We have been unable to get together <sup>with</sup> Mary Main as yet, but we continue to try by mail & phone. Bill Overton is taking his sabbatical from Temple with me & he will join our group. I wrote Dr. Potthorst for a report on his experience with the Hansburg, & also received a pre-publication copy of a paper by Kobak & Sceery describing their studies with a late adolescent university population. Things are cooking! But sometimes slowly...

I am hopeful of attending Traits, and need to work up some program & practice coverage, as well as Hospital support. I do want to be there to help celebrate your birthday, work, etc.

Will this letter find you on holiday i Skye this year?

Yours ever

Arwen

HOROWITZ

JB/DES

8th April 1987

Dr. Harvey A. Horowitz  
The Institute of Pennsylvania Hospital  
111 North 49th Street  
Philadelphia  
PA 19139

Dear

Many thanks for your letter of 26th March and further greetings, and also for copy of your citation of a year ago which, as you know, pleased me very much. The idea of publishing it in the ANNALS together with a reprinting of THE CHILD'S TIE paper is welcome. My belief is that the CHILD'S TIE has never before been reprinted. Since this year is the 30th anniversary of my presenting it to the British Psychoanalytic Society, it would be timely. The occasion was my first move in a long campaign to reformulate psychoanalytic theory to take account of new data and also to exploit the potential of the new ideas becoming available in contemporary science. So its a bit of a landmark.

I'm afraid I am going to disappoint you over the Bateson Lecture, though the Autumn of 1988 is not completely ruled out. My top priority at present is to complete Darwin, which will certainly take me until summer of next year. At long last I am back on the job and much enjoying it. Recent research on panic attacks and the effects of hyperventilation is illuminating; and the second volume of the Collected Correspondence, which is just out, is proving very useful.

So please convey to the Philadelphia Society for Adolescent Psychiatry my appreciation for the invitation and my regrets at not being able to give a firm acceptance. I could not envisage making any commitment for the Autumn of 1988 before next Spring, which I expect would be much too late.

I am very glad to hear that your seminar on attachment theory is going so well and also that you are contemplating undertaking research with abusing adolescents and their parents. May Main would be a splendid consultant and I hope very much she will be able to give you some time. In addition to the Adult Attachment Interview, there would be great advantage in using a version of the Hansburg Separation Anxiety Test. Graduate students at the California School of Professional Psychology in Los Angeles have been getting some interesting



results with it. A senior tutor there, Dr. Karl Pottharst \*  
is editing a volume containing the results of a number of  
studies which you would find interesting and relevant.

I'm enclosing a notice of FRUITS and wonder whether  
we'll be seeing you there.

Yours

John Bowlby, M.D.

\*  
Dr. Karl Pottharst  
Director of Professional Development  
California School of Professional Psychology Los Angeles  
2235 Beverly Boulevard  
Los Angeles  
CALIFORNIA 90057



POTTHARST 7

KARL E. POTTHARST, Ph.D.  
4958 EDGERTON AVE.  
ENCINO, CA. 91436  
U.S.A.

March 23, 1987

Dear John:

Just a quick note to let you know where I am in the process of getting published. Both Cambridge University Press and Lawrence Erlbaum (Analytic Press) representatives have in the last two weeks let me know that, after looking at the preliminary material I sent them, they are indeed interested in the monograph.

So I have sent all chapters to both and they are now having their "advisors" or "outside reviewers" look it over. Erlbaum responded the more quickly. Cambridge U. Press' representative Jusan Milroe was on a trip which delayed their response. But actually, I have found them quite responsive, especially when I picture what their load of material submitted for publication must be like - huge!

In several studies ~~now~~ <sup>we</sup> recently <sup>are</sup> have found the component scales of the Attach. History questionnaire reflecting memories and descriptions of parents' support, caring and responsive -



ness and of peer attachment figures' support & responsiveness ~~to~~ ~~the~~ clearly showing effect of the tendency to give "socially desirable" responses. This effect does not show up on the scale reflecting reparations, threatened and actual, or aversive discipline in relation to parents. Which is what we'd expect, ~~since~~ due to <sup>some of</sup> the biases you described in the chapter on omission, fabrication, and suppression of family context in Separation.

Therefore we are using the Marlowe-Crown Inventory of Social Desirability Distortion to enable us to ~~to~~ discount statistically for this effect, in studies where we have reason to expect it. In a study recently completed by Jackie Sobel, we've found the AHQ <sup>(security of attachment)</sup> significantly linked to advances in the stages conceptualized by Erikson as well as on the Coopersmith measure of self-esteem, and an inverse relationship to psychosomatic complaints. These relationships maintained significance in predicted direction even when we discounted <sup>statistically</sup> for the social desirability effects, which were themselves significantly contributing to the variance. So it makes our conclusions more substantial.

I said this was going to be brief! But I did want to let you know about this refinement.

I'll be in touch,  
Kare Peterson



HAMBURG

Personal  
JB/DES

12th March 1987

Dr. David Hamburg  
President  
Carnegie Corporation of New York  
437 Madison Avenue  
New York, NEW YORK 10022

Dear

Ursula and I were delighted to have your New Year Letter with its news of your ever-busy family and also the draft Carnegie documents for which you have been responsible. We were much impressed with the policies you are advocating in the fields both of Adolescence and of Maternal and Child Health. I am especially interested in your grant to Columbia University to set up a National Resource Center for programmes for children in poverty. We have had a centre of this kind over here for some years, the National Children's Bureau, funded partly by charities but receiving sizable grants from the Government for specific projects. It fills a most valuable role. I notice that Vivien Stewart has had a hand in this scheme; please give her my good wishes.

When I received your letter of 20th January about your search for a full time program officer for your children and youth program I was unable to think of anyone over here who might be suitable. You probably know of the activities of the Bush Foundation in training people for exactly the kind of work you have in mind. In case you don't, I enclose an excerpt from their Newsletter. Alice Smuts takes an active interest in the Bush Program at the University of Michigan.

Keep us informed of any European trip you may be planning. For your information, we shall be in Skye from 4th May to 15th June. You may also like to know of an international conference being staged on 26th and 27th June by the Tavistock to celebrate my 80th birthday (which occurred at the end of last month). Speakers include a lot of my friends, old and new, who have been furthering my ideas in research and its applications. On Sunday, 21st June we shall be having a garden party for visitors and others so if there is any chance of you and Betty joining us on that occasion we will expect your presence.

I'm glad to say we are both keeping very fit and active and hope you and Betty are doing the same.

Yours

John Bowlby



PETERFREUND

JB/DES

12th March 1987

Dr. Emanuel Peterfreund  
1148 Fifth Avenue  
New York  
NEW YORK 10028

Dear

Many thanks for your letter of 15th February with its good news that your health continues favourable. It really looks as though the Hodgkin's is behind you. I am very glad too that you are mulling over a new book. There is still a big job to be done to exploit the potential of systems theory and you are well placed to contribute. I wish the psychoanalytic scene in the States was not so gloomy, but I'm afraid the leaders have only themselves to blame.

My main activity during the past fortnight has been celebrating my 80th birthday! Amongst other events the Association of Child Psychotherapists staged an all-day conference on the clinical applications of my ideas. There were four excellent papers by senior members of the Association who were my students twenty years ago or more, after having taken good honours degrees in psychology. I can't help thinking that the future of analytic psychotherapy lies with people of this sort who have not undergone the 'physiology-poisoning' of a medical training, but who are now receiving a much better education than formerly in departments of psychology in which attention is at least being given to recent work in developmental psychology, including socio-emotional development and cognitive processing. Compared to that, a medical education leaves a student appallingly ignorant.

I am now negotiating with Penguin publishers to bring out a small collection of my recent papers, which I plan should include the unpublished double-length paper on psychotherapy that I have been working on. Its time I had a few copies of it made to send to people like yourself.

Resumption of my work on Charles Darwin has been constantly delayed this winter by the ever growing interest in the clinical applications of attachment theory: however it is now imminent.

With very good wishes to

Yours ever

Howlby



Tel : 01-455 4344

WITTENBERG

18 Helenslea Avenue  
London  
NW11 8ND

February 15<sup>th</sup>,  
1987.

Dear Alan,

I want to wish you every conceivable good on your birthday. Unfortunately, I shall not be able to attend your lecture on the 28<sup>th</sup>, as Adi & I are off on our annual skiing holiday at the beginning of next week. So I have to say by letter: many happy, healthy returns of the day. I feel that I personally owe you so much. My early days at the Tavy in Beaumont Street remain vividly in my mind and the big part you played in my development. You



were always encouraging and down to earth. I always remember how worried ~~my group~~ I and my peer-group were in 1954, when I came for the one-year Advanced Social Work Course: we felt we had personal problems, and had become more aware of them during the first 3 months of being exposed to analytic thinking. He met with you and I have never forgotten - and in fact I often quote you in similar situations - how you said: "I would be worried only if you were not worried about yourselves. Everyone has problems, but it's an achievement to be aware of them." We all went away relieved and felt



Tel : 01-455 4344

18 Helenslea Avenue  
London  
NW11 8ND

That after all perhaps we didn't need to rush into a personal analysis right away. That I did so later and took up a more intensive therapy was due the immense interest in human beings that was aroused by being with you and other Tarry people. One of the other things I shall always think of, on the lighter side, is your Scottish dancing at the annual Christmas party, while in those times were still held at the Institute. It put me in touch with your Scottishness which I love so much. It was a great joy to see you on the Isle of Skye in your house 2½ years ago and to become aware of the variety of your talents, including



that of weather forecaster!

Of course the debt owed to you by the child psychotherapy profession is incalculable. It is doubtful that we would have got off the ground without your help.

For all you have given to me - my very deep felt thanks,  
John.

Yours

ITca

HOROWITZ

HARVEY A. HOROWITZ, M. D.  
THE INSTITUTE OF PENNSYLVANIA HOSPITAL  
111 NORTH 49TH STREET  
PHILADELPHIA, PA. 19139  
TELEPHONE 215 471-2153

1 Feb '87

BATESON Lecture

Dear John,

Many thanks for your letter & for the Adolph Meyer Lecture... I thought the paper was an excellent review, summary & report on the current status of attachment theory & its contribution to developmental psychopathology. I have taken the liberty of reproducing it & asking my residents & seminar colleagues to read & enjoy it. Many have already commented on how rich a paper it is. Alan Sroufe sent me his paper for JCPP "Bowlby's Contribution to Psychoanalytic Theory..." that too is a marvelous review & statement about your contribution... simple, concise, elegant. I'm anxiously anticipating my lectures to the residents on Bowlby & Attachment theory. It seems to me



John, that American psychology & psychiatric training is inexorably shifting toward the developmental psychology / psychopathology model you introduced 30 years ago, & more than ever, your contribution to psychoanalysis becomes more clear.

John, I know you're familiar with Gregory Bateson & his work, & perhaps, agree that there are profound fundamental similarities (regarding epistemology & premises) in the work of Bowlby & Bateson. The synthesis of natural scientific approach, ethology & Lorenz (Bateson worked with Lorenz in Hawaii while studying dolphin communication with John Lilly) cybernetics & information theory, Cambridge in the 20's, even Waddington, who was a close friend & significant influence on Bateson, the foundations of any general psychology is an evolutionary process, learning, the structuring of relationship or pattern - To me the resonance & harmony in both of your

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life's work is astonishing. For these reasons  
& because you & Bateson are both heroes of  
mine, I have submitted your name  
to give the 1987 Bateson Lecture in  
Philadelphia. Should your plans to be  
in the United States any time between  
September & year's end make it possible  
for you to accept, this annual lecture  
could be scheduled at your convenience, of  
course.

As it is almost February, Claudia, Bech,  
Mira & I wish you a very happy  
80<sup>th</sup> birthday, and, we hope, we shall  
see you again during this year of celebration.  
Yours always,  
Ray



HAMPSTEAD HEALTH AUTHORITY

re Marvin

## The Tavistock Clinic

CHILD AND FAMILY DEPARTMENT

TAVISTOCK CENTRE, 120 BELSIZE LANE, LONDON, NW3 5BA

Telephone: 01-435 7111 Ext.

JB/DES

22nd January 1987

Dr. Robert Marvin  
Children's Rehabilitation Center  
2270 Ivy Road  
Charlottesville,  
Virginia 22901  
USA

Dear

I have been reading your paper A FAMILY SYSTEM'S FRAMEWORK FOR THE STUDY OF ATTACHMENT with enjoyment and admiration. Thank you very much for sending it me.

Your overall thesis is one I strongly endorse and one that badly needs presenting in full, as you are doing. Not only are attachment theorists and family systems theorists using the same concepts derived from General Systems Theory but, as you demonstrate so cogently on page 433, the similarities between the two classificatory systems is striking. There are, however, certain emphases within existing family systems tradition which I question; and I believe there are also ambiguities of terminology which require attention. I start with problems of terminology, with particular reference to the terms 'functional' and 'dysfunctional' (see your page 32). I believe it mistaken to use the word 'function' as the equivalent of 'effect'. The word 'function' as used in biology always implies some beneficial outcome that the system is designed to achieve. Some of the effects of a system's activities are indeed functions, but others are not. I have discussed this issue in Chapter 8 of ATTACHMENT. Whereas some effects of behaviour are intended, others are not, and they may be both regrettable as well as unavoidable. Most psychoanalysts and most family systems theorists fail to make this distinction and as a consequence often reach mistaken, even absurd, conclusions.

It seems to me that in your presentation of family systems theory on pages 32-35 the term 'dysfunctional' is used to refer both to a system that is in temporary disequilibrium and also one that is maladaptive in the longer term. My own inclination is to avoid the term 'function' except when I use it in the evolutionary sense of biological function.

(over)

For similar reasons I don't go along with the systems therapists statement that "the family's interaction patterns choose each family member to play a certain role". The word 'choose' implies intention which, even if sometimes justified, must never be assumed. Often the roles that family members come to play are, I believe the unintended consequences of the actions of others.

In my view a serious deficiency in some family systems theory (though by no means all) is an absence of reference to the extended family, especially the role of grandparents; and I much regret that there is virtually no reference to grandparents in your paper. For example, I believe that a mother's role in an enmeshed relationship with her child can usually not be understood without reference to mother's relationship to her own mother, not only when her mother is still alive but also when her mother is dead. The assumption of some therapists that the core relationship is the marital one I believe is often unjustified. In these cases the core relationship is, at least as often, mother's relationship with her own mother. *See Separation Chapter 18.*

Attention to all three generations of a family I believe to be essential if we are to understand the ontogeny of a clinical problem such as enmeshment (and many others also). But in the current interactions of family members there may well be additional pressures operating. Once a maladaptive pattern has been in existence for some time, there is often resistance to change from individuals other than those who played the major part in initiating it but who now have become thoroughly accommodated to it and have no wish to change.

My main point in this commentary is that we must distinguish sharply between a systems approach to family interaction and the particular version of it that the school of family therapy which calls itself systems theorists have advocated. There can be many different versions of family systems theory and as at present drafted, there is danger of your confusing the particular with the general.

I shall be interested to hear how you feel about these comments and, if you agree with them, whether there is time for you to make some revisions.

With all good wishes

Yours sincerely

John Bowlby, M.D.



Bornley RAPHHAEL

8 Foxeshe Tree,  
Bardon

Glce 4065

30th Jan 1987

Dear John,

I am writing to thank you for your great kindness in sending such a good message to my farewell from Newcastle. It was a very special message & the good wishes of my friends & mentors such as yourself helped make with the grief of leaving & the transition to a new frame of reference. As you must be well aware the leaving behind of all that is loved & familiar as well as what has been ambivalently greeted is a truly painful but I am hopeful that the new life & challenge will be good for us.

It will be very good to see you again at the time of your 8th birthday meeting & celebration. Cassie will be coming with me to London & we hope there will be an opportunity to see you personally during that time.

May I thank you very much indeed for your kind thoughts & again for your support over the years - your generous encouragement has been like a <sup>ROCK</sup> which has sustained my thoughts & endeavours & I will always be deeply grateful to you for it.

With warm & affectionate regards

Dennis (Raphael)



Marvin.

No refs.

VOL 1, 2<sup>nd</sup> Edn.

### 3.5 Course

With a new organizer  
appearing (birth) our focus  
is more powerful as a  
course from within.

Indiv. Diff: Dysfunctional Attitudes 32

40

Conclusion

Introduction

p. 1

Gen Systems Theory

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Systems Theory in Att 7h

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A Family Systems App to Att

15

Wholeness & Order

15

Systemic Causal Relationships

18

Maintenance of Invariant  
Relationships

22

Self Regulation

24

Self Organization

27

Systems / Subsystems

28



meet other members of the Section. Anyone wishing to book lunch is asked to complete the tear-off section below and send it (together with a cheque for £2.50 made payable to the Medical Psychology and Psychotherapy Section) to Ms. C. Cooper, Harrow College of Further Education, Northwick Park, Harrow, HA1 3TP, to arrive by 21st January 1987.

\* Daleham Gardens, home of the Institute of Group Analysis is behind the Tavistock Institute. The nearest tube is Swiss Cottage.

-----

**Medical Psychology and Psychotherapy Section**

31st January 1987

Scientific meeting, AGM and Chairperson's Address

at 1 Daleham Gardens, NW3.

Please book \_\_\_\_ lunch(es) in my name (@ £2.50 each).

I enclose my cheque for \_\_\_\_\_ (payable to the Medical Psychology and Psychotherapy Section).

Date: \_\_\_\_\_

Name: \_\_\_\_\_

(in block capitals please)

Address: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



Children's Rehabilitation Center

MARVIN

2270 Ivy Road  
Charlottesville, Virginia 22901

18<sup>th</sup> Dec 86

December 18, 1986

John Bowlby, M.D.  
Wylde Close Corner  
Hampstead Way  
London NW11 7JB  
England

Dear John:

When we spoke last Spring at Mary Ainsworth's house, you expressed an interest in the paper I have been writing on attachment from a family systems perspective. You asked me to send you a copy of the paper when completed so you could see if it fit into the paper you planned to write from your David C. Wilson lecture. Well, I've completed a nearly final draft, and enclose it with this note. Even if it's too late for your paper, I would still be delighted for you to read the paper and give me any feedback you might have.

I want to tell you again how much I enjoyed your talk last May, as well as our conversation at Mary's. My best wishes for a wonderful Christmas to Ursula and yourself.

Sincerely,

Bob

Robert S. Marvin, Ph.D.  
Director, Pediatric Psychology  
CHILDREN'S REHABILITATION CENTER

Enclosure  
/bj



HAMBURG

# Carnegie Corporation of New York

437 Madison Avenue, New York, N.Y. 10022 • (212) 371-3200

David A. Hamburg, M.D.  
President

January 20, 1987

Dr. John Bowlby  
Wylde Close Corner  
Hampstead Way  
London NW11 7JB  
ENGLAND

Dear John:

As so often before, I write to enlist your help. We are seeking a high quality young professional person for our staff to work in a fascinating program of grant-making.

As you know, Carnegie Corporation has a long-standing interest in education, child development, and social justice. We have an opening for a full-time program associate or program officer in our program concerned with children and youth. Entitled Toward Healthy Child Development: The Prevention of Damage to Children, the program focuses on four major kinds of harm to children and young adolescents -- school failure, childhood injury, substance abuse, and school-age pregnancy. Through grants and foundation-initiated projects, the foundation seeks to explore preventive interventions which may reduce these problems.

The person filling this position will be primarily concerned with program interests in the prevention of school failure, but will also participate in program considerations in the other areas. An information pamphlet with a brief description of the program is attached.

A program associate or program officer is engaged in many aspects of program development -- background research, drafting of papers and memoranda, proposal reviews, attendance at and organization of meetings and site visits, correspondence, etc., under the direction of the program chair. A strong professional interest in education, human development, and public policy is required. Advanced graduate education in a social, behavioral or

Page Two  
January 20, 1987

health science is required, as well as post graduate work experience and demonstrated writing skills. Willingness to travel is also important. The level of appointment will depend upon educational background and experience.

Having such long-established confidence in your judgment, I would be awfully glad to get any leads or suggestions you could give. I hope 1987 will be a very good year for you and yours.

With very best regards,

As always,

*Jae*

STRATHMORE PARCHMENT

100% COTTON FIBER USA



HOROWITZ

HARVEY A. HOROWITZ, M. D.  
THE INSTITUTE OF PENNSYLVANIA HOSPITAL  
111 NORTH 49TH STREET  
PHILADELPHIA, PA. 19139  
TELEPHONE 215 471-2153

Jan 1983

Dear John,

Received your letter of 29 Dec &  
yes, I did receive the  
Bonwily portrait, which is  
still at the framer, & hence,  
not yet on the wall.

I also wrote you i love

December & sent along a  
paper (Polly Young-Eisenbuth)  
Did you receive?

Please feel free to make  
suggestions re: my seminar  
& presenting your work from  
a Model of Mind / Epistemology  
point of view.

Please let Claudia & I  
know of any travel plans to  
the United States in 1987.

Our love to Ursula

Yours,

Darvey

P.S. Holidays here were  
filled with excitement & joy!  
I'm exhausted & back at work



16 BRADMORE ROAD, OXFORD, OX2 6QP

TEL. 0865 56320

19 Nov 86

Dear John, re BA.

I was glad to receive your draft this morning. It seems to me just what is wanted. I shall read copies now with my own proposal direct to Council, and to the members of Section 12, Social Studies, whom you noted, viz Firth, Gellner and Soodz; also Margaret Boden at Sussex, whom I've met and believe likely to be interested. The citation submitted to Council can be supported by your C.V. and bibliography - at least I'll send these to the Secretary, who may not think it necessary to trouble Council with them. If the wheels turn, it will be only slowly, up to July.

Yours ever  
Henry.

JOCK

Dr & Mrs J. D. SUTHERLAND  
3A GILLSLAND ROAD  
EDINBURGH EH10 5BW  
Tel (031) 337 3020

12 Dec 1982  
Rep. 16 Dec 86

Dear John & Susan,

Now that I have given up 7.15 P. I am realising with increased regret how it keeps us from seeing our old friends in the South. However, I found the travel had become rather tiring and, in any case, at 81 it was time to retreat.

Molly's arthritis is also a great constraint because she can't get about unless taken and now I have to take her shopping in a wheel chair. She bears it remarkably well — as she says, we have both had a long spell of good health. She does sadly have rather a lot of pain and the only effective drugs have as a rule rather disturbing side effects — to the point in fact, where many have been withdrawn. Apart from the arthritis she keeps remarkably well. The Surgeon was not enthusiastic about operating because of the advanced state of the lesion but we may go back in the New Year to see whether he has anything to suggest.

It was a shock, as usual nowadays, to hear of the grand children going to University etc.





MOORE WARD.  
R. F. H.

Mary W. Barker  
9 Highgate Heights  
77 Shepherds Hill  
LONDON  
N6 5RF  
Tel 01-348-4809

18<sup>th</sup> November, 1986

Dear John, I have been in  
mind for weeks now to write  
and thank you for your moving  
and beautiful card.

I have been greatly  
helped by the loving thoughts of  
my friends during the dark  
days. I remembered that you  
once said to me, it must be  
ten years ago - that one should  
decide which battles to fight and  
which to leave.

This time I decided



that I would fight the battle against the cancer, in a way I never have before. I am pleased to tell you that I am now well on the road to recovery. I have fully regained the use of my legs, though there is still weakness and some lack of balance, which will be corrected by more physiotherapy and exercise.

My chief consultant, Dr. Boesen has put me on a new drug and so I am looking forward to another period of stability and all being well a return to work after Christmas.

(2)

I was delighted to read in the latest T. A. C. newsletter that there will be special celebrations for your 80<sup>th</sup> birthday.

I was also pleased to learn that at long last the D. H. S. S. may do the right thing for the Clinic. When was it that you, Bob and I saw Dr. Yellowless and Miss Shendon? I reckon it must



Have been as long ago  
as 1972/73.

I suppose the lesson is  
not to give up - some  
things require a life times  
work and more. as you  
know only too well.

My best love to  
you and thank you  
for all your loving  
support over the past  
sixteen years.

Rang:

Lynn BARNETT

**CHILD, FAMILY AND ADOLESCENT PSYCHIATRIC SERVICE**

Telephone 76348

Iddesleigh House Clinic,  
97 Heavitree Road,  
Exeter, EX1 2NE

Your ref.

Our ref. LB/PM

10 November 1986

Miss D Southern  
Tavistock Clinic  
123 Belsize Lane  
LONDON  
NW3

Dear Dorothy

I am writing to ask whether it is possible to obtain a copy of two of Dr. Bowlby's recent talks which I had originally hoped to attend but was (and am) unable to.

The first was his paper given at the recent Freud in London Conference "Changing Theories of Childhood since Freud" and the second is his forthcoming paper to the A.C.P. Scientific Meeting (which I believe he has given elsewhere) on "The Therapeutic Application of Attachment Theory". I would be most grateful if you could send me these when and if they are available.

I showed a video I recently finished editing on the "Role of the Father" at a conference in Cambridge last weekend and for my introduction found Dr. Bowlby's article "Caring for the Young: Influences on Development" (which you gave me an offprint of recently) extremely useful - in fact I quoted from it.

He may be interested to know that he is quoted at length in a most fascinating book I read recently called "Nature and Nurture: Aboriginal Child-Rearing in North-Central Arnhemland" by Annette Hamilton (an anthropologist). It was published by the Australian Institute of Aboriginal Studies, Canberra, in 1981. It argues that the Anbarra infant like all other infants of hunter gatherers, is programmed by evolution to produce certain nurturing behaviours in the adults around it, especially its primary caretaker, in the first two or three years of life. The children are very sociable and show little aggression and competition. Hamilton goes on to argue that the Anbarra child development theory supposes that the child is born with a set of needs which can only be supplied through social interaction: that the child indicates these needs to others, and the only duty of others is to respond: that there is no difference for the small child between want and need ... that dependency behaviour is perfectly right and proper; that the child is naturally sociable ... in short, it is a combination of a social modelling theory with an 'innate sociability' theory (page 161). There is a lot of detailed observation re the Anbarra response to attachment behaviour (sucking, clinging, following, crying, smiling) which they see as "altogether natural and respond fully and appropriately" (page 163) eg. "Aboriginal mothers perceive crying as an obvious distress signal, one which evokes in them an immediate response aimed at ceasing the distress. This is, of course, greatest at the youngest ages, but crying, as a sign of unfulfilled



continued.....

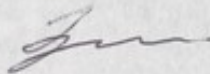
need and personal distress is accorded respect right throughout life ...<sup>n</sup>(page 165).

If Dr. Bowlby is interested in seeing this book and you have difficulty obtaining it I would be pleased to lend him my copy.

I hope things go well with you,

Best regards,

Yours sincerely



Lynn Barnett  
Principal Child Psychotherapist

JB/DES

20th November 1986

Mrs. Lynn Barnett  
Principal Child Psychotherapist  
Child, Family and Adolescent Psychiatric Service  
Iddesleigh House Clinic  
97 Heavitree Road  
EXETER EX1 2 NE

Dear

Dorothy showed me your recent letter which I am taking it upon myself to answer.

Enclosed is a copy of the Changing theories paper which I believe will be published one of these days.

When I spoke to the Association of Child Psychotherapists I was using notes but I am in fact working on a very long paper on therapeutic applications of attachment theory and when that is in reasonable shape, I hope in the new year, I will let you see a copy.

Your account of Annette Hamilton's work on the aboriginal is most interesting and I shall certainly try to get hold of a copy. Should I have difficulty I will be very grateful if you could lend me one.

I hope all goes well with you.

Yours

John Bowlby



HOLDEN

26th September 1986

18 Laburnum Avenue,

Durham,

DHL 4HA.

Dear John,

Many thanks for your letter with its fascinating observations about Nuraghi which do indeed sound very similar to Brochs. But I am not sure that I accept your conclusion that "it is almost impossible to suppose there is no link between them"; or perhaps the link may be circumstantial rather than sequential. So before I submit my Ph.D. proposals let me consider alternatives!

Sharks, whales and submarines have very similar profiles and a visitor from outer space might be forgiven for supposing that they were all related. The truth of course is that their similarity is imposed by the conditions of their environment and their shared need to travel fast under water. Here is another biological analogy: To my untutored eye the skull of the Tasmanian 'wolf' (probably now extinct) is almost indistinguishable from its European counterpart. The truth is that they are in no way related. The Tasmanian 'wolf' is a marsupial and their similarity arises because of the carnivorous way of life which both species have, over millions of years, selected. (Darwin would, I think, agree,)

Could the same situation be true of Brochs and Nuraghi? During the past twenty years the 'diffusion hypothesis' as regards European Archeology has suffered a considerable setback as a result of revised carbon dating. It used to be supposed that all European culture emanated from the Middle East and that it spread in a series of waves as a result of trade, migration or conquest.



For example it was once thought that the Sarsen stones at Stonehenge were set up under the influence of Mycaenean temples which they were supposed to resemble. It has now been shown that actually Stonehenge (stage III) came first! Although the diffusion of culture through trade or conquest remains enormously important it seems very likely that different groups may arrive at similar solutions to basic problems in different parts of the world quite independently.

Thus, although the pyramids of Egypt, the Ziggurats of Sumeria and the equivalent pyramids and Ziggurats belonging to the Mayan and Aztec civilizations are remarkably similar, few archeologists (except possibly Thor Heyerdal) believe that the one derives from the other. It may be possible to cross the Atlantic in a papyrus boat but you have to be something of a maniac or a fanatic to want to try it. Also Heyerdal had the advantage of knowing that there was something the other side!

I have never seen a Nuraghè but from what I have read there are some differences as well as similarities between them and Brochs. I understand that they have two stories and that the ceilings of each were corbelled. Also it seems to me that their internal dimensions were much smaller than those of Brochs. I have never heard of a Broch with a corbelled roof and although there is corbelling at Maes Howe and Skara Brae in the Orkneys the period of the Brochs is much later than theirs. No body seems to know whether Brochs had roofs. If they did they were almost certainly wooden.

Your hypothesis raises quite a few awkward questions

1. How did the Shardana reach the Western Isles? So far as I am aware the only Mediterranean people who were skilled enough



to build ships sufficiently strong to cope with the ocean beyond the Gibraltar straits ~~at~~ that time were the Phoenicians. (It is said also that they kept their methods of navigation a closely guarded secret). Assuming that it was The Shardana, what happened to their ships and their navigational skills?

2. Why did they choose the Western Islands? These islands were undoubtedly inhabited already by a people (Picts?) who were capable of building their own defensive structures (duns, vitrified or not) and who had their own traditions, (Symbol stones) and their own written language (Ogam) though this probably came much later.

3. Where did they stop on the way? Surely they could not have achieved the journey in a single passage? Why is there no evidence of their voyage? There are no Nuraghi/Brochs in Spain, Western France or Cornwall.

4. How many Shardana set out from Sardinia, and how many survived the Bay of Biscay and the Irish Sea? Did they bring their women and children with them? Did they travel as marauders, like the Vikings, in the first place or do you envisage a mass planned emigration like the Pilgrim Fathers?

5. What sort of reception did they get? I know that the Scots are renowned for their hospitality but it is hard to imagine that they would not have put up some resistance! How could the Shardana, already as you suggest, defeated by the new inhabitants of Sardinia, battered by months in open boats have established a foothold in Scotland or any of its offshore islands?

6.. Apart from the towers do the Picts and the Shardana share any other similar artefacts? Are there symbol stones in Sardinia?



The Shardana were skilled metal workers who produce some remarkable copper statues. What happened to that tradition? As far as I know there are no similar copper or bronze artifacts among Pictish remains.

On balance I fear that the evidence is against your theory. It seems more likely that the similarity between the two structures arises from a common response to the same basic situation. Here were two islands with small scattered populations which were collected in small communities at the points at which agriculture was possible. The landscape was otherwise rocky and inhospitable. I assume that in both cases these communities were liable to attack by bands of seaborne marauders, (Phoenicians?). The technology available to each island was roughly equivalent and they both hit on the same solution, namely the construction of large circular stone towers at each township which could, at a pinch hold the whole population for short periods. (N.B. Do Nuraghi contain wells? As far as I know only one well has been found within a Broch). The towers were placed on the tops of hills and also acted as look-out points. The really ingenious feature, shared by both cultures, was the fact that the walls were double and that all the openings were on the inside. Thus if there was a threat of a breach in the walls the population could retreat into the walls and pour all kinds of nastiness upon the heads of the invaders. They were thus virtually impregnable and the only thing they had to fear was fire. I gather that several brochs show signs of this and I wonder whether this is also true of Nuraghi?. Of course neither structure was designed to withstand a prolonged siege.

It seems to me to be quite possible that two separate communities



faced with the same problem should have hit upon the same solution independently. Lastly, although I am no expert on Brochs, I believe that it is possible to trace the development of the simple single walled structure (dun) into its complex fully developed form.

Having said all this I am quite ready to eat my words and would be delighted to have an excuse to visit Sardinia, also Corsica and the Balearic islands where I gather similar towers can be found.

It was good to see you both.

With best wishes

*Yours ever*

*Chyler*

*(Apologies for poor typing)*

H-HOROWITZ

HARVEY A. HOROWITZ, M. D.  
THE INSTITUTE OF PENNSYLVANIA HOSPITAL  
111 NORTH 49TH STREET  
PHILADELPHIA, PA. 19139  
TELEPHONE 215 471-2153

Replied 27 Sept 86  
nic, portrait.  
H.

15 August 86

Dear John,

① I trust this letter finds you, Ursula & family well, & fully recovered from the drive from London to Down House & back! I can vividly recall that lovely day & the parting wave as you drove off, once again your machine under control. I do hope you've sailed through the rest of the summer & into the work on Darwin.

Enclosed are several quite nice pictures taken by Claudia, for you & Ursula to put in your album, as we will place copies in ours.

② John, I would be quite honored if you would inscribe a photo portrait of yourself to me & send it off. Rather symbolic of what I consider a 'mentoring' relationship. I hope I don't embarrass you.

③ I'm beginning to develop a program for substance abusing adolescents - beginning with a five bed in-patient pilot. Some of the family literature



on this group suggests 'enmeshment' & symbiotic parent-child structures. I'd like to look for evidence of disturbances: attachment as the developmental enlage in the individual & father-mother relationships, contributing to the symptom in adolescence. My hunch is that the clinicals mark anxiety of insecure attachment.

X I have you any literature suggestions, or other ideas as to a protocol for testing this out?

(4) I found Bretherton's paper in the SRCD monograph "Growing Pains", quite lucid. How is she as a speaker, & would you recommend her to lecture to the Adolescent Society. I invited Mary Ainsworth, but she is too busy in her 'retirement' this academic year.

(5) I also include a brochure of the Creativity Conference I put together. You may recall, I invited you to this to discuss Darwin's creativity; perhaps we will do that when the book comes out, & invite Howard Huber to you.

With warm regards to Ursula  
your student & friend  
Darvey

DOCTEUR MYRIAM DAVID

13, QUAI AUX FLEURS

75004 PARIS

TÉL. : 326.82.80

13 Aout 1986

Dear John,

Thank you for sending so fast the book which I will share with Genevieve.

It was wonderful to have you at home after all these years. How do you manage to look so young and quite unchanged? It gave me the feeling of going back to the time of the so stimulating meetings in Paris and London during which you were of such help for the the inexperienced beginners



that we were

I hope your interview next day turned out as you wished. Perhaps shall we hear about it.

Thanks again for having let us know you were in Paris and for spending the nice evening at home.

All best wishes and regards for you and your wife.

hgnic



UNIVERSITY OF VIRGINIA  
DEPARTMENT OF PSYCHOLOGY

June 16, 1986

John Bowlby, M.D.  
Wylde Close Corner  
Hampstead Way  
London NW11 7JB  
England

Jude Cassidy  
16 June '86

Scat.  
At Univ. of Illinois  
25 Jul 86. Paper arrived  
& ack'd.

Dear Dr. Bowlby:

I'm writing to let you know how much your recent visit to Charlottesville meant to me. I enjoyed both of your talks a great deal. Both were exciting and inspiring. Your autographical talk was a real treat and I was glad of the opportunity to hear of your developmental history. I particularly want to thank you so much for taking the time to meet with me. It was great to be able to ask you specific points I'd been thinking about, and to share my work with you.

X I was especially glad to hear more of your thoughts related to the avoidance-defensiveness issue. I'm finding that discussion helpful as I work on my chapter on that topic for Jay Belsky's volume Clinical Implications of Attachment Theory. The chapter contains a theoretical discussion and a review of nearly a dozen studies suggesting a connection between avoidance and defensiveness of one sort or another. It's somewhat redundant to talk about the connection between avoidance and defensiveness since avoidance is a defense, but I'll deal with that somehow. I'm enjoying writing the chapter, although it's a good deal more difficult than I anticipated. I should have a draft ready in a month, and I will send you a copy—as you mentioned that I might.

I also want to let you know, once again, how very very important your work is to me. It has been central to my life and work since I began my graduate studies with Mary Ainsworth. I've read and reread your writings, thought and talked endlessly about them. Your theory makes enormous sense to me; the pieces all fit together with such integrity and clarity. The framework that it provides for understanding human behavior and for structuring clinical interventions is so important. I often feel a combination of intense excitement and at the same time, great peace when I read passages of your work. It's as if I'm saying "Yes. Of course. That's the way it is. How comforting it is that Bowlby has brought together all these components and explained it so convincingly and so clearly." I can't imagine life without attachment theory.

With much gratitude and sincere respect I remain,

Sincerely yours,

Jude Cassidy, Ph.D.  
Postdoctoral Fellow  
Consortium on Family Process and Psychopathology

JC/rsv



16 BRADMORE ROAD, OXFORD, OX2 6QP

TEL. 0865 56320

30 Apr 86

Dear John,

Many thanks for the papers received today. They provide just what is wanted. I've found them most instructive to peruse now, and shall draw on them when I begin to move some of the fellows we noted. You'll remember that this won't be until November.

We had a splendid week in Dorset - blown off the tops down at first, but finding shelter, and increasing sunshine as the week went on, in lanes bright with primroses and celandines. It's a countryside, too, of great oaks. But on so many, ~~and~~ such steep hills, I find my legs much less use than they were.

It's a strong case I shall be putting forward. I don't expect opposition, but the difficulty, as with

all proposals of the kind, will be to find  
fellows who feel they know enough about  
the candidate's work to lead their support.

Yours ever,  
Henry.



45 Kirkhill Road  
Edinburgh EH16 5DE  
031-667 9284

Eliz Brown

10<sup>th</sup> April 1986

Dear John,

The reason for my taking a year to write to thank you for sending me Wm. W. W. "The Child + the Family" is a very sad one. During the last two years Alison's health got worse & worse. In the last year she needed constant care even to be fed & lifted from room to room. Since Christmas she got worse & finally could not even speak. She died on March 10<sup>th</sup> & although I am very sad, I can only be thankful that her suffering has finished. Until the last month she showed

great courage + faith. We joined together +  
shared memories of our 71 years together

In sending me "The Child + The Family",  
You brought very good memories of two  
people who were very important to me.  
Noel as my first Tutor in 1932 when I  
was a student in the 1st Child Guidance  
Clinic. I remember you saying to me  
at a dinner when I had just joined  
The Tavistock Clinic that Noel had  
talked you about Families. Donald I  
remember with pleasure at the experience  
of visiting his clinic and from him  
learning so much. Seeing how he made  
very mixed-up families feel at ease with  
him because he always treats them



45 Kirkhill Road  
Edinburgh EH16 5DE  
031-667 9284

with warmth & respect.

I hope you ~~and~~ Manda are  
well.

When I ~~have~~ got to grips with  
the loss of Abbasim & can reorganise my  
life better, I hope I can get down to  
London & see you.

Again thank you for your  
gift and also for all your laughter  
and the pleasure of working with  
you for 23 years.

Very best wish,

Yours ever  
Elizabeth.

Carol KELLY



California State University, Northridge  
Northridge, California 91330

School of Communication  
and Professional Studies  
Interdisciplinary Major in Child Development  
(818) 885-3385

February 3, 1985

3 Feb 86  
Revised 16 Feb 86

Dear Dr. Bowlby,

Communication with you is long over due. Much exciting news, both professional and personal, has happened since I last wrote.

AMBER

1 I have adopted a very special, complex, ten year old daughter. You know well the challenges of such parenting. Amber is an incredible human being. She has many strengths. Therapy and parenting are combining to make progress in healing. I keep a detailed journal. There are plans to write a book, Perspectives in Adopting an Older Child with a focus on attachment, separation, and loss. Perspectives to be included are the therapists, the social worker, Amber, and me. I believe that the book will make a contribution to parents and professionals. Parenting is challenging!

2 Professionally, a great deal is happening. The researchers and media people in Roots of Violence could not agree on priorities. As a result, I have worked to create an International Institute for Violence Prevention at California State University, Northridge. The Institute has just received formal approval. The potential for communicating among disciplines and research are important and exciting. I've enclosed a copy of our charter. Of course, my focus is on attachment/separation and the relationship to being prone to violence. Jim Prescott's work can hopefully be continued.

3 I met Helen Brew in December. We hope to work cooperatively and include our China Institute in some cooperative exchange and research as well as education. She is a talented and knowledgeable woman. I look forward to working with her.

4 Our Child Development major continues to thrive. Our emphasis on attachment and modeling the theory in practice is fulfilling, and we see the multiple benefits.

5 I continue to do presentations at the national and international level. I may be in Malmo, Sweden in August. There is also potential travel funds to come to Europe for conferences should any be related to my work. I would appreciate knowing of meetings or conferences in which you present.

I'll keep you informed of the work of the International Institute for Violence Prevention.

With respect,

Carol S. Kelly

Carol S. Kelly, Professor

The California State University





GELLNER

JB/DES

21st November 1985

Dr. Ernest Gellner, F.B.A.,  
King's College  
CAMBRIDGE CB2 1 ST

Dear Dr. Gellner:

I have been reading your book on THE PSYCHOANALYTIC MOVEMENT with much interest and whole-hearted agreement insofar as you are discussing the Movement as an organization. There is, however, another side to psychoanalysis which I wish you had at least mentioned.

There are many qualified psychoanalysts who are as critical of the Movement's shortcomings as you are; and many of us are eager to see the field developed along scientific lines. My own work on attachment and loss has sketched out a new conceptual framework which has the merit of stimulating a lot of empirical research. Most of this research is into the socio-emotional development of children during the early years, but some of the recent work is on adults. These studies bear on the point you are discussing on pages 156-7 about "the alleged role of infancy in personality formation". There is now substantial evidence that pattern of attachment between child and mother assessed by standardized means at twelve months has strong predictive value for behaviour in nursery school 3½ years later, and that the behaviour observed in nursery school, by observers blind to the predictions made earlier, do in fact confirm those predictions. Moreover, there is also strong evidence that these patterns are in high degree determined by the way the child has been treated by the parent.

Admittedly predictions over 3½ years of childhood are still a far cry from predictions between childhood and adult personality. Yet techniques based on attachment theory are now demonstrating the existence of comparable patterns in adults. The hypothesis that there is a high degree of continuity in these patterns, which some of us hold, is eminently testable and falsifiable. The next decade or two will tell.

Of course, it can be argued that what we are doing is not psychoanalysis, and some of my analytic colleagues certainly hold that view. Everything turns, of course, on how you define psychoanalysis. If it is defined in terms of the traditional theories, then it is not. But if it is defined in terms of the phenomena studied, as is the rule for

(over)



academic disciplines, then it is. Freud gave more than one definition. The one I favour, for obvious reasons, is his 1914 statement that "the theory of psychoanalysis is an attempt to account for two striking and unexpected facts of observation....: the facts of transference and resistance. Any line of investigation which recognizes these two facts and takes them as the starting point of its work has a right to call itself psychoanalysis". I wish the Movement had taken that as its guiding star.

I think there can be no doubt that both the theory we are using and the empirical work being done throw light on transference phenomena and on resistance, and much else of clinical relevance as well. Historically, the work has stemmed from the explicit intention of reformulating psychoanalytic theory in a testable way. How successful it will prove remains to be seen.

There is also a strong sociological argument for labelling the field of work I describe as psychoanalysis rather than, or as well as, the psychology of personality development and psychopathology. There is a large array of psychiatrists, psychologists and social workers who, in my opinion, are doing very useful work and who, to a greater or less extent, are influenced by psychoanalytic ideas. For better or worse, and often for worse, these people still tend to look to the Movement for guidance. Rather than attempt to set up yet another rival Movement my aim has always been to reform the Movement - and I still don't despair of doing so! Although the old guard have no use for my ideas, some members of the younger generation are enthusiastic. One, who is influential in New York, remarked "reading your books persuaded me that psychoanalysis is redeemable".

I hope you will forgive this long letter. I believe the subject matter of psychoanalysis is far too important to be left to the Psychoanalytic Movement.

Yours sincerely

John Bowlby, M.D.



UNIVERSITY OF CAMBRIDGE  
DEPARTMENT OF SOCIAL ANTHROPOLOGY  
FREE SCHOOL LANE CAMBRIDGE CB2 3RF  
(TELEPHONE 0223 : 358381)

26 November 1985

Dr. John <sup>W</sup>Bolby,  
Tavistock Clinic,  
Tavistock Centre,  
120 Belsize Lane,  
London NW3 5BA.

Dear Dr. <sup>H</sup>Bolby,

Many thanks for your letter of November 21st. May I first of all say how very flattered I am that my book should have aroused your interest, and at least partial assent.

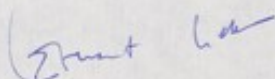
You wrote your letter on November 21st. On November 24th, a television discussion was broadcast in which Antony Storr and I both took part, and in which indeed he invoked your work as a counter example to some of my points. I am not absolutely sure whether he did this in the part of the discussion that was actually televised or in the informal discussion following it. (I didn't myself see the programme.)

I must say that when he made that point to me, my reaction - which I didn't have time to express, would have been precisely the one which you predict near the bottom of page 1 of your letter - namely that this isn't really psychoanalysis. But I would accept your answer in the letter, that one shouldn't be constrained by previous definitions: the phenomena studied, as you put it, or perhaps one should say the problems studied, define one's concerns, not previous definitions.

I find your letter extremely interesting, and I hope we may some day have the opportunity of discussing these matters with you face to face. I have never visited the Tavistock Clinic, and perhaps you will allow me to do so on some occasion when I am in London.

With all good wishes,

Sincerely yours,



Ernest Gellner.

DRAFT

Dr. Ernest Gellner F.B.A.

*King's College  
Cambridge CB2 1ST*

Dear Dr. Gellner:

I have been reading your book on THE PSYCHOANALYTIC MOVEMENT with much interest and whole-hearted agreement insofar as you are discussing the Movement as an organization. There is, however, another side to psychoanalysis which I wish you had at least mentioned.

There are many qualified psychoanalysts who are as critical of the Movement's shortcomings as you are; and many of us are eager to see the field developed along scientific lines. My own work on attachment and loss has sketched out a new conceptual framework which <sup>has</sup> ~~is having~~ the merit of stimulating a lot of empirical research. Most of this research is into the socio-emotional development of children during the early years, but some of the recent work is on adults. These studies bear on the point you are discussing on pages 156-7 about the alleged role of infancy in personality formation. There is now substantial evidence that pattern of attachment between child and mother assessed by standardized means <sup>at</sup> ~~of~~ twelve months has strong predictive value for behaviour in nursery school 3½ years later, and that the behaviour observed in nursery school, by observers ~~xxx~~ blind to the ~~antecedent~~ predictions <sup>made</sup> ~~made~~ <sup>earlier,</sup> do in fact confirm those predictions. Moreover, there is also strong evidence that these patterns are in high degree determined by the way the child has been treated by the parent.

(over)



At highest intensity, when he is distressed and anxious, nothing but a prolonged cuddle will do. The biological function of this behaviour is postulated to be protection, especially protection from predators.

In the example just given the individuals concerned are a child and his mother. It is evident, however, that attachment behaviour is in no way confined to children. Although usually less readily aroused, we see it also in adolescents and adults of both sexes whenever they are anxious or under stress. No one should be surprised therefore when a woman expecting a baby or a mother caring for young children has a strong desire to be cared for and supported herself. The activation of attachment behaviour in these circumstances is probably universal and must be considered the norm. \*

A feature of attachment behaviour of the greatest importance clinically, and present irrespective of the age of the individual concerned, is the intensity of the emotion that accompanies it, the kind of emotion aroused

---

\* An increased desire for care, either from husband or mother, has been reported in studies of representative groups of women by Wenner (1966) and Ballou (1978).

Admittedly predictions over 3½ years of childhood are still a far cry from predictions between childhood and adult personality. Yet techniques based on attachment theory are now demonstrating the existence of comparable patterns in adults. The ~~xxxxx~~ hypothesis that there is a high degree of continuity in these patterns, which some of us hold, is eminently testable and falsifiable. The next decade or two will tell.

Of course, it can be argued that what we are doing is not psychoanalysis, and some of my analytic colleagues certainly hold that view. Everything turns, of course, on how you define psychoanalysis. If it is defined in terms of the traditional theories, then it is not. But if it is defined in terms of the phenomena studied, as is the rule for academic disciplines, then it is. Freud gave more than one definition. The one I favour,

for obvious reasons, is his 1914 statement that *"the theory of psychoanalysis is an attempt to account for two striking & unexpected facts of observation . . . : the facts of transference & resistance. Any line of investigation which recognizes these two*

I wish the Movement had taken that as its guiding star.

*facts & takes them as the starting point of its work was a right to call itself psychoanalysis"* *!* *R*



I said earlier that my approach to an understanding of parenting as a human activity is an ethological one. Let me explain.

<sup>re-examining</sup>  
In ~~considering~~ the nature of the child's tie to his mother, traditionally referred to as dependency, it has been found useful to regard it as the resultant of a distinctive and in part preprogrammed set of behaviour patterns which in the ordinary expectable environment develop during the early months of life and, have the effect of keeping the child in more or less close proximity to his mother-figure. <sup>(Barthby 1969)</sup> By the end of the first year the behaviour is becoming organized cybernetically, which means, among other things, that the behaviour becomes active whenever certain conditions obtain and ceases when certain other conditions obtain. For example, a child's attachment behaviour is activated especially by pain, fatigue and anything frightening, and also by mother being or appearing to be inaccessible. The conditions that terminate the behaviour vary according to the intensity of its arousal. At low intensity they may be simply sight or sound of mother, especially effective being a signal from her acknowledging his presence. At higher intensity termination may require his touching or clinging to her.

I think there can be no doubt that both the theory we are using and the empirical work being done throw light on transference phenomena and on resistance, and much else of clinical relevance as well. Historically, the work has stemmed from the explicit intention of reformulating psychoanalytic theory in a testable way. How successful it will prove remains to be seen.

There is <sup>also</sup> a strong sociological argument for labelling the field of work I describe as psychoanalysis rather than, or as well as, the psychology of personality development and psychopathology. There is a large array of psychiatrists, psychologists and social workers who, in my opinion, are doing very useful work <sup>and</sup> who, to a greater or less extent, are influenced by psychoanalytic ideas. For better or worse, and often for worse, these people still tend to look to the Movement for guidance. Rather than attempt to set up yet another rival Movement my aim has always been to reform the Movement - and I still don't despair of doing so! *Altogether the old guard have no use for my ideas, some numbers*

I hope you will forgive this long letter. I believe the subject matter of psychoanalysis is far too important to be left to the Psychoanalytic Movement.

*As the younger generation are enthusiastic  
One, who is influential in New York,  
remarked "reading your books persuaded  
me that psychoanalysis is redeemable".  
REDEEMABLE*



it comes from a grandmother. Others to be drawn in to help are adolescent girls and young women. In most societies throughout the world these ~~facts~~<sup>truths</sup> have been, and still are, taken for granted and the society organized accordingly. Paradoxically, it has taken the world's richest societies to ignore these basic truths. Man and woman power devoted to the production of material goods counts a plus in all our economic indices. Man and woman power devoted to the production of happy, healthy and self-reliant children in their own homes does not count at all. We have created a topsy turvy world.

But I do not want to enter into complex political and economic arguments. My reason for raising these points is to remind you that the society we live in is not only, in evolutionary terms, a product of yesterday but in many ways a very peculiar one. There is in consequence a great danger that we shall adopt mistaken norms. For, just as a society in which there is a chronic insufficiency of food may take a deplorably inadequate level of nutrition as its norm, so may a society in which parents of young children are left on their own with a chronic insufficiency of help take this state of affairs as its norm.

UNIVERSITY OF CALIFORNIA, LOS ANGELES

BERKELEY • DAVIS • IRVINE • LOS ANGELES • RIVERSIDE • SAN DIEGO • SAN FRANCISCO



SANTA BARBARA • SANTA CRUZ

HEINICKE  
Rec'd 11 NOV 85

DEPARTMENT OF PSYCHIATRY  
SCHOOL OF MEDICINE  
THE CENTER FOR THE HEALTH SCIENCES  
LOS ANGELES, CALIFORNIA 90024

Dear John,

I have just read the Bretherton-Waters volume as attachment. It is an exciting tribute to the profound and progressive impact that you have had on our field.

I am enclosing copies of two papers I recently sent you. These are slight revisions. They are now in the hands of editors and can not yet be quoted. When, and if,



they are in press I will let you  
know. They do seem to me to  
be highly relevant to the issues  
raised in the Growing Points volume

All the best to you  
and Ursula

Yours

Chris

EV. WATERS  
x Inge.

JB/DES

30th October 1985

Dr. Everett Waters  
Department of Psychology  
State University of New York  
Stony Brook  
Long Island  
NEW YORK

Dear

When I was in Denver recently Inge gave me the copy of the monograph with the generous inscription you both signed. It is not easy to express how deeply I appreciate this. The monograph is a landmark which established the field, leaving the critics yapping round our heels. It is a source of great pride for me that, working over the years in double harness, Mary and I have been able to inspire so many very able researchers to mine this rich vein (which I am tempted to name the mother lode!).

With very many thanks for the signed copy and for all the editorial work you put into it. And with all good wishes for the success of your own workings.

Yours

John Bowlby, M.D.



STATE OF MICHIGAN



JAMES J. BLANCHARD  
Governor

DEPARTMENT OF MENTAL HEALTH  
C. PATRICK BABCOCK, Director

**HAWTHORN CENTER**

18471 Haggerty Rd., Northville, Michigan 48167  
313/349-3000

*Nancy STEVENSON*

April 1, 1985

John Bowlby, M.D.  
Tavistock Clinic  
Tavistock Center  
120 Belsize Lane  
London NW3 5BA  
United Kingdom

Dear John:

I want to thank you on behalf of the Hawthorn Center Association for your excellent presentation to the Dubo-Rabinovitch lectureship on March 20. Staff and students here are still commenting on what a worthwhile day it was, referring both to your lecture and to the question/answer period in the afternoon. Your clear and forthright manner of presenting your position certainly stimulated a great deal of thought both at the time of the lecture and since then.

Harold and I personally were delighted to see you. It was fun for me to have some time alone with you en route to and from Northville and to discuss some current issues with you. Incidentally, I continue to wonder, with respect to Darwin's choice of career (determined in part, as you point out, by historical precedent in his family), if in part the death of his mother from a lingering illness early in Darwin's life might not have been also an important factor in causing him to try to justify his loss on an abstract level and to take comfort from trying to understand the selection of survivors on an impersonal basis.

I hope your meeting in Topeka proved interesting and productive. We would like to see a summary of results if one is forthcoming in the near future.

Again, thanks for your stimulating lecture and for your generosity in sharing yourself with the many people who wanted to participate in the events surrounding your visit.

Best wishes to Ursula, and best regards from Harold.

Warmly,

*Nancy*  
Nancy Stevenson, Ph.D.

NS/jc

Tel: Guisborough 77282

9 Kilton Thorpe  
Brotton  
Saltburn  
Cleveland  
TS12 2UB

12th February 1985.

Ans. 17th

Hyla Hobbs

Dear John,

The enclosed UCCA form may surprise you but I wonder whether you would be good enough to write a reference for me on page 3.

I am now age 60 and have completed ten years in General Practice. I have enjoyed these years immensely and indeed I still do. I am now a G.P. 'trainer' and have my own trainee. But there are many other things I would like to do and I still retain a considerable intellectual curiosity about the world we live in. For some time I have been toying with the idea of doing a degree course in Archeology and Anthropology. At first I thought of the Open University and imagined that I might do a degree course while I was still working as a G.P., however I came to realize that this was impossible since my life as a doctor is very taxing and I simply could not do the work in the hours available.

I have therefore decided, after a great deal of heart searching, to retire either this year or next, while I am still young enough (I hope) to tackle an academic course. I also think that my experience could possibly be of value to others taking the course.

I have already made enquiries at Durham University and have been encouraged by them to apply through UCCA.

Since my plans are still provisional I would be grateful if you did not tell too many people as yet.

It was good to see you at Varkasaig last summer, however briefly. We expect to be in Glendale again from the 6th to the 20th April and again later in the summer. I hope we may be able to see something of you. I wonder how your work on Darwin is going, it sounded fascinating.

We are all well. Patrick is now quite a name in the field of organic farming. He appears quite frequently on Radio and Television and his ideas are certainly spreading as the demand for purer food grows throughout the country.

With best wishes to you both,

Yours

Hyla Hobbs

Dr. John Bowlby,  
Wyldes Close Corner,  
Hampstead Way,  
London, N.W.11.

PS. I would be grateful if you could then post the form to UCCA. in the enclosed envelope





THE UNIVERSITY OF ROCHESTER

**MEDICAL CENTER**

SCHOOL OF MEDICINE AND DENTISTRY • SCHOOL OF NURSING  
STRONG MEMORIAL HOSPITAL

300 CRITTENDEN BOULEVARD  
ROCHESTER, NEW YORK 14642  
AREA CODE 716

JOHN ROMANO, M.D.  
Distinguished University Professor of Psychiatry, Emeritus  
(716) 275-3047

January 9, 1985

Dr. and Mrs. John Bowlby  
Wylde Close Corner  
Hampstead Way  
London NW11 7JB  
England

Dear Ursula and John:

How thoughtful of Ursula to send me her note. I had the advantage of John, as I knew for sometime that we were to be fellow recipients of the medal, and I had looked forward to seeing him again. As John has told you, it was a pleasant occasion, and Mary Ainsworth's studies paid high tribute to John's important contributions to the life of the child and his family. Miriam regretted that she could not be with us in New York. She has not been well due to an irregular heart beat which does not seem to respond to medication, plus some macular degeneration in one eye. However, we live low key, see some friends, and I remain active in the university department. Our son, David, and his wife, Irene, are both classical archaeologists at the University of Pennsylvania, having spent some years digging and studying in Greece. Their daughter, Katie MacLeod Romano, is now age two. She is a MacLeod by virtue of several of Irene's ancestors who came from the Isle of Skye, which evidently is chock-full of MacLeod's.

Miriam joins me in our best wishes to both of you for the New Year.

Cordially yours,

JR:rmf

P.S. My concern about the world of medicine today has led me to prepare the enclosed note, which I am sending on to John for his perusal. My central concern is the erosion of the teaching function of our university medical centers.

Enclosure

CARDYNN O'KELL JONES

16 RUSTON MEWS, off ST. MARK'S ROAD, LONDON W11 1RB.

01-229 3989

and Child Guidance Training Centre.

23, November 1984.

Dear Dr Bowlby,

We have met briefly via Andrea Pound and had a talk over lunch earlier this year after Dr Solmit presented at a Scientific Meeting. You may recall that I always have been very involved in the field of physical child abuse & neglect since starting my career as a social worker (later combining this with the role of Research Officer) in the original Battered child Research Department of the NSPCC from 1968-75.

I am writing to you from home as I've been laid up with Sciatica but I was delighted to receive in my mail from the clinic a signed copy of your paper "Violence in the family as a disorder of the Attachment & Caregiving Systems". Thank you very much indeed for making this available to me. It is a very useful paper & makes eminent sense to me in the light of my clinical experience. It brings a lot of strands of thought together for me and I shall



Certainly refer to it in future training & consultation activities.

Currently (& by this I mean for several years) I am devoting a lot of interest, time and energy to the problem of child sexual abuse. I found John Steiner's recent paper "Turning a Blind Eye: The Cover up for Oedipus" very pertinent to all the secrecy, denial etc that one is up against when working with families in which CSA has occurred & also amongst professionals of all disciplines trying to come to terms with the problem. This paper, too, made eminent sense to me.

Before I close I thought you might be interested to know that a book called "Child Sexual Abuse within the Family" is to be published by Tavistock Books on Friday 30 Nov. It is the result of the deliberations of the CIBA Foundation's Study group on CSA which has met for several <sup>years</sup> & of which I've been a member. The launch of the book is timed to coincide with the transmission of 3 T.V. progs on Channel 4 on Sat 1, 8, 15 Dec at 9.15 pm. I have given my own time to acting as



a Consultant to the makers of these programmes which I think and hope have been sensitively and responsibly made and have a good deal of educational content for the general public and Professionals.

I am now convinced that the next move must be to devise and promote Prevention programmes in our Schools. The North Americans have developed some very sensitive, creative approaches to this (including the use of short films, cartoon strips, Theatre groups visiting schools and lots of other materials for use in classrooms - backed up by careful preparation and training of teachers and others in whom children are less likely to confide). I & several others are hoping to make a British film on prevention of CSA early next year. This has to tackle (delicately & without scaring children unnecessarily) the fact that there is now plenty of evidence to show that the greatest risk to children sexually is from members of their own family or other known, trusted people on whom they are typically dependent for care etc or whose authority they feel they must respect. The Police have been taking some interesting films into schools but they only deal with



Stranger abuse.

The most impressive films on prevention we've seen so far concentrate on exploring & discussing with young children what is appropriate touch and what is inappropriate touch in various situations (and typically they have well developed views) but don't get the chance to talk about this, or teaching them personal safety skills, helping them to feel it's okay to be assertive & helping them think to whom they can turn if they are violated.

Quite a lot of the money for this project has already been raised & we hope the events in the next few weeks will assist us in making up the shortfall. There is no lack of interest in such a project (eg DHSS, the Met Police, etc) but a good deal of nervousness around when it comes to official support & back up even when the issue of money is left aside. I guess it all comes back to issues raised in John Steiner's paper!

I know you have done so much to increase understanding of children's needs & <sup>improve</sup> the quality of care they receive in many settings so that I thought you might be interested to hear of these developments. I'd be very happy to share more information as we make progress.

Yours sincerely, Carolyn Okell Jones.

Senior Social Worker / Student Unit Supervisor -

Harvey Horowitz

HARVEY A. HOROWITZ, M. D.  
THE INSTITUTE OF PENNSYLVANIA HOSPITAL  
111 NORTH 49th STREET  
PHILADELPHIA, PENNSYLVANIA 19139  
Telephone (215) 829-2718

Rep. 12 Nov.

October 19, 1984

John Bowlby, M.D.  
Wylde Close Corner  
Hampstead Way  
London NW11 7JB

Dear John,

It's a girl! Moira was born Saturday, October 6 after a relatively brief, "easy" labor. All went well, Claudia was strong and courageous, Becky was there throughout, playing in the playroom, checking on Claudia, and curious and attentive during the actual birth. The four of us were together as a family immediately, able to touch and make contact with one another. John, it was an exhilarating experience!

Thanks for the reference on Keats, which I've ordered. You might be interested in The Romantic Mother, Barbara Schapiro, John Hopkins University Press, Baltimore Maryland, 1983. The focus of which is the role of narcissism, particularly pathological narcissism in the poetry of the Romantic period, primarily in Shelly, Keats, Coleridge and Wordsworth, as a result of rejecting or abandoning mothers, i.e. disturbance of attachment.

My interest in cognitive and creativity has brought me into contact with Howard Gruber's Darwin on Man, which, seems to be a fascinating study of Darwin's creative thinking during the period of 1837-38. Are you familiar with Gruber? I will be happy to send you a copy of this book if you'd like for your Darwin project.

By coincidence, the Zajonc article you recommended appeared on the reading list provided by one of the guest lecturers for my course, a developmental psychologist who will lecture on the relationship of cognitive and affective development. Must be an excellent piece, and I'm anxious to read it.

Thanks for the <sup>reprint</sup> report of the Horney lecture. An utterly fascinating paper, and so timely.



(2)

Though you mention your visit to New York will be brief, might there be anytime at all for a visit to Philadelphia prior to New York or prior to returning to England? All of us would like very much to see you again soon.

With warm personal regards to you and Ursula from Claudia, Becky, and Moira and myself.

*Harvey*

HENRY G. HANSBURG, PHD  
CLINICAL PSYCHOLOGIST  
470 OCEAN PARKWAY  
BROOKLYN, N.Y. 11218

TEL. 941-3200

HANSBURG

1802K84

10/18/84

Dear John:

Thank you very much for your paper on "Violence  
in the Family..... et al." I read it with considerable  
interest & wish to thank you for the reference to  
the洛伊尔 & my work, which as you know I  
gave some supervision to. I was especially  
interested in Main, et al. work which  
indicated approach-avoidance reactions in abused  
children. In my work with young adults the  
category of hostile-ambivalent attachment (which is  
a state of ambivalence) was found <sup>quite</sup> frequently  
in some pathologies. Pauline Schwartz who did a  
study of the fear of death & separation found this  
to be characteristic of those with the most intense  
death fear.

(over)



I hope to complete the writing of my third volume, on which I am making progress, by the end of the year or hopefully by end of February. Right now I am leaving for Colorado, New Mexico & then California & will return on Oct. 31<sup>st</sup>.

Please accept my very best regards & thanks again for the paper.

yours,  
Henry

KETCHUM

Gregory A. Ketchum, Ph.D.

Clinical Psychology

490 Post St., Suite 948  
San Francisco, CA 94102

License PW 7234  
(415) 788-5530

November 12, 1984

*No answer  
required*

Dr. John Bowlby  
Wylde Close Corner  
Hampstead Way  
London, England

Dear Dr. Bowlby:

Thank you for your quick response to my letter. I appreciate your taking the time to look over my dissertation and comment on it. Thank you for your article on child abuse. I found it most interesting.

I found your comment on the length of separation being only one week as problematic very helpful. In a study such as mine what would you think would be an adequate amount of time to define a separation?

At the time I did my research I collected much more data than I analyzed for purposes of my dissertation. Other information I am thinking of analyzing includes such factors as whether the participants remember their separation or have only been told about it, actual length of separation, how often they visited with the absent parent during their separation and some other interactive factors.

In retrospect I think it was probably a mistake to force participants to rate their separation as either bad or good. Many may have been separated and have no conscious feelings about it. Now this seems to have only confused the issue.

I recently gave a Grand Rounds presentation at the Department of Psychiatry at Pacific Medical Center in San Francisco on practical applications of your work. I'm happy to report that it was quite well received. When surveyed 19 of 20 respondents requested more presentations on this topic.

Again, thank you. I will keep you apprised of any further work I do with my data.

Sincerely,

*Gregory A. Ketchum, Ph.D.*

Gregory A. Ketchum, Ph.D.



HARVEY A. HOROWITZ, M. D.  
THE INSTITUTE OF PENNSYLVANIA HOSPITAL  
111 NORTH 49th STREET  
PHILADELPHIA, PENNSYLVANIA 19139  
Telephone (215) 829-2718

Harvey HOROWITZ  
Answer  
30 Sept 84

September 21, 1984

John Bowlby, M.D.  
Wylde Close Corner  
Hampstead Way  
London NW11 7JB

Dear John,

It's been several months since I received your letter of 30 May when you were at the Isle of Skye, sounding so energized and restored, and I was still looking forward to the month of July, when Claudia, Becky and I would leave for Saranac Lake in the Adirondack Mountains of upstate New York. Now I too am replenished and excited, and there is much to share with you.

John, I'm a little embarrassed at not remembering to write you earlier that Claudia and I are expecting our second child later this month or early October. Claudia, Becky and I are anxious to see what kind of person this newest family member will be. Claudia will labor and deliver at the Birth Center, an alternative to hospitalization, and I will assist and coach, and Becky will be there also. A family centered birth that will focus on attachment!

I re-read with interest that part of your letter in which you spoke of your study of Charles Darwin, for my holiday reading focused on another countryman of yours who is a hero of mine and of special interest from a related perspective. I studied the life of John Keats, using the W. Jackson Bate biography, and became fascinated by the relationship, in his brief life, of loss to creativity. As you are no doubt well aware, Keats lost father at 8, mother at 13-14, the nurturing surrogate grandmother at 15, a brother at 21, and another brother, who moved to America, at 24. And each loss, but particularly his mother, seems to have been the impetus for intellectual-poetic creative energies. What are your thoughts regarding a relationship between loss and creativity?

My holiday reading was also to have included Guidano and Liotti, but, alas, I dwelled too long on Keats and never completed their book. But it looks very scholarly, and I was delighted to see the dedication. I am hoping to include this work in my seminar on cognition for the residents at the Institute, as well as Rosenblatt and Thickstun. Do you continue to use an information processing model of cognition in your thinking on attachment? What would you recommend for the residents to read regarding the relationships of cognitive, social and affective development?

John, I do believe writing to you has helped me maintain my summer holiday excitement, as I share ideas that, for me, bring wonder.

With warm regards to you and Ursula, and with the hope that we may see you soon.

Laney

Becky & Claudia send their love.





Hiroko Saito  
12C Daleham Gardens  
Hampstead  
London, NW3  
7/3/1984

Dear Dr. John Bowlby,

What a big and pleasant surprise you have given me! I am deeply grateful to you for your marvelous gifts. Those books will be my treasure.

I am determined to work hard to justify your faith in me.

I would like to thank you again for your gracious hospitality.

yours sincerely,  
Hiroko Saito

P.S. This little box is for your wife. please send my best regards to her.





HENRY G. HANSBURG, PHD  
CLINICAL PSYCHOLOGIST  
470 OCEAN PARKWAY  
BROOKLYN, N.Y. 11218

TEL. 941-3200

HANSBURG  
14 Jan 84

1/14/84

Dear Jehn:

I enjoyed your note and I was glad to hear that you are in good health. I was especially pleased to learn that I will be able to see you in New York come December, 1984 and that you will be receiving an honorary medal for your work from the New York Academy of Medicine. Your successes give me a great deal of pleasure. Your report that Mary Main found that the securely attached 12 monthers were significantly more confident than the anxiously attached when they reached the age of five was especially interesting because she used the Klagsbrun-Bowlby scale. You will be interested to know that one of the students at the California School of Professional Psychology in Los Angeles, Dr. Lynn Varela did a study using her own revision of the Klagsbrun-Bowlby Separation Anxiety Test which she wrote up for her dissertation in 1982. The title was "The Relationship Between the Hospitalized Child's Separation Anxiety and Maternal Separation Anxiety". She measured the mother's level of separation anxiety with the Hansburg Separation Anxiety Test. Using six similar indices from both tests she was able to establish a definite and significant link between the mother's level of separation anxiety and the child's, i.e. in relation to hospitalization.

I was sorry to hear about your wife's hip may need replacement but they do wonderful things in hip surgery these days. A number of my friends have been so treated.

I did promise you a run-down on some of the research that has been going on. Recently, Arlene Noble in Berkeley, California has used the Separation Anxiety test to study cultist groups. These included the followers of Meeney and of Hari Krishna. She has been doing the study with three groups 1) cultists, 2) those who attended meetings but never joined and 3) those who were never involved. From the raw data she sent to me, it appeared that two thirds of the cultists were either severely anxiously attached or detached individuals in comparison to only 17% of the comparison group, while group number 2 was somewhere in between. I believe that she will conclude that cultists suffer from major attachment disorders.

Schwartz working out of the California School, studied the fear of death and its relationship to separation problems as seen by the S.A.T. One interesting finding was that high scores on a Death Anxiety Scale were found most frequently among those showing hostile-anxious attachment while low scores were found related to excessive self-sufficiency. Conscious awareness of the fear of death was accompanied by high identity stress. On a scale revealing more unconscious death fear, the relationship to S.A.T. reality avoidance responses was noteworthy.



One interesting development has been the steady use of the S.A.T. with adults. Many of the researchers have commented that they had approached the use of the test with considerable trepidation, but found, to their surprise that the results were highly valuable and the administration of the test posed no serious problems. Thus, for example, Linda Weed Miller who made a study of individual differences in rehabilitation as a function of attachment behavior, had this to say (p.97) "Because the pictures from this instrument contained children and depicted common childhood experiences of separation and loss, there was some doubt as to whether it would be applicable to adults . . . . This did not prove to be the case. Most individuals became involved almost immediately and quickly projected themselves into the pictures. Often, they used the first person singular when describing events, and even digressed with personal stories of separation experiences. In fact, it may have been easier for them to project into these situations because they were pictures of children, making situations somewhat more distant and less threatening in most, if not all instances."

Karl Pettharst tells me that he has over six hundred adult protocols in the computer and plans to have many more before he analyzes the results and establishes normative data. Hugh Black has found reliability data for adults to be very good on a test re-test basis. Validity has to be continuously established clinically and by careful research. I no longer have any serious reservations on the validity aspect.

New projects are constantly cropping up in other universities. Several new ones include one on abuse of adolescents at Case Western Reserve in Cleveland Ohio, another at Temple University in Philadelphia, another at Long Island University here in Brooklyn, etc. Recently, a graduate student at the Hebrew University in Jerusalem called from Israel to enquire if she could use the test in a research study in the Kibutzim. Janice Hardee Smith is doing a study of separation anxiety and institutionalized adolescents out of Louisiana State University which is now well advanced. And so it goes.

Prof. Rabin of Michigan State University in East Lansing has asked me to prepare a chapter for his forthcoming book on projective techniques for children and adolescents, while the Psychology department at the College of the City of New York has asked me to do a colloquium. All this while I am busily trying to complete Volume III of Adolescent Separation Anxiety which deals with the analyses of research. All this does give me a sense that the work is meaningful and of interest to a few people here and there.

I hope you were able to bear with me through this lengthy, newsy letter. Please keep well and let me hear from you now and then.

Yours cordially,

Henry





HAMPSTEAD HEALTH AUTHORITY

# The Tavistock Clinic

CHILD AND FAMILY DEPARTMENT

TAVISTOCK CENTRE, 120 BELSIZE LANE, LONDON, NW3 5BA

Telephone: 01-435 7111 Ext.

Feb 2.

Dear John,

Warmest thanks for taking  
the time to read your birthday  
pages, and for your most  
encouraging response.

I think that your ideas have  
finally penetrated far enough  
to remove <sup>any</sup> the risk of my  
being lynched! It is extremely  
gratifying that your work is  
at last becoming widely accepted



and bearing so much fruit

with love

Juliet

P.S. The Winnicott reference  
is in "Deprivation and Schizophrenia"  
ed by Clare Winnicott et al  
Tavistock publ. paperback 1984. p 225

BACCIAGALUPPI

JB/DES

3rd January 1984

Doctor Marco Bacciagaluppi  
Via Edolo 46  
Milano 20125  
ITALY

Dear Dr. Bacciagaluppi:

I was delighted to have your letter of 30th November telling me that your wife is making a good recovery and hope very much that that will continue.

In the current (December 1983) volume of the British Journal of Psychiatry there is a review article by Steven Greer on the possible relation of emotional disturbance to tumours, which may be of interest to you. I agree with you that it will be necessary to consider whether there are sub-groups which can be specified psychodynamically, in particular relationships to which a disordered relationship with parents has become transferred.

I think we are still rather ignorant about the shift from a child-parent relationship to a spouse relationship. I am sure it is perfectly healthy for many components of the earlier relationship to be transferred to the new one and that this only gives rise to trouble when the earlier relationship has been a disturbed one. As Dr. Bemporad suggests, the relationships of adolescence probably provide an interlude during which the relationship to parents can become modified to suit the new conditions and at the same time a new type of relationship to a potential spouse can be developed. Although peer relationships continue to be important, they never carry the same intensity of emotion that is carried by family relationships. For example, bereavement responses to the loss of a peer are very rarely as emotionally disturbing as to loss of a parent, spouse or child. Robert Weiss's studies in this area are the best I know of. As you say, I think there can be no doubt that stable marital relationships are of survival value. I suspect that in almost every culture the children of single parents are at greater risk of coming to harm than are the children of two parents. Children undoubtedly have a considerable stake in keeping their parents together.

(over)



An English journal that would certainly be sympathetic to an article based on attachment theory is the British Journal of Medical Psychology. I hope you will be able to look at a copy in a library so that you can see the style and length of article it favours.

With very good wishes to you and your wife for the New Year.

Yours sincerely

John Bowlby, M.D.

posters. My schedule was  
delayed several months  
but I am now getting going.  
The reason for the delay is  
that my mother suffered a  
severe stroke in September.  
She is home, recovering but  
has been left quite disabled  
because she cannot talk &  
has limited comprehension.  
You met her briefly at UCLA  
John - she was most active  
& vital.

Our study group is  
putting together a proposal  
to teach a course at UCLA,

Dear John & Ursula,  
Ernie & I want  
to wish you all a  
pleasant holiday season.  
Have heard - via  
Ken - that you'll be in  
New York this winter.  
Am disappointed I won't  
be able to see you.  
Did pass all of my  
exams & am organizing  
my research. Will keep you

PAT SABLE



using the format we found  
so successful at the Conference  
for child care workers in  
Sept.

The group is changed -  
except for Karl, Isabelle &  
myself (+ Peter when he returns),  
we have new people - 1 a  
young anthropologist whose  
father was a social work  
professor of mine (one who  
reviewed vol # for Social Work) -  
Howard Parat. 12 people were  
at our last meeting as we  
had interested guests.

HENRI MATISSE. Variant ornaments for Pasiphaé—Chant de Minos  
by Henri de Montherlant (1944).

Published Paris, Les héritiers de l'artiste, 1981.

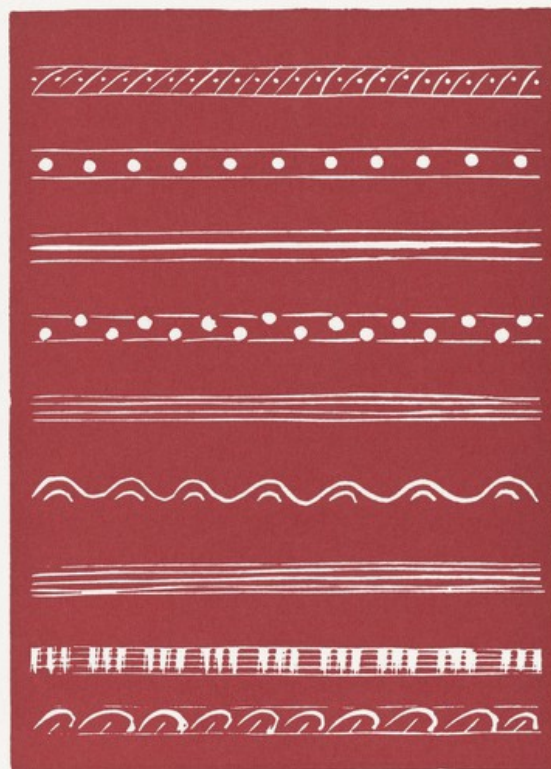
Linoleum cut, 12 5/8 x 9 13/16".

Gift of The Heirs of Henri Matisse.

© 1983 The Museum of Modern Art, New York 2288

No greeting M85

Jordly,  
Pat



SKYNNER

FROM DR. A.C.R. SKYNNER

43, MEADWAY, N.W.11.  
01-455 8110

88, MONTAGU MANSIONS,  
LONDON, W1H 1LF.  
01-935 3103

20/9/83

Dear John,

Herewith a copy of our effort. Thank you once again for taking so much trouble to advise us on the draft you saw. I think you will find that we have followed all your suggestions.

The Stuffed Rabbit section is based more on Winnicott's idea about the importance of the 'distance' of the breast. It is very unsatisfactory but it bridged for me a long standing disagreement with your ideas about the "real need" for attachment in - eg - school children.



issues <sup>(my)</sup> the idea of "manipulation that should be challenged." Anyway, it has been very helpful in my therapeutic work and I'll be interested to hear your reactions sometime.

Anyway, I think the cartoons are a delight. I hope you will be tickled by the one on page 76. Handlesman manages to put an extra ridiculous twist in every idea, and sends me up at the same time which may neutralize the usual ambivalence to psychiatry in the readership.

I hope you are well. With all good wishes,

Robin

P.S. Publication date is Thursday 29 Sept.

Jasmin BULLOCK

Yc  
AAB

College Hall,

St. Barts Medical College,

Charterhouse Square,

West Smithfield,

London EC2.

17. 7. 83.

Dear Dr. + Mrs Bowlby,

First, I must apologise for my delay in writing, but my essay has been completed and entered for the 1983 LIX PRIZE and I have great pleasure in informing you that my essay won this prize and I would be delighted for you to see it.

My main problem is that you asked me to send a copy to you, but this task is more difficult than I first envisaged because the essay is very long. In fact, a book would probably be a better way of describing it!

I would be very willing to drop my "essay" over to Hampstead for you to read at your leisure and if, after reading it, you would like me to copy part, or all of it I would be most willing to do so.

Please would you reply, letting me know what you would like done about the essay and I will, if at all possible, act according to your wishes.

Yours sincerely,

Jasmin Bullock



By Kenneth Lilly



7 Grafton St. W.I.  
Printed in England  
CCL-Q199

# HARROW HOME-START

## Home Visiting Scheme for Young Families

write to: P.O. BOX 155 Harrow

(TEL. 861 0762)

Telephone: 423.6973

Meet at:

( THE WELLDON CENTRE  
UNITED REFORM CHURCH PREMISES  
ANGEL ROAD  
HARROW, MIDDXX )

December 31st

Ackn 11 Jan 83

Dear Dr. Bowlby,

Cassie Cooper has asked me to forward to you some particulars of our scheme. I enclose our leaflet for your information.

We set up in October, 1981 with the help of a gift from London Law Trust and we are now developing a full scheme. Our application for Joint Funding has been approved.

Two groups of 'home visitors' have undergone a ten-session Preparation Course and continue to meet regularly for support. We have sixteen HSVs and plan for a third group after Easter.

Since last April, when the first Home Start volunteers were seen to be ready, we have had forty families referred to the scheme. Nearly all the referrals have been appropriate, and only the number of volunteers available has limited the work. Eighteen families have a linked volunteer or are about to get one. Some volunteers have undertaken more than one family and several families have grown away and do not feel the need of regular support from a volunteer.

Referrals have come from Health Visitors, approximately 2/3rds., Social Workers, 1/3rd and other individuals from hospital staff and voluntary agencies. Because of our limit of resource we have given ourselves very little local exposure and we hope, this year, to be seen to be available for self-referrals.

I hope that you will find this interesting. I was so sorry to have missed your lecture at Harrow College but my friend, Cassie, has promised that I will be kept in touch with any future occasions.

Yours sincerely,

Ruth Dale.

co-ordinator.



## FUNDING

The initial scheme has been funded by a gift from the London Law Trust and donations from local individuals.

A fully developed Home-Start scheme requires secure funds to ensure its continuity.

The costs of a scheme include:—

a co-ordinator's salary, secretarial assistance, office rent, telephone expenses, stationery and postage, training course expenses, out-of-pocket expenses for Volunteers and publicity and equipment.

Many developed Home-Start schemes have been funded from Central Funds, such as Urban Aid or Joint Finance.

It has been estimated that £10 per week is the approximate cost of a 'prepared' Volunteer 'matched' to a family, backed up and supported by a Home-Start co-ordinator.

This is a very small cost when considering how Home-Start Volunteers are able to contribute to the prevention of family breakdown and the rehabilitation of previously separated families.

**ALL DONATIONS GLADLY RECEIVED, ADDRESSED TO:—**

**PO BOX 155  
Harrow Middx.**

**Telephone 423 6973**

**See enquiries Ruth Dale Co-ordinator**



PO BOX 155 Harrow 423 6973

## HARROW HOME-START

### WHAT IS HOME START?

Home Start is a Voluntary Home-Visiting Scheme offering friendship and practical support to families where there is a pre-school child.

The first scheme began in Leicester in 1973 and since then over 30 other schemes have developed around the country. Home Start is available to any family experiencing frustration or difficulties.

Sickness, handicap, economic or social problems may cause loneliness and isolation and parents may then become depressed or exhausted.

### HOW DOES THE SCHEME WORK?

Home Start offers a Volunteer to a family for an open-ended period of time.

Home Start Volunteers are parents themselves willing to share and help with the many problems that can occur in a young family's daily life.

All Volunteers undergo a period of preparation and are then 'matched' to families by the co-ordinator of the scheme.

Individual respect and a sense of identity can be retained when visiting families in their own homes.

Home Start Volunteers offer families an opportunity to expand their relationships and experiences and to develop new ideas and skills.

It is hoped that this will result in a warmer interaction between parents and children, a clearer understanding of children's needs and of ways of meeting their needs.

### HARROW HOME START

An initial scheme was set up in October 1981 as an independent Voluntary Organisation seeking Charitable status.

The Management Group includes senior representatives from Social Service, Health and Education and the Voluntary Organisations. *Ruth Dale*

A co-ordinator of the scheme has been appointed and a Training sub-committee set up to run a preparation course for volunteers.

### THE HOME START VOLUNTEER

Volunteers come from differing background and cultural groups and their ages range from twenty to sixty.

They are selected for qualities of warmth, empathy, and tolerance rather than for professional expertise. All Volunteers undertake a Preparation Course.

Volunteers are matched to one, two or three families. One young parent may wish for a motherly figure while another may prefer a Volunteer closer to her own age.

Some families are visited regularly once a week. Others may require much more time in a period of crisis.

### REFERRAL AGENTS:

1. The Professionals—  
Families may be referred to Home-Start by Health Visitors, Social Workers, Nursery School Teachers and other professionals who may already be involved and where they see the need for further practical help and support.
2. Voluntary Organisations—  
Those concerned with family relationships such as Gingerbread, Parents Anon, Women's Aid and Marriage Guidance.
3. Families can refer themselves.

### THE PREPARATION COURSE

Ten weekly sessions are held at the Welldon Centre.

It is both practical and theoretical, covering, the Home-Start approach, understanding basic child development and children's needs, learning about relationships and a knowledge of community resources.

### SUPPORT FOR VOLUNTEERS

On-going training and support is offered in formal and informal group meetings and discussions and individually by the Co-ordinator.

A close liaison with referral agents is maintained at all times.



Dear John

K. MINDE  
Nov 83

It is deeply very hard to show you how much I have enjoyed + valued the time you have given me - to help me both as an interpreter of your ideas, a di-  
vinal supervisor and as a partner in discussing a bit of  
oliorlogues about some  
future plans.

However, I thought that the enclosed figures - though they do look a trifle grim - could represent you + your wife as King + Queen while the Knight could be seen as the person who transmits your words + teachings to the world at large.





I shall treasure these last  
weeks forever & wish you  
only good things.

Blaine

Etching by a Nursery School Student, United States of America. Design contributed to benefit the United Nations Children's Fund (UNICEF).

Gravure par un élève de l'école maternelle, Etats-Unis d'Amérique. Composition offerte au Fonds des Nations Unies pour l'enfance (UNICEF).

Grabado de un alumno de jardín de infantes, Estados Unidos de América. Contribución al Fondo de las Naciones Unidas para la Infancia (UNICEF).



22) Lindfield ~~R~~  
Gardens

NW3

and Parents on 31st March 1981

Ernon Bentovim  
Donald Britton  
John Byng-Hall  
Caroline Lindsey  
Edith Trowell

Mary Boston  
Martha Harris  
Shirley Hoxter  
Sheila Miller  
William Parker  
Margaret Rustin

Joan Mitten  
Bill Gorell Barnes



Dear Klaus,

How very kind of you to  
give <sup>my wife & myself</sup> the three heart charms  
which we are delighted to have.  
We appreciate the sympathy,  
~~which~~ <sup>which</sup> we have not ~~attempted~~ <sup>tried</sup>  
to ourselves as royals. However,  
from now on ~~to~~ your ~~kindness~~  
is confirmed: I am honoured  
to have so able a <sup>& so critical</sup> representative  
of my ideas.

I have enjoyed our talks  
and, whilst grateful for the cheque,  
am even more so for the stimulating  
company. I shall <sup>soon</sup> look forward to  
our next meeting & wish you  
a successful visit to Jackson  
Africa.

SOUTH WEST THAMES

J A Parrish, Esq, MD, FRCP  
18 The Ridge  
PURLEY  
Surrey

It is proposed that Dr M G M Smith (at present Deputy Regional Adviser) succeed Dr Parrish as Regional Adviser.

The method of selecting a successor in this Region is as follows: The Chairmen of the Medical Divisions are invited to submit nominations. If more than one name is submitted, a ballot will take place. The names are then forwarded to the College with an indication of the preferred nominee.

SOUTH WALES

J Henry Jones, Esq, MD, FRCP  
77 Cyncoed Road  
CARDIFF  
CF2 6AB

The method of selecting a successor in this Region is as follows: nominations will be asked for from all the Fellows in the South Wales Region in the Autumn and then a postal ballot will be conducted if necessary. Names will then be forwarded to the College.



16 BRADMORE ROAD,  
OXFORD, OX2 6QP  
TEL. 0865.56320.

31 Oct 83

Dear John,

It was very good of you to write to me about my book, and I was heartened by your letter. In sending you a copy I'd no idea of your reading it, and I am all the more pleased to know that you found it readable. I don't know what wider reception awaits it - too lengthy, academic, historical, and unassertive to attract attention outside the journals. But meanwhile your judgement encourages me in my present work, on the rise of egalitarianism, and the resistance of the economy in practice

to what so many have accepted in principle.

I think after the completion of the third volume you were lying fallow for a while, but had in mind a work of exposition that would present your principal findings within pocketbook compass and with regard to their clinical application. There is surely a great potential demand for that work - in the sense that it would be so widely influential, scientifically and practically.

We aren't often in town nowadays, but when we are we will certainly avail ourselves of your invitation to visit you.

With kind thoughts from us both,

Henry.



DRAFT

PINES

Dr. Malcolm Pines

Autumn 1983

Dear

Thank you for the copy of your new paper which I have read with interest. I much welcome your reference to all the work of the last decade on child development and especially appreciate your references to Rudolph Schaffer who worked in my research unit from 1951 to 1956 and, as a result, has been studying mother-child interaction ever since - as I have!

I found myself heartily endorsing almost everything you say on pages 11 to 19, though I think you go badly wrong in contrasting homeostatic models and developmental ones. One of the first books I read on the subject is entitled SELF ORGANIZING SYSTEMS (1960). Even physiological control systems, e.g. the one regulating body-temperature, have to develop before they can become efficient.

I notice you mention my ideas on page 4 and identify them with what you call 'cohesion'. Further, that you apply the label cohesion (page 4) to "a socially conformist and non-evolving organisation which fails to serve the development of personal maturity and of individuation" - in other words, cohesion is a bad thing.

(over)

I'm afraid this shows that you are still a long way from understanding my position - the problem of a new paradigm (which you also refer to). It makes me wonder how much of my work you have read? I am sending you a copy of a paper on the parent's role which (very belatedly) will shortly be published. In it I refer to some of the steadily growing body of work which demonstrates the value of secure attachment as a basis for a child developing a stable well-organized personality - everything to which you apply the label 'coherence'.

The truth is that your ideas are clearly converging with mine and your supposition that there is a basic contrast between them is simply wrong. I find the convergence very encouraging.

Yours



IMS

Institute of Marital Studies

The Tavistock Centre Belsize Lane London NW3 5BA

Telephone 01-435 7111

20 July 1983

Dr John Bowlby  
Tavistock Clinic

*Dear John*

Very many thanks for sending me a copy of your Karen Horney lecture and, of course, thank you very much for the plug for Mate and Stalemate. I find it gratifying that after our finding your theory so useful and using it as a basis for our way of looking at marriages of very deprived people, you are then using our work and taking it further forward in relation to violence.

I am wondering if this lecture is going to be published and whether in the meantime, or even if it isn't, I could use it for teaching purposes? I particularly have in mind a theoretical seminar I am taking next year with a group of marriage guidance tutors. It so beautifully summarises part of your theory which is so relevant to this type of disturbance in marriage.

And thank you also for finding the time to come to the Advisory Panel. From our point of view it was a very useful meeting which has kept us thinking since, and I hope you found the interchange with some of the other advisers interesting. But thank you for your particular contributions.

*affectionately  
Panel*

ELAINE SMITH,

51 LINHOPE ST,

LONDON NW1,

01-262-0348.

8/3/83

AAB

Dear Dr. Bowlby,

I am a medical student at St. Bartholomew's Hospital. Each year students may enter for what is called the Wix Prize. This means studying the life and works of previous Bart's physicians or surgeons.

This year the dean has chosen Sir Anthony Bowlby, your father, and together with a friend of mine, I have studied his life rich with so many wonderful



experiences. However as the years pass by, students have made their projects more detailed and included personal touches; it is for this reason that I write to you. Would it be at all possible for me to talk to you about your father? I have written to your brother in Alcester where also.

Major Bowlby gave me your address and phone number. I hope my request is not too awful, may I phone you again?  
Yours sincerely  
Elaine Smith.

*Dr Anthony Stevens*  
*Fardel Manor, Near Ivybridge, Devon PL21 9HT*  
*TELEPHONE: Ivybridge 2353*

January 12th, 1983.

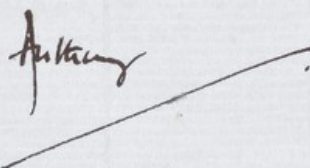
Dear John,

How extremely kind of you to send the Eliot Slater review of my book. I would never have seen it, had you not drawn it to my attention. Which Shakespeare character was it who announced 'I am amazed and know not what to say'? <sup>e</sup>Who<sub>1</sub>ever it was I know precisely how he/she felt! That is about the last source from which I would have anticipated such a glowing tribute. Reality can certainly be stranger than fiction.

I do hope I shall see you on the 19th at John Byng Hall's.

With all good wishes and grateful thanks,

Yours ever,



Dr John Bowlby,  
Wylde's Close Corner,  
Hampstead Way,  
NW11.



Shane  
PERSONAL

JB/DES

7th January 1983

Dr. Edward S. Penzer  
Dr. Irving Solomon  
Division of Psychoanalysis  
American Psychological Association  
39 Central Office  
Institute of Advanced Psych. Studies  
Adelphi University  
Garden City  
L.I. N.Y. 11530

Dear Editors:

With reference to your enquiry of 1st December,  
my comments are as follows -

1. What will the near future be like for psychoanalysis?

I suspect that the present state of psychoanalysis will continue with only gradual change for the rest of the century. Thus there will be a number of 'schools', each espousing a different conceptual framework and without much mutual understanding or communication. Orthodoxies, more or less rigid, will persist.

Simultaneously, the sort of conceptual framework I favour will make steady if slow progress and after another decade or so may become the most influential, especially in academic circles. The main features of this framework are (a) that it draws on concepts from ethology and control theory for its understanding of motivation and instinctive behaviour, and on cognitive psychology for its understanding of defensive and psychotherapeutic processes and (b) that it seeks to make use of data from every relevant source, notably from developmental and cognitive psychology, as well as from clinical and therapeutic sources, instead of relying almost solely on the latter as has been traditional. In particular, much attention will be given to the development of patterns of attachment and caregiving and their role in personality development and psychopathology

I expect the growth of this movement gradually to raise the scientific standards of research, discussion and publication from their present deplorably low levels.

If these optimistic forecasts for the coming two decades prove valid, I would expect the respect with which the field

(over)



is regarded by other psychologists and scientists to improve, and much more competent research to be initiated and supported.

Psychoanalytic psychology will continue as a distinctive branch of psychology, concerned with affectional bonds, psychopathology and psychotherapy, but will no longer be conceptually isolated from the rest of psychology.

2. What will the near future be like for psychologist-psychoanalysts?

I would expect there to be a steady erosion of the bias against non-medical analysts on the part of the medicals, although jealousy and friction will continue. The status of the psychologist-analysts will turn on the competence they show in therapy and research and on the professional standards they adopt and maintain.

Yours sincerely

John Bowlby, M.D.



VARELA

22027 Buena Ventura Street  
Woodland Hills, California 91364  
November 18, 1982

Ack 1 Dec 82

John Bowlby, M.D.  
Tavistock Center  
Belsize Lane  
London, N.W. 3,  
United Kingdom

Dear Dr. Bowlby,

It is with pleasure that I send this copy of my dissertation to you. I had the opportunity to present a brief overview of the study to you when you came to be with us at the California School of Professional Psychology, Los Angeles campus, in 1980. At that time, the dissertation study was in the process of becoming crystallized and a long, long way from being implemented. As you can see, it did become a reality.

Karl Pottharst was my Chairperson. The very special nature of his guidance and encouragement throughout this endeavor is difficult to adequately express in words. In short, I feel very fortunate indeed that he chaired the dissertation committee.

Again, I am very happy to be getting this ready to mail to you. Your work has been--and continues to be--very important to me. Thank you for what you have given to us.

Sincerely,

Sylvia Varela, Ph.D.

VITA

Name: Lynn Millikin Varela

Home Address: 22027 Buena Ventura Street  
Woodland Hills, CA 91364

Home Telephone: (213) 347-9342

Date and Place of Birth: July 6, 1938 -- Salina, Kansas

Family: Married - Four children (ages 20, 18, 17, and 13)

Education:

Occidental College, Los Angeles. Major in Education,  
BA 1960.

California State University, Northridge. Community-Clinical  
Psychology, MA 1977.

California School of Professional Psychology, Los Angeles.  
Clinical Psychology, Ph.D. 1982.

Honors:

Phi Beta Kappa, 1960

BA Magna Cum Laude, 1960

Presentation of Research Paper, CSPA Convention, 1975

California Teaching Credential

Standard Teaching Credential with a Specialization in  
Elementary Teaching, for Life.

Professional Associations

Association for the Care of Children in Hospitals

California State Psychological Association (Associate)

American Psychological Association



Internships:

1978-1979

Intern in Pediatric Psychology, Department of Pediatrics, School of Medicine, UCLA.

Inpatient (UCLA Medical Center) and outpatient population with wide variety of problems (medical, psychological/psychiatric, learning disabilities). Provided direct services to children and adolescents. Assessment through interview, psychodiagnostic testing, and staff consultation. Individual psychotherapy. Administered Stanford-Binets to children in research study conducted by Arthur Parmelee, M.D., Head, Division of Child Development. Indirect services: consultation with Learning Disability Clinic, consultation with medical and social work staff. Presentations to Learning and Behavioral Disorders Conference. One hour/week group supervision. One hour/week individual supervision. Supervisors: Jack Wetter, Ed.D. and Richard Solomon, Ph.D. (Clinical Psychologist).

1977-1978

Intern in Center for Rehabilitation Medicine, Northridge Hospital.

Provided direct services to physically disabled inpatients and their families (individual, conjoint and family therapy). Assessment through psychodiagnostic testing. Indirect services: consultation with medical and social work staff, physical therapists, occupational therapists, and speech therapists. Attended weekly inservice training seminars. One hour/week individual supervision. Supervisor: Kurt Skarin, Ph.D. (Clinical Psychologist).

1976-1977

Intern in Post Divorce Clinic, UCLA Legal Psychiatry.

Provided psychological intervention in family treatment program for families in the process of or subsequent to divorce (individual, conjoint and family therapy). Population mostly court referred. Worked with judges and lawyers. For Post Divorce Clinic, co-led (1) single parents' group and (2) parents' group for UCLA extension course "Children and Divorce." For UCLA Legal Psychiatry Offenders' Program, co-led prostitute diversion group and did psychodiagnostic testing for criminal court evaluations. Attended family law case conferences and weekly law and mental health seminars. One hour/week individual supervision. Two hours/week group supervision. Supervisors: John M. Suarez, M.D., Nancy Weston, M.A., M.F.C., Lynn Kritzer, M.S.W.



Internships (Continued)

1974-1975 Intern in Counseling Center, California State University, Northridge.  
Individual counseling, two semesters. Co-led Assertion Training Group, first semester, and Personal Growth Group, second semester. One hour/week individual supervision. One hour/week group supervision. Weekly training seminars. Supervisors: Hal Giedt, Ph.D., Tammy Sheran, Ph.D., Lee Myerhoff, Ph.D. (All are Clinical Psychologists).

Work Experience:

1972-1973 Adult Basic Education Teacher, Menlo Adult Basic Education Center, Los Angeles, California.  
Taught adults in the area of basic education (i.e., reading, math, and language skills) in individualized study skills lab. Minority populations. Principal: Ms. Joan Ririe.

1967-1969 Adult Education Teacher, West Valley Occupational Center, Woodland Hills, California.  
Taught adults working towards their high school diploma in individualized, programmed learning lab; designed and implemented new government and history courses. Coordinator: Mr. Chet Cohen.

1960-1962 Elementary Teacher, Kentwood Elementary School, Los Angeles, California.  
Taught second, third, and fourth grades. Principal: Ms. Lorayne M. Conn.



HAMPSTEAD HEALTH AUTHORITY

JANICE

## The Tavistock Clinic

DEPARTMENT FOR CHILDREN & PARENTS

TAVISTOCK CENTRE, 120 BELSIZE LANE, LONDON, NW3 5BA

Telephone: 01-435 7111 Ext. 239

28th September 1982

Dear Dr. Bowlby,

Thank you very much for your letter and I appreciated receiving it, though sorry of course that you will not be able to celebrate my thirty years at the Tavi in person. As you were Director of the Children's Department when I first came, I think I am right in saying that you are the one person still here who links my thirty years: Children's Department, Clinical Research, Department for Children and Parents.

It is funny but when Anne-Marie told me the Executive would like to celebrate my thirty years, I began thinking along the same lines as you - the number of people I had worked for and the research they had done, much of which has radically changed thinking, particularly of children in care of one sort or another. You will perhaps have seen the article I wrote in the Tavistock Gazette, No. 5, 1981 in which I wrote about aspects of working at the Tavi, and which was inspired by the articles on you, Dorothy, Bob Gosling and Dorothy Heard.

It is nice of you to say that my work has contributed to the work of all of you, and I am glad that this is so. I too have benefited by learning an enormous amount about human nature, and the work has always been so interesting, particularly because it was practical, which is perhaps why I have stayed in the same institution throughout my working life. When I now type the papers for C. and P. members of staff, many of the references refer to people for whom I once worked or was associated with, and you are right how many of them have become professors or the equivalent.

I appreciated the headed paper you used, and it reminded me of the Secretary of one of our numerous Management Committees who very hostilely once replied when I said where I worked, "Oh you're the department that has its own headed paper" !

You will be interested to know that I unexpectedly saw Ilse Westheimer last week and we talked about "old times"; I hear from Colin Parkes occasionally (and see him on television), and see Pat Brignell from time to time. Also of course I see Florence Stanger; she is now 85 but still chugging along slowly!

I expect I shall be very nervous on the 4th but I appreciate that the Tavi wishes to give me recognition, and I know that you will be there in spirit. Who knows, if I manage to stay the next 11 years until I am sixty, I may make a record!

With my sincere thanks again for your kindness in writing,  
I remain,

Yours sincerely,

Janice Uphill

P.S. I hope you enjoyed your visit to the United States.



ALVORD

Route 1, Box 47  
Kittery Point, Maine, USA 03905  
September 24, 1982

Dear Dr. Bowlby:

Adm. 7 Oct 82

I have just finished reading your three-volume work and have to express my deep thanks and admiration. It has meant a great deal to me, not only in my counseling with students and adults, but also in my own thinking and philosophy. My involvement with the Christian church goes back several generations, and the notion of attachment to the source of strength and hence to the one who encourages growth and development fits and illuminates my existential sense of deity.

X [ In Volume III, p. 436, footnote 6, last sentence, you touch I believe on an extremely profound motif. I still remember from 40 years ago while doing graduate study at Harvard a report of research into the development of concepts among primates. I am sorry that I cannot cite the author (although the field is summarized in Nissen, Henry W., Riesen, A.H., and Nowlis, Vincent, Delayed Responses and Discrimination Learning by Chimpanzees, p. 361, first 8 lines, Journal of Comparative Psychology, Volume 26, 1938.) but some details are very clear in my memory.

A primate, chimpanzee I think, was permitted to see the experimenter hide a banana under one of four boxes inside an enclosure. The boxes were of different colors, and it has established that the chimpanzee could distinguish colors. The banana was put under the box, the chimp was withdrawn, then returned a few minutes later. The color of the box was no clue to the chimp, but he would invariably go to the box on the basis of its location. This was accepted as proving that the chimp could formulate and retain an "idea" of location, as perhaps his earliest "idea", earlier anyhow than color.

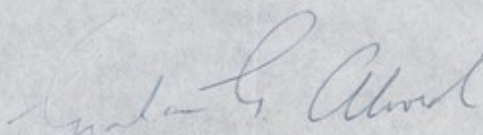
Earnest Hooten in Man's Poor Relations, Doubleday 1946, p. 54 writes that "chimpanzees do much better with positional or spatial clues than with those which are non-spatial."

I have a reason for remembering the account since I learned that the unfailing method for me in a classroom situation to assert my authority was to assign a location, "Sit there!", to each student. If he accepted my direction on this most primitive (as I thought) level, he would settle in more smoothly to the relationship of teacher:student, leader:follower.

Thank you again for your magnificent work. With sincere appreciation,

Yours every truly,

Dr. John Bowlby  
c/o Basic Books, Inc.  
New York 10022

  
Graham G. Alvord



THE  
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PRESS

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PARK AVE.  
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674-  
1900

BLIGHT

28 Sept 82

September 28, 1982

As from: 65 Mt. Auburn St.  
Suite # 71  
Cambridge, MA 02138  
(617) 491-8626

Not replied  
to

Dear Dr. Bowlby:

Many thanks for agreeing to meet with me this morning (I am writing this just after returning from our peripatetic conversation, following the chat at the Harvard Faculty Club). I can't tell you what a thrill it was to have such uninterrupted time to discuss with you all the many items of mutual interest which we share: Psychoanalysis, developmental psychology, philosophy of science (which you modestly claim you hardly understand) and even shared horror stories of the Boston Psychoanalytic Institute. I enjoyed it all and if nothing more concrete than our continued exchange of letters results from all this, then it will <sup>still</sup> have been more than worth it for me.

But, as we discussed on the walk, perhaps something more might be in the offing. Let me try to recapitulate what I remember you saying of your idea for a "smallish" book, modelled on Freud's Outline.

AN OUTLINE OF ATTACHMENT THEORY (or something near to this).

I. Introduction to the Basic Principles.

II. Various Applications.

III. Quasi-philosophical issues (Art, science and so on).

These are to be the three main divisions of the book, with several chapters being devoted to each section's main focus of interest.

My immediate reactions are these. I think the book is a good idea, strictly from the standpoint of getting the gist of your ideas into the Zeitgeist. Remember what has happened to Piaget--Everybody and his brother has written books about what Piaget meant, said, stands for (or "signifies," as the Lacanians would have it) and so on. I think that the person who ought to explain just what, in its boiled down essence, Attachment Theory means is, of course, yourself. Naturally, in light of all that has passed between us via the mails, and this morning in person, I would be thrilled to work with you on such a volume. Moreover, I know that Seymour Weingarten, my Editor-in-Chief, is similarly enthusiastic about working to produce a book of lasting significance (here I happen to think the comparison with Freud's own Outline is appropriate, for, as you point out, it tends to be one of the most important ways the entire Freudian corpus is opened to beginners), and each of us will be happy to discuss ways in which we would try to insure that the book got the marketing, advertisement and distribution it would deserve.



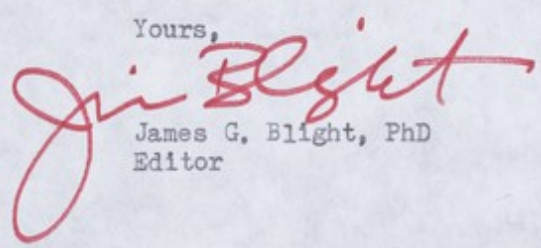
THE  
GUILFORD  
PRESS

If I understand you correctly, the main problem you have had with Basic Books is lack of attention to detail--letters go unanswered, royalties go unpaid and so on. Naturally, I will make no promises that Guilford will handle such items without flaw. But in many respects, Guilford is something like the small company Arthur Rosenthal was running back in the fifties-- maybe even a little better. We publish relatively (compared, say, to Basic Books) few books, increasingly good books and we, Seymour and I, are committed to doing things right--everything from paper to cover to ads. Of course, such talk must sound quite boastful, but it is simply fact. But let's see what develops, as this "pipe dream," as you now call it, begins to take some shape over the next year or so.

I was deeply flattered by your revealing that you relied on my article in order to counter certain of your critics in that recent exchange. You must know that I do the same thing, and often, when in conversation with certain people who ask, having read the article--"OK, Blight, so give me an example of the sort of thing you have in mind for this psychoanalytic science of yours." Of course, I shoot right back at them--"Ever hear of Bowlby?" You know, its funny, they have all to a person heard of you but not necessarily in the context I put you--as the Kuhnian exemplar of psychoanalytic science. Of course, this is one of the reasons I urged you even at the beginning of our correspondance to write a small book on the subject. After you write the book, in fact, and should you decide to work with me on it, and publish it with Guilford Press, I should have the very best of all possible worlds, I should be a veritable Dr. Pangloss, for I should say to these people: "Go buy John Bowlby's An Outline of Attachment Theory. They would learn the intellectual lesson, they would be led to the corpus of a great thinker and researcher in psychoanalysis, they would be caring for your grandchildren (via royalties) and they would be helping to pay my salary. In that case I, and perhaps you too, would be quadruply delighted.

By the time you receive this letter, we will have met briefly again at the Riggs and I will have had a chance to try to determine whether the contributions to the Otto Will Conference might make some sort of coherent volume. We shall have to see about that.

All the best and many thanks for putting me in touch with Karl Pottharst and his group. I will be in touch. Please, you do the same, as the occasion and inclination permit and require.

Yours,  
  
James G. Blight, PhD  
Editor



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September 20, 1982

As from: 65 Mt. Auburn St.  
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(617) 491-8626

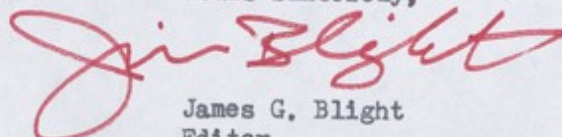
Dear Dr. Bowlby:

Many thanks for both letters, recently arrived. Naturally I am disappointed to learn that you will be unable to lecture in our beautiful Berkshires next summer but of course we will keep in touch about the progress of your plans to write what you refer to in your letter as a "smallish" book.

Why don't we do this: I am without a car, hence I cannot offer much help in getting anywhere, though ~~in~~ Cambridge this is perhaps a blessing in disguise, as the subway extension-construction has so snarled traffic here as to make car travel perhaps slower than walking. So I will take you up on your suggestion that we meet at the Harvard Faculty Club around 10:00 AM on Tuesday the 28th of September. As you walk in the main door of the Club, turn left and go all the way to the end of the short hallway, past the cloak room. I will be there sitting, reading my morning paper, and perhaps sipping coffee. I am tall (about 6'4") and will be casually dressed in sport jacket, tie and jeans. I'll look forward to meeting you and to having a good chat.

Hoping you had a pleasant and uneventful journey, I am

Yours sincerely,



James G. Blight  
Editor

PS Naturally, if a problem arises and you cannot make the meeting, please feel free to call me at home at the number circled (or squared, actually) above. Cheers.

JGB

Dr James Blight

13 Sep 82

Dear Dr Blight

By now you will have had  
my letter about our meeting  
on the 28th. Before we meet,  
however, I think I ought to  
tell you that I shall be  
disappointing you over your  
~~proposal~~ <sup>suggestion</sup> ~~proposal~~ regarding

a possible series of 1983  
'Günther Lectures' @ Between now  
& April I have a full program,  
including a trip to Sweden in late  
October & three weeks in the US  
in March, <sup>in the</sup> mostly San Francisco Bay  
area & New York <sup>am to</sup> ~~to~~ give the K&H  
lecture.

~~After that I have been thinking  
of writing an Outline of Art Theory.  
I am going to consider writing  
something~~



itself, or its prodromata, could have induced changes for the worse in these variables. The informant would presumably have reported some of these, and one would be little better off. There would still be confounding between variables.

X  
 The next approach, and the one adopted by us here, has been to use a longitudinal design, whereby one can examine quantitatively the changes in the two sets of variable over time. In the investigation of causal processes, if changes in one set of variable are consistently followed by changes in another, this can usually be taken as important information on the direction of causality. But such observations still cannot be taken as conclusive, because the changes in the first set of variables are outside the investigator's control and could, for example, be prodromal manifestations rather than causes; or changes in both the outcome and predictor variables could be the consequence of changes in some unmeasured set of variables, such as certain personality attributes. These obstacles to studying causality have to be accepted in epidemiological research of the type tackled here. Further advances can be made only by moving on to experimental epidemiology, in which an act of intervention is made, with deliberate alteration of one of the outcome variables to examine what effect this brings about in the subsequent incidence of morbidity. Such a design is indeed highly desirable in the present field of investigation, but it should be preceded by prospective studies. What follows is an account of an early attempt to undertake one of these.

X

No - by better measure of vulnerability

#### Strategies in Analysing the Panel Data

X  
 As described in Chapter 5, we took a representative subsample of 323 persons from the Wave 1 sample and sought to interview them at four-monthly intervals a further three times. Due to geographical mobility and refusals, 94 persons were lost from the subsample during this process, leaving 231 (72%) on whom observations were successfully obtained



After that I shall keep my  
options open. I may decide to  
write a Scottish book, but if I did  
I should have nothing ready  
~~to be~~ by the end of the <sup>late</sup> summer of  
1984 at the <sup>very</sup> earliest. Moreover,  
I shall make no commitments  
as I work best when I'm  
free to take my time. Since completing  
Vol 3 of A & L <sup>two years ago</sup>  
I seem to have <sup>allowed myself to be put</sup> ~~been~~ under constant  
pressure (my own fault, of course).

I shall be interested to hear how  
your ideas about a possible lecture  
series are shaping up. It is an  
ambitious venture. My guess is  
that you would be wise to stage  
them every two years, not one,  
& that invitations would need to  
be made issued not less than



*Replaced* p. 13 Summary of Findings  
14 Interpretation

The findings reported so far are consistent with the causal hypothesis but, as we have taken pains to point out, could also come about through several other causal paths. In Susser's words "... no model based on cross-sectional data collected at one point in time can itself settle the question of time-order among associated variables." (Susser, 1973, p.138). We are therefore now in a situation which is quite familiar in epidemiology: an association has consistently been observed, but the process whereby the variables come together is uncertain. In studying the causes of neurosis, the task of tracing causal paths can never be straightforward because the disorder itself, or associated phenomena such as premorbid personality or current social behaviour, may well bring about changes in the very predictor variables one wishes to investigate. The consequences for designing a successful enquiry into aetiology are profound: it is necessary to separate measurement of the disorder from measurement of its postulated causes. One must seek measures of these possible causes which are unlikely to be tainted by the disorder itself or its sequelae.

In cross-sectional studies, one way of trying to achieve this might be to obtain information about the postulated causal variables from a witness other than the afflicted person. For purposes such as this study, such an approach would have been of little avail. For example, in a cross-sectional design, suppose our information on the independent or predictor variables (here, social relationships and adversity) had been derived from sources other than the respondent himself: it would still have been possible for premorbid personality traits to have caused adverse changes in the predictor variables under study; or the disorder

two years in advance. The sort  
of people you are after are likely  
all to be very busy & already  
committed to the next ~~semester~~  
academic year.

COFA



study do not provide information either for or against this : the study was primarily aetiological and not of social factors influencing outcome, for which a different set of hypotheses and a different sample would be required.

Huxley, Goldberg, Maguire and Kincey (1979) have looked at this very issue in a sample of out-patients with minor psychiatric disorder. It is notable that they found the availability of close and gratifying relationships had no effect on outcome one year later; but their indices of dissatisfaction with social contacts and with leisure activities carried the strongest factor loadings in the first component of their principal components analysis. This pattern is strikingly similar to the present findings on aetiology. Clearly, there is now a need for rigorous studies of the effect of providing prosthetic social relationships, either with professionals or others, on the course of non-psychotic disorders.

Finally, one cannot help but be aroused by the unexpected findings in the present study. We set out to conduct a substantial piece of fieldwork in social psychiatry. The data, we believe, point away from the <sup>current</sup> social environment to the inside of people's minds.

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BLIGHT  
31 Aug 82

August 31, 1982

*Adm by Airtel  
12 Sept.*

As from: 65 Mt. Auburn St.  
Suite # 71  
Cambridge, MA 02138  
(617) 491-8626

Dear Dr. Bowlby:

1 I write to you on this last day of August, with fall, the start of classes, brisk New England winds and your visit to the states just around the corner, late in September. On the latter point, I wonder if we might make some arrangement, even at this distance, which would make it easier to squeeze out a little time to chat while you are in Cambridge, on the morning of Tuesday, September 28. If you only tell me where you shall be, or where you might like to meet or (as my students used to say) where you will be "coming from," I will be very glad to arrange my schedule around your own. Or, if you like, I can suggest a place where we might meet for breakfast--perhaps the Harvard Faculty Club, where the food is perhaps a little dull but where conversation is enhanced by an unhurried atmosphere and pleasant surroundings. Just let me know.

2 It looks now as if I will be following you to Stockbridge, for the meeting in honor of Otto Will. Dan Schwartz, the medical director of the Riggs, has invited me to attend so that I might get a first-hand idea of whether the proceedings might, suitably edited, constitute a good book. So, my wife, Janet, and I will be there in Stockbridge, one of our favorite cities (or rather towns) anywhere. The foliage should, Dan informs me, be exceptionally beautiful during the weekend of the conference.

3 Stockbridge brings me to my final reason for writing. I have for a long time--ever since the days I taught psychology in Western Michigan--wanted to get involved with a lecture series of the first rank, something that would result in not only a bunch of interesting experiences for those who like to attend lectures, but also something of lasting value. Toward this end my Editor-in-Chief, Seymour Weingarten, whom you have met, and I have begun to talk about an idea which I call, at this point, the "Guilford Lectures in Psychoanalysis and Psychology," or some such thing. In rough outline, it would have the following characteristics:

- 1) They would be given in early August each year, probably in the Berkshires or on Cape Cod. (our Vice-president, Robert Matloff, is currently looking into possibilities in each location). There is also a possibility that a winter series would be given each year in New York, probably in early February.
- 2) The series would consist of five lectures, given each weekday morning, for five days, on a topic to be agreed upon by the lecturer, myself and pertinent consultants.
- 3) After each lecture, the discussion would be initiated by a person brought to the lecture specifically for that purpose. The lecturer would have access to all the discussant has to say, long before the date of delivery.
- 4) The lectures would be gathered into a book, with my editorial assistance and published by The Guilford Press as part of a continuing series



of small, provocative enduring volumes in our field.

- 5) The lecturer would be given transportation and accomodation expenses for he/she and accompanying family for the week and a \$2,000.00 honorarium, in addition to whatever royalties accrue from publication of the book resulting from the lectures. Naturally, the figure is a rough one, but it seems to be in line with those offered at several other programs of this sort.

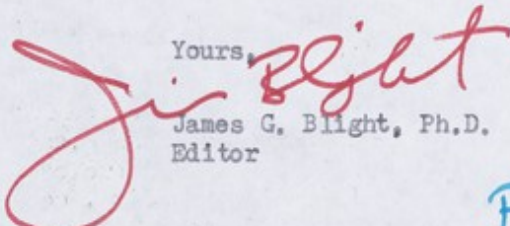
"Of this sort." That is the rub and the difference, in my view. There is no other program "of this sort," at least not in the way I imagine it. I want to invite the finest minds to pull together their work, to initiate new work, or to do whatever they wish in order to produce a small volume of lasting significance. This will not be easy; we all know the story of Pascal, I believe it was, who said he did not have time to write a short letter, so he wrote a long one instead. The lecturers will need to work hard on their lectures just because they are short and because the lectures are but the first step on the road to a book--one which will receive all the support Guilford can offer by way of editorial assistance, readers, artwork, marketing and so on. Each time one of our lecturer's books is published, it will necessarily be our #1 book for that period.

1983. What do you think of the idea? More, I would like to invite you to be the very first Guilford Lecturer, possibly pulling together your ideas on the art and science of psychoanalysis, though, consistent with what I said previously, I will make no dogmatic requests on the lecturers except that they turn in a ms to me within a year after they ~~XXXXX~~ deliver the lectures. Would you like to be the Guilford Lecturer for August, 1982, about a year from now? Seymour and I both agree that we would like you to be the first one; there is no one, in fact, that we considered for the first lecture, other than you. Please think about it. We might discuss it at our meeting in Cambridge and, if you like, I can probably arrange for Seymour to be here to chat also. Much hinges on your decision, including the making of final arrangements as to place, exact time and so on. But we can talk.

I look forward to seeing you, to chatting and to considering several of these possibilities. I trust it is obvious that you are being pursued, but also that my motives are good ones. I have read your work, both as a scholar and as an editor, I admire it a great deal and I would very much like to work with you on a task of importance. That the venture would be profitable for all concerned is a bonus but, in my view, it is artifactual. It is the ideas and the working with you that attract me.

All the best,

Yours,

  
James G. Blight, Ph.D.  
Editor

PS

PTO

P.S.

4 I recently returned from the meeting of the American Psychological Association in Washington, DC. On the program was a symposium on attachment, in which you and your ideas assumed center stage. But it was rather depressing, I must say. The conclusion of many of the participants, especially Jerry Stechler and John Muller (who will be on the Otto Will program), was that Lacan and others have in some sense "superseded" your work by getting to a deeper level of analysis than you have ever done. I cannot be more specific, for I fear that my Linear way of thinking, as my detractors often refer to it, and my requirement that statements be at least in principle testable, or at least evaluable in some rational fashion, prevented me from understanding what was said. Yet from the few bits and pieces I did pick up, I was sent into a reverie about what what my friend, Dan Robinson, a philosophical psychologist from Georgetown, calls "the triumph of the visigoths in three-piece suits," had reached a new level of danger.

5 On a much brighter note, I am currently considering for publication a ms by Morris Eagle, of York University in Toronto--a systematic, critical analysis of contemporary psychoanalysis, in which you and your work are held up as a kind of model of what the psychoanalytic research enterprise ought to be like. Do you know Morris, or know of him? He is very bright--a former student of Bob Holt's in the halcyon days of the NYU Research Center and this is his magnum opus. Would you, by chance, like to take a look at it? I could either send a copy to you or give you one when we meet next month.

Cheers,



JGB



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File USA Sept 82

BLIGHT

June 22, 1982

As from: 65 Mt. Auburn St.  
Suite # 71  
Cambridge, MA 02138  
(617) 491-8626

Dear Dr. Bowlby:

Your good letter of June 17th arrived yesterday, with the invitation to meet with you in Cambridge on the morning of Tuesday, September 28. I have accordingly reserved the entire morning for you. As your plans become firm please write or call with particulars of time and place. I look forward to our meeting with eagerness.

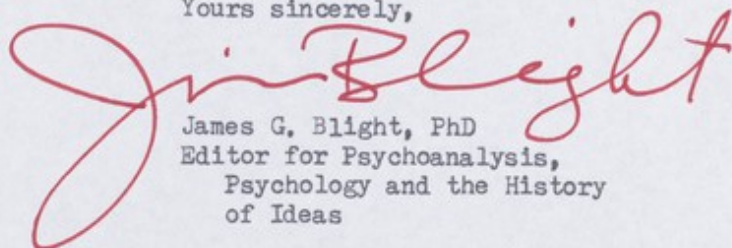
I am glad you had the opportunity to meet with Seymour in London. You know, when I was teaching at Harvard, in the History of Science Department, I looked high and low for a publisher I thought I could work for in good conscience and, one might say, without having to sacrifice my mind. For I had decided unequivocally to leave academia, and I wanted to edit, but in general publishers are such an unsavory lot that I nearly gave up the search. Unlike Diogenes, however, I found my honest man, and a smart one too.

I understand that, as you say, you hold out no great hopes for a book. Of course, you must be the judge of that. But I simply want you to know that I would be happy, whenever you feel the time might be right, to discuss with you ways in which I might be able to help in an editorial capacity--and this in my case includes, I think, a much wider range of services than most editors can provide.

Many thanks for agreeing to meet. I hope you don't mind, but I have told my friend Phil Holzman of your coming to Cambridge; he is a great fan of yours and I know he would have wanted to know of your arrival, if indeed you had not told him yourself.

All the best,

Yours sincerely,



James G. Blight, PhD  
Editor for Psychoanalysis,  
Psychology and the History  
of Ideas

JB/DES

17th June 1982

Dr. James G. Blight  
65 Mount Auburn Street  
Suite 71  
Cambridge  
MA 02138  
USA

Dear Dr. Blight:

Many thanks for your long letter of 3rd June which arrived just before I lunched here with Seymour Weingarten. As he will tell you, I did not hold out any great hopes of a new book.

As regards my visit to Austen Riggs. I shall probably be in Cambridge for two nights before moving on to Stockbridge on the afternoon of Tuesday, 28th September. One idea would be to meet in Cambridge on the Tuesday morning. Once I get to the Center I dare say spare time will be difficult to find.

Looking forward to ta talk.

Yours sincerely

John Bowlby, M.D.



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James BLIGHT  
Red 8.6 82

3 June 82

June 3, 1982

As from: 65 Mt. Auburn St.  
Suite # 71  
Cambridge, MA 02138  
(617) 4918626

Dear Dr. Bowlby:

Many thanks for sending to me the reprints of your various papers on the art and science of psychoanalysis. I have spent the day, or most of it, gently perusing and savoring what you have written and I am once again deeply impressed by your catholicity of interest and your good sense in trying very hard, in the face of a rather unreceptive psychoanalytic Zeitgeist, to link analysis to cognitive science and to biology and developmental psychology. My dear friend, Bob Holt, once wrote an important paper, some twenty years ago now, on the reasons why the old distinction between natural science and human science, between the idiographic and nomothetic, is untenable. His basic argument was that in all cases one is trying hard to solve important problems by a trial and error means. True, <sup>in</sup> the one case, the therapist has an "N" of 1, but differences such as these <sup>date</sup> when compared to the similarities. The new wave of interest in hermeneutics is very discouraging to me and, I take it, to you as well. As Bacon said famously and, I think, truthfully: knowledge is power. Bronowski put it perhaps more gracefully: The future belongs to those who have the courage to push back the curtain of ignorance. Unless analysts begin to follow the path you have blazed, along with some significant others, the future of psychotherapy and psychological theory, belongs to some other way of looking at things.

I understand from my Editor-in-Chief, Seymour Weingarten, that you and he may try to connect while he is in London for a visit. Indeed, by the time this letter reaches you, you two may already have chatted. Similarly, let me assert that I am keenly interested in meeting you and in talking with you about many issues of mutual interest when you are in the States this fall. You mentioned in your letter that you will be at the Riggs Center--one of my favorite places, at which I have myself given a number of talks about, among a few others, John Bowlby. May I ask you to let me know specifically when you will be at the Riggs, so that we might arrange to steal a little time for talking? I would very much appreciate it, though if it cannot be arranged there, perhaps another time and place will do as well.

I want to reiterate my interest in exploring with you the possibility of writing a book on the methodology--may I be so bold as to call it the "philosophy" of psychoanalysis? You are correct, of course: As you say in your short articles, your methodological predilections--your interdisciplinary orientation, your firm hold on the philosophy of science appropriate to psychoanalysis, your abhorrence of morbid intraclinicalism as a "research" tool--are indeed embedded in the three volumes of Attachment and Loss. But I must gently protest that they are far too hidden. I really believe that you are known only to have made an empirical, or contentual point. It is significant, I am sure, that among the American students of psychoanalysis with whom you share the most profound assumptions, none ever cites you for your comments on methodology and few even see your work as relevant to their concerns. How do I know this?



Because I am now working with many of the authors in question--Holt, Rubinstein, Dahl and Teller, Weiss and Sampson, Silberschatz and Matt Erdelyi (whom you often cite for his article "A New Look at the New Look"; is doing a fabulously interesting book with me called THE COGNITIVE PSYCHOLOGY OF SIGMUND FREUD, which is absolutely consistent with your work. But even Matt did not know your work directly; I told him about it and now you will at least be granted a few remarks and references in the eventual book).

I do not want to sound like Chicken Little: The Sky is falling, mama; psychoanalysis is about to be crushed under the weight of irrationalist hermeneutics and other dualisms and only John Bowlby can save it! Not quite. But I want to tell you that I believe you have an enormous amount to say and, what is perhaps as important, you will be listened to. You have carried on one of the most significant research programs of the twentieth century in psychology and I just do not believe students and practitioners of psychoanalysis understand or appreciate the foundational assumptions about science which have made this research possible. The many people who see something of enduring value in the tradition begun by Freud need to be told, by one who has the data to back it up, that psychoanalysis will live just so far as it dies as an ideology and isolationist clinical pseudo-science. Forgive me for appearing so bold: But you, John Bowlby, are the man to write such a book. It will have to be a short book, a pithy book, an erudite book, a documented book. Who but you can write it? Honestly, if you have another candidate, I would be very happy to contact him or her.

I should mention that I do not entirely agree with your <sup>Dispensing with</sup> dispensation of Popper, on p. 253 of your PSYCHOANALYSIS AS A NATURAL SCIENCE. True enough, Popper is an enemy of psychoanalysis, but not, alas, a highly informed enemy. Why not read a marvelous book by W.W. Bartley III, THE RETREAT TO COMMITMENT, in which the author argues that the fundamental demarcation to make is between rational and irrational not, as Popper used early to hold, between science and metaphysics, or pseudo-science. The middle chapters in Bartley's book have always struck me as providing just the proper ammendment to Popper--and which makes him and his thought relevant to the scientific aspirations of psychoanalysis as never before. I have a long, bloated unpublished essay on this general subject, which I would be happy to send you, should you wish.

Finally, I would <sup>be</sup> interested to hear from you about those whom you regard as the best researchers now working in the psychoanalytic mines. Who, to put it another way, will we still be reading in twenty years, more or less? I would very much like to get in touch with those scholars who, like yourself, are interested in making contact between the richness of psychoanalysis and the more rigorous methodology of the cognitive and biological sciences. As an editor and publisher, I think this field is open for exploitation. As a scholar, and as one who is devoted to a certain conception of the Freudian tradition, I long to work with these sorts of people.

I'll look forward to hearing from you. Until then, I remain,

Yours faithfully,

James G. Blight Ph.D.



BLIGHT JB Copy  
1982

JB/DES

21st May 1982

Dr. James Blight  
Department of the History of Science  
Harvard University  
Science Center 235  
Cambridge  
MASS. 02138

Dear Dr. Blight:

Many thanks for your letter of 29th April and also for the reprint. My secretary tells me she has already sent you the reprints you asked for. The only other papers that might interest you are one titled ON KNOWING WHAT YOU ARE NOT SUPPOSED TO KNOW AND FEELING WHAT YOU ARE NOT SUPPOSED TO FEEL, a copy of which my secretary will send you, and one on CARING FOR CHILDREN which is to appear in a symposium on parenting, edited by Rebecca Cohen and others in Chicago, which is being published by The Guilford Press (my script completed in 1980, but no page proofs yet).

I am interested to hear that you were at my informal Harvard talk. Yes, I am certainly endeavouring to do what you are advocating. Your paper I have found both interesting and timely. As it happens, the two papers you asked for have been reprinted in a British review, The New Universities Quarterly, and are the topic of controversy (not very high level!). As a novice in the world of philosophy, I have found your paper most instructive and it will certainly guide the reply to comments I am about to write.

Now about your role as editor. Whilst I appreciate your invitation, I cannot raise your hopes. This is partly because of some commitment already to Basic Books and partly because I have no great confidence that I shall produce another book. Even so, I shall bear your suggestion in mind and will look forward to a possible meeting. I should especially welcome an opportunity to meet Robert Holt and the others you mention. In March next year I am likely to be in the States for about three weeks, and I shall also be paying a lightening visit to the Austen Rigg Center early October this year.

Incidentally, I wonder if you are taking responsibility for the book by the two Italian psychiatrists, GUIDANO & LIOTTI, which I believe Guilford Press is producing shortly. I found the opening chapters which they showed me extremely interesting (though the translation left a lot to be desired). It was especially welcome to find so much convergence of thinking

(over)

between some in the cognitive therapy tradition and some of us in the psychoanalytic field. I very much hope their book will get wide circulation.

Hoping we shall meet some time.

Yours sincerely

John Bowlby, M.D.

On knowing - sent surface mail 18.5.82



10th May 1982

Dr. James G. Blight  
Department of the History of Science  
Harvard University  
Science Center 235  
Cambridge, MASS. 02138

Dear Dr. Blight:

I am writing to acknowledge your letter of 29th April and enclosure for Dr. John Bowlby who is away from London until the middle of June.

I enclose a reprint of two papers for which you ask in the first paragraph of your letter (1) Psychoanalysis as art and science and (2) Psychoanalysis as a natural science but will await Dr. Bowlby's instructions for reprints of his other writings to send.

Yours sincerely

Dorothy E Southern (Miss)  
Secretary to Dr. John Bowlby





BLIGHT

Department of the History of Science  
Harvard University  
Science Center 235, Cambridge, Mass. 02138  
617-495-3741

April 29, 1982

Ackn DS 10 May

Dear Dr. Bowlby:

Let me start with a rather trivial request and try to build from there to something that has been on my mind for a very long time. May I have copies of your papers on "Psychoanalysis as a Natural Science" and also the one called, roughly, "The Art and Science of Psychoanalysis?" (I say "roughly" because I have not read it in over a year, though I remember well its central message--more on this in a minute). I would greatly appreciate receiving copies of all you work, in fact, on the nature, the philosophy (if I may invoke so grandiose a term) of psychoanalysis. Many thanks, in advance.

Reprints sent

Next, a little autobiography before I get to serious matters. I took my Ph.D. in psychology, history and philosophy of science without ever having to read Freud. I now regard this as perhaps the most amazing commentary on graduate education in America--I read Watson, Skinner, even the lesser lights of this or that movement, but no Freud. He was regarded as irrelevant by the psychologists, as an enemy by the historians and as a fuzzy-headed pseudo-scientist by the philosophers. I accepted this, as graduate students often do, in the interest of not protracting my graduate career into the next century.


Then I began to teach at a small college in Michigan. I was asked, after a number of years, to offer a course in the history of science--specifically on THE FREUDIAN REVOLUTION--because, I was told, Freud, though an undoubted pseudo-scientist and anti-intellectual, was also, paradoxically, the only "great man" among a litany of ner-do-wells in the pseudo-sciences. (I ought to point out that the program was run by a group of true nineteenth century positivists who had miraculously been transported into our century, though, not, unfortunately, with our century's insights into science, its philosophy, history and sociology. But I said I would do it; I lied and told them I already had read and digested everything Freud had to say. You may detect the level of their ignorance in their acceptance of this boast; even Freud only understood about half of what he said, I am convinced. The more I read of the great man, the less I understand, thus corroborating the dictum of (I think) Haldane:



That the more deeply one looks into a difficult problem, the more impossible it is to solve it. I like that. It is consistent with the philosophy of my own (sort of) hero, Sir Karl Popper. Our ignorance is infinite, a fact that Freud often appreciated and applied to others, it seems to me, but not often to the so-called growing body of psychoanalytic knowledge.

I got terribly hooked on Freud. I found none of the glib phrases and diagrammatic nonsense that one finds characteristically in text-book presentations of him. I found none of the shallow, linear, reductive theory-maniac that he is often said to be. Instead, I found a man with the most profound questions I had never asked, I found a clinician, a scientist, an artist, a philosopher, a biographer and much else besides and thus was ignited my enthusiasm for Freud. Like all converts, my flame burns bright; I am especially suspicious, as are most late-converts, of those who have longstanding commitment to the man and discipline. I fear that many of them are killing it from the inside, due to a kind of pathologically narrow clinicalism, and also that many outsiders are killing Freud's tradition due to irrational hatred, misunderstanding and simple stupidity. I came to Harvard a couple of years ago, thanks to the Mellon Foundation, to write on the history and philosophy of psychoanalysis in such a way as to try in some small way to improve the situation. I wanted specifically to unite the views of Freud and Popper, not in some simple minded way but somehow to show that psychoanalysis could indeed be connected with the sciences which ought to be its sisters, that certain psychoanalytic postulates could, and indeed had, been subjected to empirical test and that we ought once and for all to regard Freud as dead and gone, in the same way that Darwin is dead and gone for all but the most backward biologists and as Newton and Einstein are historical figures for physicists. We ought, in short (as I began to preach around the Harvard community in numerous talks), to begin to act as rational people in precisely Popper's sense and, <sup>in</sup> doing so, to see where this might lead in our emerging conception of psychoanalysis.

It was at that point that I went to your talk here at Harvard on psychoanalysis and information processing. As talks go, it was probably one of the best I heard all year but for me it was <sup>an</sup> illumination. You showed how you had for many years been doing just what I was calling for. In subsequent conversations with my good friends Bob Holt and Phil Holzman, I have heard from them that they, with their connections to the philosophical-scientific tradition of Rapoport, have long regarded you as a true colleague from across the sea. I would have written to you at that time but life circumstances intervened. I decided, for many reasons, to leave my career as an academician and become an editor, in which I am now quite well established. It is an an editor, with a background as a scholar and teacher and friend of psychoanalysis, that I now write to you.

 I edit for THE GUILFORD PRESS, which is located in New York, though I continue to work out of Cambridge which is, as you know, the headiest



community on these shores and a marvelous place for an editor to be. My main goal as an editor, so far as psychoanalysis is concerned, is to build the most powerful, most interdisciplinary, most significant list of books in psychoanalysis to be found anywhere. It should now come as no great surprise to you that I seek authors who are willing and able to make connections between psychoanalysis and the greater intellectual world. And this is where you fit in. For you seem to me something of a revolutionary pioneer in connecting the rarefied (often) theory of psychoanalysis to the empirical world, in your magisterial three volumes on Attachment and Loss, of course, but also in your subtly brilliant theoretical papers on clinical art, empirical science and on connections between information processing and psychoanalytic theory. I wonder, therefore, if you would be interested in exploring with me possibilities for collaborating, you as author and I as editor, in a project or projects having to do with the substance, or perhaps even the sum, of these papers--such as I requested in the opening paragraph of this swelling tome of a letter.

Let me tell you a little about who I am working with and what they are doing. Bob Holt is doing three books with me (his theory papers, his long-awaited biographical study of Freud, done within the framework of his teacher Henry Murray, and a volume on psychoanalysis and cognitive science), Phil Holzman on the biological foundations of psychoanalysis and, indeed, an entire series on psychoanalysis and the sciences, with Margaret Brenman-Gibson on a volume on the psycho-social theory of Erik Erikson, with John Mack on a book on biography and psychotherapy and with many others who are trying to connect psychoanalysis to the contemporary Zeitgeist, and thus bring it out from under Freud's (by now) oppressive nineteenth century outlook. Of course, if you would seek information about my modus operandi and skill as an editor, I urge you to talk or write to any of these people. I believe they will tell you what I truly, if immodestly, believe: That no one currently working in psychoanalysis brings to his editorial work the level of depth and sophistication that I do. I know this must sound like a used car advertisement but I also hope you realize that at this point--the initial point--I must say what can only be credibly conveyed by others or through experience between author and editor, such as I hope we someday have.

So, would you like to correspond about possible projects? Will you by chance be in the US in the near future, say at the meeting of the American Psychoanalytic Association in Boston in May? If not, and if we decide we have something of mutual interest to discuss, then of course we will simply find a way to meet. I am reminded of a film by Claude Lelouch, in which two people meet and fall in love "at first sight," yet the director allows this to happen only after over three hours of torturous development. Somehow this seems appropriate here: I seem to have come by a long and winding road to psychoanalysis, to editing and publishing and, finally, to John Bowlby. I would very much like to



work with you. It seems to me that, as my man Popper might put it, I ought to conjecture that we would make a good team. Now I can be refuted, of course, but I trust this would not happen without getting a good hearing.

Naturally, I look forward to hearing from you, to receiving your materials and, ultimately, in some place and time, to meeting you.

Yours,

*Jim Blight*

James G. Blight, Ph.D.

BLIGHT JB Copy

JB/DES

21st May 1982

Dr. James Blight  
Department of the History of Science  
Harvard University  
Science Center 235  
Cambridge  
MASS. 02138

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Sent  
Surface Mail  
18 May 82

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Hoping we shall meet some time.

Yours sincerely

John Bowlby, M.D.

On knowing - sent surface mail 18.5.82

Cynthia POSTAN  
2 Sylvester Rd  
Cambridge

13 March 1982

Dear Roger - I know you'll forgive  
my using this intimate way of  
addressing you - but Mummy always  
used it when talking about you.  
When he did, frequently. I  
liked hearing about those good  
old Bloomsbury days and I  
got to feel almost a participant  
because the friends Mummy  
spoke of were so vivid in his  
memory. He was delighted  
when you & Muriel came to  
Cambridge for your degree.  
Any honour that came to an  
old friend was received as re-  
flected glory! And the morning  
you came here and renewed



the old ties gave him enormous  
Pleasure. It was a sad  
Coincidence that he & Tom  
should go almost together.  
Tom & Nadine have been such  
wonderful companions to us  
here in the last few years.

Nadine & I do feel sad and  
lonely, how could it be otherwise?  
But N. particularly is a  
wonderfully cheerful personality  
and we often talk about T. &  
M. and that helps a lot.

I was so glad to see you at  
Tom's meeting at the L.S.E. and I  
thank you again for writing. That  
too helped -

Yours ever,  
Cynthia (Postan)



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Graduate School of Public Administration  
4 Washington Square North  
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Telephone: (212) 598-3725

APT 3D  
215 WEST 88  
NYC 10024

DURBIN

November 14, 1981

Dearest John,

I am writing to send you the second half of my book, which is at last finished in draft form, more or less. There are lots of gaps towards the end, but I hope they will be easier to fill in now that I know the end of the story! You will find you figure quite a bit in Chapters 9 and 10 along with Boyce's Bar. I hope you will feel I did justice to our conversations. I am not in any way wedded to the wording, so do feel free to comment + criticize. My deadline is December for the rewrite (more likely it will be January) for 1982 publication.

How are you and Ursula and your volumes?? I have been so immersed in getting this manuscript finished, that I have nothing very interesting to tell you about my life! I did visit Jos for a week in August, and loved her new home in such beautiful country.



I do hope you will get to visit her, as I know you would both like it in Vermont + Roger's huge Center is quite interesting too. Clare is a freshman at ~~Colby~~ Colby, Maine, + seems to be having a splendid time. We had hoped to spend Thanksgiving and Christmas together, but they were too tied up to come here for Thaux + He Secker Walker are bringing Burlington over Xmas - so maybe I will go up for a bit of skiing after the First Manuscript is mailed off.

How do you like the title New <sup>Jerusalem</sup> ~~Jerusalem~~ = The Labour Party and the economics of democratic socialism?

It's my current idea. And I can't decide whether to send Henry a copy or not. I have sent it to Tom Marshall and James Meade, but as you know I felt the whole thing upset Henry + I know his eyes have been troubling him. But I would hate him to feel left out!! What do you suggest?

By has been working for CBS since June + after a little trouble adjusting to big bureaucracies and Female Bosses, is doing some good work and enjoying life again. So things are pretty good with us.

Did you hear the awful news about Ed Sachar? He suffered a massive stroke + although he survived, he cannot talk + it is not clear how much he understands. What a shame + a waste! Much love to you both Lizzy.



as execution  
in re  
republishing  
I am  
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to try to  
clarify  
much  
more  
his

July 12, 1983

DURBIN

145.19 July 83

Dearest John,

Just a brief letter to thank you so much for your letter, your phone call and all your helpful advice. And to catch you up with developments.

I have spoken to Norman Franklin and to David Lipsy. David will read the Ms. and advise what would have to be cut to get it to 100,000 words. Franklin 'may' be visiting the US in September; Lipsy cannot promise a report until 'sometime' in August. Franklin says we should discuss ~~it~~ after David's report, so I may come to England or wait for him to come here. Either way, I am unlikely to have much time to do any editing this summer, which is a bore. BUT I feel much better that someone I know is reading it & will make specific suggestions.

Meanwhile I have been in touch with Oxford University Press here & a most enthusiastic political science editor wants to see the Ms, even though <sup>she knows</sup> negotiations with RKP are not complete. She was emphatic that they would not be concerned with the number of words, although it would obviously affect cost... So I am sending the Ms. along to her



DURBIN  
BOX 317, SHELTER ISLAND  
NY 8 11964



DR JOHN BOWLBY,  
TAVISTOCK CLINIC  
120 BELSIZE LANE,  
LONDON NW3  
ENGLAND 5BA

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Additional message area

and feel I have a good possible alternative if  
Franklin is insistent on 100,000.  
Majoie also sent a nice young Fabian, Nick Butler,  
who came for the weekend (He edited Nicky Kaldin's The Ec  
Insequences of Mrs. Thatcher!) He will also read the ms. &  
give advice - he did not think I would need editorial  
assistance at this stage - Indeed I would have to do the  
cutting. He felt 100,000 words was unrealistic. He is also going  
to see that I get invited to the Fabian Centenary conference  
in January 1984 - which will be good publicity ... He  
suggested Peter Jay for the foreword to get maximum  
coverage? Mary thanks for talking to Majoie, she seemed  
a little confused about her role





New York University  
*A private university in the public service*

Liz DURBIN

Graduate School of Public Administration  
738 Tisch Hall  
Washington Square  
New York, N.Y. 10003  
Telephone: (212) 598-3246, 3247, 3248

June 24, 1983

Dr. John Bowlby  
The Tavistock Clinic  
Tavistock Centre  
120 Belsize Lane  
London, NW3 5BA  
England

Dear John,

(A) Although I am sure you have been much too busy to read my manuscript, New Jerusalem, I hope you may be able to help us in the current negotiations with Routledge.

The manuscript was sent to a political scientist for review. His/her response was that it was "marvelous", "just what was needed", and "a very good book indeed", but that it was much too long. So Norman Franklin wrote to me suggesting that I cut it in half to the "contracted" 100,000 words. I was appalled for various reasons. First, when I checked our agreement, there was no contracted number of words. Second, I sent a first version in 1981 with specific questions (for example, about Evan's notes for the economics of democratic socialism), which the so-called editor, Elizabeth Fidlon, never bothered to answer, and it seems outrageous to be making such drastic suggestions at this stage. Third, and most important, I do not see how I can cut without specific advice. Consequently I telephoned Franklin to express my concerns. I agreed in principle to some <sup>re-</sup>writing, but I insisted that I must have professional editorial help. Franklin agreed, but warned that it might take some time because of the election.

(B) In the course of conversation, I also suggested the possibility of reissuing some of Evan's most important works and including the economic notes, for which Routledge also had the contract. I have spoken to Marjorie about this on the phone and I have also written to her and Franklin. I'm not sure that you are formally an executor, but I did urge Marjorie to seek your advice anyway.

I enclose a copy of my letter to Franklin with my suggestions for this volume. I also suggested to Marjorie that she and I could possibly pay the appropriate person to extract The Politics of Democratic Socialism, rather than get involved with royalties.





x  
A  
I would appreciate it so much if you could help Marjorie, particularly because I am finding both Routledge and my agent very difficult to deal with, but since Routledge has all the rights it seems wisest.

I also wonder if you can advise me on my problems with the New Jerusalem's manuscript. With any luck I will get some editorial help at some point so that I can do a decent job on the manuscript. But I am very concerned about all the promotional activities, and I am totally frustrated in my attempts to deal with both my agent, Frances Kelly, and the editor, neither of whom have bothered to read the final manuscript. I have asked Franklin to remove Fidlon, but I am not sure he will. And I have written to my agent to try to get her to stand up for my rights, or at least to give me some advice on the manuscript. She has replied at length, and extremely defensively; she says essentially that I shouldn't expect anyone to read the manuscript!

I am at my wit's end. I feel I need someone to fight for my interests, and to see that the right things are done for the book. However, I have no faith in either the "editor" or the agent. As I remember you do not have an agent yourself, but I wonder if you know someone appropriate, or someone else who might give good advice. I'm not at all sure I should switch agents at this point, but I am afraid that Kelly is counter-productive. Any suggestions would be most gratefully received. I could come to England for a short visit if it seemed worth it.

Please don't tell Marjorie about these problems with New Jerusalem's. She has a tendency to get the wrong end of the stick, and I don't want her to worry!

Many thanks for your help, and as always my deepest gratitude for all the support and interest you give so generously to our family.

Very much love to you and Ursula,

Liz  
liz

P.S. No bank statements yet...?

ED/bb



New York University  
*A private university in the public service*

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738 Tisch Hall  
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New York, N.Y. 10003  
Telephone: (212) 598-3246, 3247, 3248

June 22, 1983

Mr. Norman Franklin  
Routledge and Kegan Paul  
39 Store Street  
London WC1E 7DD  
England

Dear Mr. Franklin,

A Since writing to you on June 2nd, I have been able to give more thought to the proper length for my book, New Jerusalems. We are both agreed that it should be cut; the question is, how much?

My intention is to present an analysis of the evolving intellectual case for democratic socialism in Britain during the thirties from an historical and personal perspective. From the reception of papers I have presented and drafts I have circulated, my research is of broad interest to historians, political scientists and economists, as well as those concerned with the current travails of the Labour party. My judgement is that the breadth of the themes and the richness of the resources I have drawn upon requires a minimum of 140-150,000 words.

With help from a good editor, I could probably produce such a revision quite quickly. I would leave out the appendix (20,000 words) and prune 30-40,000 words from the current text. It would retain its central thrust, and be an improved manuscript.

However, to cut 100,000 words as you suggest in your letter of April 15 would mean that large sections would have to be excised. It would make it a very different book, and I am not at all clear what you have in mind or what audience it would appeal to.

For instance, to take your two suggestions, the origins of the Labour party and the early positions of G.D.H. Cole. The history of the Labour party is essential to understanding the pre-existing ideological rifts and their impact on the political and economic constraints for party policy making in the thirties. G.D.H. Cole is essential both for his influence on Durbin and Cole and for his economics of democratic socialism. He provided





the 'left wing' element of three different approaches to socialism, which are my contribution to understanding the intellectual developments I deal with. Furthermore, I disagree with many of the existing works on Cole precisely because the authors do not get the economic context right. Of course I do not mean these parts could not be pruned, but they cannot be cut out.

I am glad to hear that David Lipsey may be willing to give advice. He would be good on the overall scope. So also would Dick Leonard of The Economist, or perhaps Michael Stewart (? University College, London) or Frances Kaldor. Margaret Bray (Jeremy Bray's daughter and a young economist) took a great personal interest in my early drafts, and might be more readily available; last time I heard from her she was in Cambridge, possible at the Department of Applied Economics, or Nuffield College might know where she could be found. If you accept my suggestion of 150,000 words, either Margaret Bray or Alan Booth (whom I recommended in my letter of June 2nd) would be excellent.

In any case I shall not attempt to do any rewriting until we have an explicit agreement about the scope and the length. I do hope you will respond as soon as possible so that I can make use of the summer months.

I also hope that you will consider publishing a short volume of The Essential Evan Durbin (80-100,000 words). As my father's executors I have written to my mother and to Dr. John Bowlby about this possibility, and suggested they contact you. I would recommend that the following be included:

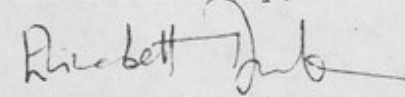
1. Extracted version of The Politics of Democratic Socialism.
2. The unpublished notes for The Economics of Democratic Socialism.
3. Two or three of the important chapters from The Problems of Economic Planning.
4. Possibly some miscellaneous unpublished material, such as the correspondence between Gaitskell and Durbin over Munich, and Durbin's one page description of C.R. Altlea.

I would suggest a modern political scientist, such as Ben Pimlott, to do the extracting of The Politics, and write a short introduction. I would be willing to write a similar introduction to The Economics.

Finally, my mother would be willing to approach Roy Hattersley to write a foreward for this volume. I could then ask Professor James Meade to write a foreward for my book. It would certainly be timely, and it would be most satisfying to have my father's work reconsidered at this critical phase in Labour party history.

I look forward to hearing from you.

Yours sincerely,

  
Elizabeth Durbin

Part I The Heritage and the  
Problem

Part II The Search for a  
Program

III Towards a New Soc.  
Economics

IV Intellectual Breakthroughs

V Socialism in our Time



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- Creates community awareness about parenting education.
- Enlists community support and funding.

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**(COMMUNITY)** Parenting education is the responsibility of the community, not just of parents. Whether through participation as an EPIC volunteer or workshop participant, or by simply setting a positive example, each individual makes a commitment to building a stronger generation of responsible adults.

	35	1	Economics & Policy Making	
	<u>35</u>	<u>2</u>	The Labour Party & Socialism	
	35	3	Market Theory & Socialist Economics	
(136)	40	4	Economic Policy & the L.P. 1918-29	
	26	5	Second World War & Blitzkrieg	<u>28%</u>
	<u>30</u>	<u>6</u>	New Britain, New Policies	
(75)	45	7	The New Generation	<u>12</u>
	<u>30</u>	<u>8</u>	Colt & the New Tories attack <sup>new policy</sup>	
	30	9	New Trib. attack Unemployment	<u>50%</u>
(175)	45	10	" " plan	
	30	11	The New Year's Reckoning Economic Stat.	
	40	12	Dutton organizes	<u>29</u>
	<u>40</u>	<u>13</u>	The New Macroeconomics	
(70)	30	14	The New Soc. Economics	<u>11%</u>
	<u>40</u>	<u>15</u>	Labour's New Program	
(90)	50	16	The New Revisionism	<u>15</u>

620



remuneration for this loan would be agreed between all parties in due course, but an effective rate of interest of around 8 per cent is envisaged. TRHD agreed to make cash flow projections based on the sales forecasts outlined above, and these will be prepared as soon as it is possible to arrange a meeting with Mr. Mortimer. The company's financial year ends on the 30th June, and Smith & Co., of Leominster the auditors will be asked to complete the accounts as soon as possible thereafter.

11. Move to New Factory

The cash flow forecasts would be prepared on the assumption that the move to the new factory went ahead. Whilst it was agreed that the present sales position did not justify a move, failure to move would have several disadvantages:-

- a) It would be a bitter blow to the morale of those at Rotherwas.
- b) The County Council might have to re-allocate the premises, and other premises might not be so easily found.
- c) The present factory will undoubtedly be too small when sales do pick up.
- d) The best time to move is when business is slack.

No final decision can be made until the cash flows have been prepared, but in the mean time, TRHD will continue as though the move will go ahead as planned, but will not make any commitments to expenditure.

12. Date of Next Meeting

Suggested date, Sunday, 1st July, at 11.00 a.m. It ALL NOTE would be useful if this meeting were held at Rotherwas. There being no further business, the meeting was adjourned at 7.00 p.m.

ADDIS

19 October 1981

Dear John,

It was fun to see the Observer article about you as a grandfather. I remember how young you were when we first met at the Caranbyng Clinic.

You have the good luck to ~~to~~ have grandchildren, & I am not a grandparent but have the happiness of a flock of great nephews + nieces.



Six months old 'Pauline  
Robina Addis' is to be  
christened on November 1<sup>st</sup>, & the  
other children visit us here in  
relays.

My parents' old home,  
Woodside, has been transformed  
into a family commune & the  
latest partner to join us, is a  
nephew with 3 boys, aged 6,  
8 & 10.

My job is to read the bed  
time stories & when I come down  
for weekends, I find a lovely  
welcome from the children.

All good wishes

Robina



Dr. E. B. PETERSON  
M.B., CH.B., M.R.C. PSYCH., D.P.M.

TEL:  
PETERBOROUGH 263900

11 VIRGINIA CLOSE,  
APSLEY PARK,  
LONGTHORPE,  
PETERBOROUGH.

11.10.81

Dear John,

It was so nice to talk  
to you on the phone on Monday last  
— and please forgive my insensitivity  
to your ambivalence about having  
the Adolescent Unit called after you.

My motivation in asking  
you is very simple: you are the  
person whose practice and philosophy  
has had the greatest influence on  
my professional life. I would  
therefore be deeply honoured if  
the unit which I have struggled to



the last ten years (almost) to  
create could be blessed with  
your name — and blessed I  
mean for our future is almost  
certainly going to be a stormy  
one.

The basic philosophy of the  
Unit is that adolescence is a  
stormy time for any family —  
and that in some instances a  
brief period of "separation" may  
be helpful to all concerned. Our  
whole aim is to keep the family  
intact while at the same time  
supporting the youngster (aged between  
11 and 16) to start to become a  
person in his own right. We will



PETERSON

2  
have failed entirely in our task if any member of the family is left "bereaved" — or rather totally bereaved. We will be working as much with the parents and siblings as with the nominated patient and the whole idea is that it will be a "family unit" — comprising youngsters, parents, siblings and the staff of the unit.

I fully appreciate that you may need to know a lot more about the place before giving it your name and I hope it goes without saying that I — or any other member of the staff — am only too happy to tell you all that we can (appreciating that the Unit has not yet opened!).

I hope I have made it clear how grateful and honoured we would all be by any interest you feel you can take in "our baby".



without putting you into any difficult position. If you have the time to come and say a few words at the "opening" - the date and time to be negotiated according to your commitments (preferably towards the end of this year or the beginning of next i.e. 1982) - then we would all be more than happy. If you do feel now - or after further information gathering - that the Unit could be called after you then I for one would feel that at long last I am climbing out of my own adolescence (at the age of 43)!

I look forward to hearing back from you and you can be assured that there is no pressure on you - I haven't ever mentioned your name to "the administrators".

With warmest regards

Ben



Ben Peterson

26 Oct 81

Dear Ben,

Many thanks for writing so fully about your Adolescent Unit. No! I feel touched & honoured by your desire to name it after me, I have come to the conclusion it would be a mistake. The conclusion is a general one. I am not in favour of any institution being named after a living individual person unless of course they run the place as in the case of the Memorials where places have been named after living persons it is almost always because they gave the money to fund it.

I am naturally very sorry to disappoint you, ~~and~~ wish the venture all success. A week's rather strenuous lecturing in Sweden & Finland, starting on the 11<sup>th</sup>, accounts for my delay in replying. All went well & ~~many~~ ~~had~~ ~~been~~ ~~seen~~ ~~to~~ ~~be~~ ~~plenty~~ ~~of~~ ~~interest~~ ~~in~~ ~~what~~ ~~I~~ ~~had~~ ~~to~~ ~~say~~.

With ~~my~~ ~~best~~ ~~wishes~~ ~~kind~~ ~~regards~~

Your sincerely



Studies of ADOLESCENTS

Daniel OFFER

Pedk & Harighurst

# Minster Lovell Mill

Minster Lovell Oxford OX8 5RN  
Telephone: Asthall Leigh (099387) 8081 or 8082  
Telegrams: Milomill

Director: Dr. Anthony Ambrose

Ch 14

2nd July, 1981.

Dr. John Bowlby,  
The Tavistock Centre,  
Belsize Lane,  
London, N.W.3.

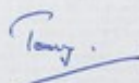
Dear John,

It was a pleasure to hear from you, and to know that you are flourishing and still very busy. Me too, but I am sorry for the delay in replying to you owing to the vicissitudes of moving house locally.

I am afraid you are right about the fact that my studies on infant rocking remain largely unpublished. The only printed reference I have made to them is on pages 103 - 104 of Stimulation in Early Infancy (ed. A. Ambrose), Academic Press, 1969. The reasons for this situation are complex, but I am still hoping to be able to rectify it before long and I will let you know if I do. For the time being I am heavily engaged here in the further development of the Mill.

If you ever feel like a summer's day in the country I should be delighted for you to visit here, including a leisurely lunch. I could easily meet you and return you to Oxford Station if that would help. I shall be in America all August.

Yours ever,



J.A. Ambrose, Ph.D.



*To promote understanding  
of the emotional needs of  
infants and young children*

## Robertson Centre

51 Corringham Road London NW11 7BS

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### FOUNDING MEMBERS

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The Baroness Serota, JP  
Ruth Thomas  
Clare Winnicott, OBE

17th March 1981

Dr John Bowlby,  
Tavistock Clinic,  
120 Belsize Lane,  
Hampstead NW3.

Dear John,

Many thanks for the review of 'The Hospital Care of Children' which I am glad to have for my files.

A few years ago I supplied Professor Robinson with material on the British situation, the rôle of James Spence, and the fate of the Platt Report.

I have not seen the book, but would not be wholly confident that it is quite to our liking. The exhortations exemplified in the review are congenial and familiar, but from his letters I suspect a sociological slant reinforced by greater regard for David Hall (of Stacey/Hall of Swansea) than I have. These are the editors of the recent book 'Beyond Separation' which makes absurd claims to have found that there is more to hospitalisation than separation; and which manages to reconcile a final chapter of exemplary recommendations that do not derive from the body of the book with the statement that (I quote from memory) "We (the eight authors from the team) do not accept that early experience is potent in affecting later behaviour" and trots out the weary of quotes from Rutter, Clarke and Clarke, etc to show that the Bowlby view has been disproven!

Re the incomplete implemenation of Platt, I think my analysis in the 1971 edition of Young Children in Hospital holds. The great changes that took place between 1962 and perhaps 1970 did not reflect increased understanding but mainly a shift of sentiment largely caused by public feeling stimulated by our Tavi work and in particular by the public release of my films, book, and Observer articles in 1962 - leading to NAWCH and its ginger activities.

There has been an unchanging plateau for at least 10 years, no change in training, and perseveration

CHAIRMAN: Joyce Robertson

DIRECTOR: James Robertson

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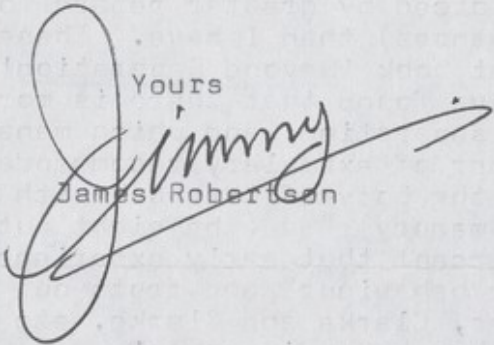
of resistances even in the best of my paediatric friends.

Some months ago I spoke to 250 at a postgrad conference on 'The Unaccompanied Young Patient', showing that even in the better wards which encourage mothers to stay the unaccompanied are as badly off as was Laura when I filmed her in 1951. This was received in stony silence until a consultant paediatrician, whose work I much admire and whom I have known for many years, said crossly "Jimmy, You are inventing a problem which doesn't exist".

There has been little change in principle, which means little guarantee of lasting changes. And lecture visits in the past year to Italy, France, Germany, Holland was like going back 30 years. It was my camera which upset Laura.

Anyway, at a <sup>plenary</sup> session I have been given at the forthcoming 'Child Abuse' International Congress I shall be drawing attention to persisting emotional abuse of very young children in a great number of paediatric wards and residential care, and drawing attention to the paradox that professionals concerned about parental abuse and attending the Conference for that reason could well have left ward in which they were unwittingly the cause of emotional abuse which would take longer to mend (if at all) than the physical hurt done in the family.

Yours

  
James Robertson



MELGES

JB/DES

20th February 1981

Professor F.T. Melges  
Department of Psychiatry  
Duke University Medical Center  
Durham  
North Carolina 22710  
USA

Dear

Very many thanks for sending me your paper on GRIEF-RESOLUTION THERAPY, which I found most interesting. The guided imagery technique is new to me, but very much in keeping with the theoretical position I have now reached. Since 1968 you and I have evidently been moving along strongly converging lines, which I find most encouraging

My own activities have been largely confined to trying to clarify some basic issues in psychopathology, but with that to some extent done I am increasingly interested in principles of therapy.

Soon I shall be sending you some recent reprints of mine. The one ON KNOWING WHAT YOU ARE NOT SUPPOSED TO KNOW may ring a bell with you.

I hope we may meet again before too long. I did a six-week grand tour of the States a year ago, and at the end of March Ursula and I will be in New York (for Ortho) and Boston (for SCRD) for ten days. We both keep well.

With good wishes to you and Connie

Yours

John Bowlby, M.D.

Dr. J. D. L. Flood  
Dr. J. T. Guy  
Dr. R. A. Parkin  
Dr. H. M. Holden  
Dr R.F. Neville-Smith

H. HOLDEN

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TEL. SKELTON 50430  
Guisborough

Ref: HMH/AB

19th November 1980

Dr John Bowlby,  
Tavistock Centre,  
Belsize Lane,  
London NW3

Dear John,

You will recall our earlier correspondence about fear of ghosts. I have now another good clinical example of this.

Mrs Z. aged 51, nursed her tough Yugoslavian husband through a long and painful illness (carcinoma of the lung) until his death one year ago. She was devoted to him and very dependent on him as he took a dominant role throughout the whole of her marriage (25 years).

After his death, she felt completely lost and empty and she has mourned his loss very deeply throughout the past year. She visited his family in Yugoslavia for the first time this summer and was impressed by the fact that widows in that country are expected to wear black for the rest of their lives and that they very seldom remarry.

I saw her again today and noticed a change in her. She was even more depressed but also seemed angry and resentful against fate. She talked of feeling trapped and related a recurrent dream of being pursued by a faceless man who had only stumps for arms. She tried to run away but he always caught her and held her in a tight grip from which she could not escape, despite the fact that he had no arms. She then woke feeling terrified.

I suggested that perhaps she felt that she was trapped by her dead husband and that she was unable, because of this, to lead her own life and that she could never escape from widowhood.

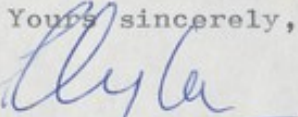
Mrs Z. readily agreed, rather to my surprise, and told me that a former close friend of her husband who had recently lost his wife from cancer, had twice asked her to have dinner with him but that she had refused out of respect for her husband, although she would have liked to accept. She still missed her husband deeply but felt also that she had no right any more to enjoy herself and that she would have to remain faithful to his memory forever. The dream shows clearly how much she wanted to escape from his ghost and how trapped she felt by it.

/over



I think that this illustrates rather well, one of the problems of widowhood. Ghosts may be loved and honoured but they must not be allowed to hold those who are left in their grip.

Yours sincerely,



H.M. Heiden

KLAVBER

JB/DES

7th November 1980

Dr. John Klauber  
16 Elsworth Road  
LONDON NW3 3 DJ

Dear

Many thanks for your note regarding my Inaugural Lecture. I was very sorry you could not be there. I am glad to say there was a large and attentive audience.

There has been a lot of misunderstanding about the status of psychoanalysis, I think, especially a confusion between its clinical application which is far more art than science and the discipline of personality development and psychopathology which has to be scientific, as Freud recognized from the first.

I believe this to be a crucial issue for the future of our profession. Perhaps the group of INDEPENDENTS can give it some attention.

With all good wishes for your Presidency.

Yours sincerely

John Bowlby, M.D.



KLAUBER

DR. JOHN KLAUBER  
16 ELSWORTHY ROAD  
LONDON NW3 3DJ  
01-722 3817

29th October 1980

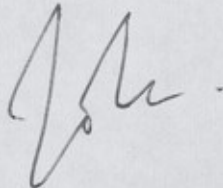
Dear John,

I have just read your Inaugural Lecture and enjoyed it. What I liked particularly, and what amused me (I think you will understand my use of this word in the atmosphere of the Society) was the way in which you introduce the many influences that there are on development besides the self-preservative or species-preservative drives.

The theoretical and clinical issues are complex. I have myself been less and less inclined to see psychoanalysis as a natural science in the generally accepted sense, but I find your paper interesting and stimulating.

I was sorry I was unable to come to it when it was delivered.

Yours sincerely,



Dr. J. Bowlby  
Tavistock Clinic  
120 Belsize Lane  
London NW3 5BA

24th October 1980

Mrs. Janet Clark

Janet

Dr. Goffredo Bartocci

I am replying to your memo of 17th October regarding Dr. Bartocci.

I replied to his letter of 20th February addressed to you on the 5th March (see copy). I received another letter dated 4th October enclosing all his papers from which you will see he has 'jumped the gun'.

Dr. Bowlby has now written to Dr. Bentovim since he is not in a position to deal with the request.

I think you will probably want to register his application after which I would be grateful if you could pass the papers to Dr. Bentovim.

Dorothy Southern



JB/DES

24th October 1980

Dr. Arnon Bentovim

Dr. Goffredo Bartocci

Dr. Bartocci is a child psychiatrist from Rome who has a WHO scholarship from January to April 1982. You will see from the working project he sends us that he wants to obtain some experience of how child psychiatry is organized in the NHS and he also expresses a desire to work with me.

Naturally I am unable to reach any decision on this request and feel it would be your responsibility to deal with him.

Should he come here in any role I would be glad to discuss some of his interests with him but I could not take any responsibility for his activities.

I would be glad to hear in due course what you decide.

John Bowlby

29th August 1980

Dr. & Mrs. Alex Comfort  
683 Oak Grove Drive  
Santa Barbara  
California 93108  
USA

Dear Dr. & Mrs. Comfort:

The facts of love

This is just to let you know that the copy of your book and your letter of 18th August arrived safely for Dr. Bowlby who is at present on holiday. As he will not be returning here until late September there will be some delay before you hear from him.

Yours sincerely

Dorothy E Southern (Miss)  
Secretary to Dr. John Bowlby



683 OAK GROVE DRIVE  
SANTA BARBARA, CA 93108  
(805) 969-4330

August 18 1980

Dear Dr. Bowlby,

Here - at last - is your copy of Facts of Love - Living, Loving and Growing Up. Shortly after we spoke on the telephone, my husband and I heard that the English edition would be published shortly : we had approved the galleys and illustrations months previously. Unfortunately there were unexpected delays, which had finally to be dealt with by our American lawyer. By mid-August we received Spanish, Italian and Dutch translations and began sending cables enquiring about the English edition. We now know that it was published in June !

You may have seen reviews already and wondered why you had not had the promised copy. We apologize sincerely - naturally, you were first in our minds when copies did at last reach us !

We know how extremely busy you must be. But any comments you have on the text - however brief - would be enormously valuable to us in preparing for a second edition .Naturally anything you write us would be in professional confidence and not used for promotion;- when we ask for comments, our sole idea is to produce a better book by absorbing expert criticism . Our main concern is to help parents and children. We hope the first attempt will be good enough to attract comment, both lay and professional, so that we have the opportunity to revise and improve.

With all good wishes from us both,

Yours sincerely

Jane Comfort



## FEAR OF THE 1 YEAR

HOLDEN  
SEPT 1980

Some thoughts about our attitudes towards Death

I have been puzzled by the apparent denial of Death which is so prevalent in Britain. About a year ago I listened to an appeal (the week's good cause) on behalf of St Christopher's Hospice. I was amazed that there was not one mention of Death, nor any indication that patients were admitted for terminal care. When I wrote to protest I was told that the listening public would not be able to tolerate such frankness. Although you discuss the psychopathology of such "defensive exclusion" on an individual basis, it still puzzles me that, in this era of frankness we should be quite so reticent. Perhaps Death has replaced Sex as the taboo topic.

Another point. In your chapter on Mourning you briefly mention fear of ghosts. I think that this is a deep rooted fear in all cultures & I am sorry that you did not devote more space to it.

I think that funeral rites have an important fourth purpose besides those that you list, namely to establish that the dead, however wretched they may be missed, do not return.

Death is final. Resurrections in this world are unusual & temporary. There is no return and on the whole the dead are not wanted here, there is no room for them.



(2)

(The words of the C.O.F.E. burial service, though emphasizing resurrection in the next world repeatedly stress man's mortality in this one - "All flesh is grass" etc).

I find that however much the individual may long for the return of their lost partner the fear of their return may coexist & that it becomes stronger as time goes by. (Noel Coward's Blythe Spirit). Ghosts may be friendly but they can also be intrusive & frightening.

I understand that in certain Aboriginal Australian tribes an important part of the funerary rite consists of prolonged shouting, the purpose of which is to frighten away the spirits of the dead.

Perhaps there are parallels in our own culture. Cremation & Burial (both of which have long histories) are very euphatic methods of bodily disposal & I don't believe that "hygiene" is an adequate explanation for the custom. As far as I know, man is the only species to bury its dead. Cats bury their excreta but not their dead. Perhaps gravestones reflect our fear that the dead may return; the greater the fear the bigger the stone. Really impressive gravestones tend to be found over those who were more feared than loved.

There is also clinical material to support this. I recall seeing an

predators



(3)

11 year old girl about a year after the death of her much loved father, to whom she had been very close & who had taken great pride in her achievements. At the time of his death Gilhair had not shown much overt sadness but she became very depressed during the ensuing year.

I had a single session with her at the request of her mother. (who was in analysis with me). She told me that whenever she was alone she was conscious of her father watching her, & either approving or disapproving of what she did. (She did not actually hallucinate but imagined him watching from another world). At first the thought of his presence had been a comfort but as time went by she felt increasingly that it was an intrusion and a restriction.

She felt guilty at having such thoughts about him but was nevertheless relieved to get them off her chest. I well recall her saying "I love Daddy very much, but I wish he'd go away."

In fact her expression of this forbidden wish seemed to exorcise the ghost & her mother reported that she seemed much happier afterwards.



MILTON I. KLEIN, PH.D.

145 EAST 27TH STREET

NEW YORK, N. Y. 10016

679-4214

5-31-80

Dear Dr. Boullby,

I was very glad to have met you in person at Tuftman's meeting. I have not yet read your Vol. III completely thru. Your last paragraph in the Epilogue is just plain beautiful and deeply moving. Are you working on anything new - or intend to?

I send you my Mahler paper. Do I presume correctly that you will find it too long? I don't care much about the length because International Universities Press may be interested in my papers turned into a book. I am therefore not sending the Mahler paper to a journal. The book would be called "Essays On Psyc. Ego Psychology: A Critical Inquiry."

I look forward to your comments on the Mahler paper. My "Notes On the Seduction Theory" was hailed by the Menninger Clinic as "a significant contribution"

My Best Wishes  
To You  
Sincerely  
Milton Klein