

Jean Piaget: some reminiscences' by Bowlby in the Tavistock Gazette

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JB
Oct '80

JEAN PIAGET: SOME REMINISCENCES

Jean Piaget, who died in mid-September at the age of 84, will be remembered as one of the great pioneers of developmental psychology. Originally trained as a biologist whose early work included an ecological study of snails in the Jura mountains, he soon became interested in the problem of how living creatures acquire sufficient knowledge of the world about them to enable them to survive. In order to further his understanding of this process he turned to children as his experimental subjects.

I first met Piaget in 1953 at the first of four meetings of the Study Group on the Psychobiological Development of the Child convened in Geneva by the World Health Organization. Initiative in this had been taken by Ronald Hargreaves who had been a member of the Tavistock before the war, had distinguished himself as an army psychiatrist, and had been appointed chief of the mental health section when the Organization was founded in 1948. Inspired by the work of Frank Fremont Smith, of the Josiah Macy Junior Foundation, who was pioneering informal but regular meetings of small interdisciplinary groups, Hargreaves thought it timely to bring together in a series of four-day annual meetings leaders in a wide range of developmental sciences in the hopes of establishing personal contacts and communication between them. Among figures already or later well known who accepted invitations were Konrad Lorenz, Margaret Mead and Jean Piaget; and at our subsequent meetings guests included Ludwig von Bertalanffy, Erik Erikson, Julian Huxley and Raymond de Saussure. As a member of the group I was privileged to receive the best postgraduate education in the behavioural sciences imaginable at the time.

In accepting the invitation Piaget had stipulated that his principal assistant, Barbel Inhelder, should come too. Always a little overshadowed by the master, Barbel Inhelder was nonetheless already distinguished in her own right for her contributions to their joint work. At that time Piaget's English was extremely poor but Barbel spoke it well which enabled her to clarify points that the professional translators, not unexpectedly, found too difficult.

Piaget appeared as a tall, lean, slightly stooped figure with a pink face and silky white hair which made him look both distinguished and much older than his 57 years, an impression enhanced by his corn-cob pipe and habit of sitting down with his feet up at the various receptions. Nevertheless, he went to all the meetings and receptions on his bicycle and I suspect was riding it to the last. Although inclined to be retiring and short of small talk, he was a genial member of the group and I bitterly regretted that, my French being as bad as his English, we were able to exchange little more than pleasantries.

During the first two meetings he contributed little. Most of the time he was busy writing and, whilst sitting next him, I observed him covering sheet after sheet in a tiny hand. On enquiring of Barbel Inhelder what this might be, she explained that it was part of a book. Even so, he seemed to be following the discussion in translation since from time to time he interjected a useful contribution.

At our first meeting it fell to Barbel Inhelder to speak about their joint work. Her introductory remarks are revealing:

"I find myself in a most unenviable position. To begin with, I have been asked to expound Piaget's conception in front of Piaget himself. The conception of mental development as it appears in the works of M. Piaget is somewhat disconcerting, not because of

the facts but because of the terminology. M. Piaget, who is a zoologist by training, an epistemologist by vocation and a logician by method, employs a terminology as yet not much used in psychology. He expresses himself mainly in terms of structures, which by definition are systems of mental operations **obeying** definite laws of composition such as, for example, the mathematical laws of group and lattice. According to a number of cyberneticists structures are as much physiological as mental. It seems to me necessary to keep in mind this triple orientation - biological, epistemological and logico-mathematical - which is continually reflected in Piaget's vocabulary, in order to find one's way easily among the Geneva studies. But once these characteristics are appreciated the data and laws deriving from them become clear and are easily verified."

At that first exciting and mind-stretching meeting I recall having lunch with Barbel Inhelder whom I found both charming and frank. Both of us had recently visited the States and we began comparing notes about some of the child psychologists we had met; then we turned to the scene in Europe. At a certain point I remarked "And then of course there's Professor Piaget". Her reply astonished me. "Monsieur Piaget," she exclaimed, "a child psychologist? Of course he's not a child psychologist: he's a developmental epistemologist". This for me was the key to understanding Piaget's contribution. His interests have lain not with children but with the theory of knowledge and by what steps a human being acquires such knowledge of the world as in due course he comes by. Piaget was hardly more interested in children than a physiologist is interested in the guinea pigs he uses for his experiments.

In approaching the work of any scientist it is vital to discover what the problems are he is trying to solve since it is only then that we can judge his success. In his chosen field Piaget by common consent has made a giant contribution. The conceptual framework he elaborated is the one within which every developmental cognitive psychologist now works, so that whatever disagreements with the details of his work may have emerged, and they mostly consist of finding children to be more competent cognitively than Piaget had supposed, their discussion is always held within a Piagetian frame of reference.

As Barbel Inhelder recognized, Piaget's terminology has been a formidable obstacle and it remains so for most clinicians. This is unfortunate since his concepts and findings are highly germane to an understanding of personality development, especially the development of an infant's first relationships during the first eighteen months of his life. The volume of Piaget's that I have found least difficult and most relevant is *THE CHILD'S CONSTRUCTION OF REALITY* published in French as long ago as 1937 and in English translation in 1955.

Although Piaget concentrated closely on his own problem area he was much interested in the work of others and thoroughly open-minded. Psychoanalysis attracted him but he found Freud's metapsychology unsatisfactory and I suspect was disappointed that bridges between his own work and Freud's were so difficult to build.

Before the fourth and last of our Study Group meetings, held in the Autumn of 1956, Piaget had been invited to circulate a paper in which he would pull the contributions together to prepare the stage for our final discussion. This he did with characteristic good humour and forbearance, putting searching questions to each of us, ones that, as regards my own set, I should probably find as difficult to answer today as I did then. An admirably edited version of our deliberations was subsequently published in four volumes under the title DISCUSSIONS ON CHILD DEVELOPMENT, ed. Tanner & Inhelder (Tavistock Publications).

During these meetings cybernetics and systems theory were still a closed book to me and only later did I realize that most of Piaget's ideas could be translated into the language of control theory; in fact it was only because he had been so early in the field that he had concocted the private terminology everyone has found so difficult. Having worked hard to understand and make use of Piaget's contribution it is with some pride that I recount a final episode. A few years ago Mary Ainsworth met Piaget for the first time. As an opening gambit she remarked that she was a close friend of mine and that she had been interested to see how my ideas related to his own. His comment was brief but hardly calculated to encourage further interchange. "C'est facile", he remarked, "tres facile."

THE TAVISTOCK GAZETTE

HOUSE JOURNAL OF THE TAVISTOCK CLINIC

No. 5 1981

Many thanks to all our subscribers who have made it possible for us to plan three full and varied issues for the coming year. Sadly, the generous subsidy from the Professional Committee which made each copy only 50p is no longer possible. However, we still have hopes of finding ways of making the magazine available at a reduced price again. For highly successful fund-raising drives our thanks to Peter Heller for the jumble sale and to Anna Walton and Peter Heller for poems. We have also turned the hilarious jubilee sketches into a booklet format. At last we can say goodbye to Sue Lipkowitz who is going for us, and welcome to who has joined us. Our next issue, will be written by Marjorie Harborth and we are looking for contributions for it and our own typing and illustrating.

EDITORIAL COMMITTEE

John Byng-Hall (Chairman), Peter Heller (Children and Parents Dept.), Anna Walton (Adults Dept.)

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Editorial

Valerie Sinason

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EDITORIAL COMMITTEE

John Byng-Hall (Children and Parents Dept.), John Sklar (Adult Dept.), Peter Reder (Children and Parents Dept.), Anna Halton (Adolescent Dept.), John Fader (IMS).

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by John Bowlby

Jean Piaget, who died in mid-September at the age of 84, will be remembered as one of the great pioneers of developmental psychology. Originally trained as a biologist whose early work included an ecological study of snails in the Jura mountains, he soon became interested in the problem of how living creatures acquire sufficient knowledge of the world about them to enable them to survive. In order to further his understanding of this process he turned to children as his experimental subjects.

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JOURNERS CONFRONTATION, PARIS, SPRING 1980

by H.P. Hildebrand

With the publication of Sherry Turkle's "Psychoanalytic Politics", the analytic situation in France has acquired greater interest for those in this country who take a fairly wide view of psychoanalysis and its developments. The conflicts within psychoanalysis in

France and the series of splits which led Lacan to set up the Ecole Freudienne de Paris have been well documented in Ms. Turkle's book. Less, however, is known here about the recent split in the Ecole and I hope to be reporting on that in a future article.

A feature of French psychoanalytic life has been the emergence of a group called "Confrontation", founded in 1974 by Dominique Geachan and René Major. The expressed aim of this group is to provide a forum in which analysts from all the schools in Paris can meet to discuss both the theory and practice of psychoanalysis without being constrained by exigencies of professional allegiance. Since its beginning, when perhaps 30-50 people to meetings, Confrontation has grown enormously. There are seminars every night on topics of interest and the group also organises a yearly two-day debate during a weekend at the end of May. It also publishes an excellent review, which appears every six months, entitled Cahiers de Confrontation and publishes its own psychoanalytic collection in collaboration with the publishers, Aubier Montaigne.

This year, the Journées Confrontation had as their theme Le Lien Social et l'Être psychanalytique (psychoanalysis and social links). Because of a personal interest in this topic I felt it would be interesting to attend this meeting and if appropriate participate. I also wished to try and gauge the effect of the recent split on French analysts. The only way to do this is to go and talk informally with friends and acquaintances

The debates took up two entire days and were followed with animated interest by an audience of 450 people. My impression was that this audience was largely composed of young analysts and young university teachers. There was, of course, a sprinkling of older people, but the Scout Masters and Brown Owls of French psychoanalysis were conspicuous by their absence. The debates followed a simple pattern with each session lasting three hours, opened by prepared paper, and then followed by interventions from the floor. As anyone with experience of French debates will know, many of the speakers come having written and prepared their contribution beforehand, but René Major, as Chairman, always gave priority to spontaneous comment from the floor. Everyone has a right to speak, no attribution is made to any Societies point of view. The debates open with an interesting and eloquent account by François Roustang of the relationship between psychoanalysis, the social link and the death instinct. For Roustang, psychoanalysis had abolished the social by introducing concepts such as transference,

transference love and the notion of regression to a fusional state. In his view, society protects itself from being reduced to nothing by the use of projective mechanisms and by expelling and persecuting intruders.

In an English meeting one would have expected at this point a long debate around the topic of projection and interpretation, but it was noteworthy that during this meeting Serge Leclair, one of Lacan's most thoughtful and sympathetic collaborators for many years, who has recently been expelled by him from the school, was prepared to take this topic up in terms of the question of a definition of subjectivity and whether or not it is appropriately defined by Roustang. In terms of the larger group it seemed that we had an immediate conflict over the topic leading to a gladiatorial combat between the ideas put forward by the two speakers which continued intermittently throughout the debates. It is of course commonplace to say that the French will always turn to theory whereas in England on the whole we turn to practice. My own view was we often had a whole series of solipsistic statements about theory, which were more or less tentatively linked to the view, but really centred about the theme of narcissism, the self and how to theorise about this. Eventually in the afternoon a speaker who works in the service of the 13th Arrondissement made some Bionic interpretations which brought the group to a new starting point at which it invited a magistrate who was present to talk about repressive laws which are being proposed by the French Government and which threatened the liberty of the subject. He challenged the psychoanalysts present to react to this without effect. Then some speakers began to discuss the link between Freud and Marx, which French intellectuals seem to take in with their mother's milk until the group got bored with this one as well.

The following day the debate continued with an interesting and noteworthy debate between those who want to constantly return to Freud or Lacan to try and sort out for themselves a theory which would define and illuminate in some way the problem that was being debated, and those who like Jacqueline Rousseau and Jacques Trilling were more interested in seeing how psychoanalysts are going to react to the post-industrial society and what role they should take.

For me the interest of these two days was not so much in the theoretical issues which were being debated, fascinating as they were, but rather in the way in which people of different groups could come together and listen with interest to one another and debate their ideas. It seems to me that this is particularly important in present French circumstances since there are, of course, now two psychoanalytic careers in France, first that of a psychoanalyst who treats patients and the other that of the psychoanalyst who teaches in the university. I was also struck by the constant reference back to Freud and his clinical cases by nearly every speaker. It may well be that because there was no real French psychoanalytic tradition before the second World War, that French analysts have to make reference in this way, since there is no intervening generation, psychoanalytically speaking, between them and the major proponents of psychoanalytic theory, which in their case is either Freud or Lacan. The Lacanians on the whole seem to me to be still in a state of shock following the castration of their society by the "Père-Sévère" and I feel that the meeting itself served a useful purpose in that it offered them an opportunity to begin to find their own identity again.

Confrontation seems to me to offer a most exciting new opening for debate and discussion and perhaps a model which can be used by psychoanalysts and psychotherapists in this country. Like many others, I had hoped that the European Psychoanalytic Federation would serve as a meeting place where the hierarchies of the societies would have no control and where it would be possible to debate ideas and new developments. It is sad that the European Psychoanalytic Federation has become the instrument of the Presidents of Psychoanalytic Societies and it seems unlikely that now anything new or worthwhile will emanate from such an organisation.

However, René Major and Dominique Geachan would like to arrange a scientific meeting with English speaking analysts. We have provisionally agreed to hold a weekend at some mutually convenient spot either on the British or French coast early in the summer of 1981. Details will be circulated well beforehand. Meetings will be open not only to society members and students of the societies, but to those interested in psychoanalysis who feel they have a contribution to make to an open discussion.

Inside News and Views

Congratulations to Dr Colin Morrison who has been appointed consultant child psychiatrist at Muswell Hill and Tottenham Child Guidance Clinic.

Dr Brian Dobson recently joined C & P as Registrar.

JUMBLE SALE

Thanks are due to a number of people for their efforts towards our successful Jumble Sale - in particular to Lofly and Betty, Theo (and sons) and Penny Berkeley. Much appreciation to all who helped out on the stalls and who donated articles for sale. The Gazette benefitted by £92.

THE TAVISTOCK CENTRE FORUM

The Tavistock Centre Forum had its first meeting on the 21st October with an attendance of 14 people who represented the three departments within the Tavistock Clinic as well as the Child Guidance Training Centre and the Tavistock Institute of Human Relations.



The aim of the Forum is to provide an informal setting over a glass of wine in which people who are working and training within the Centre can meet to exchange information and ideas and discuss rather than formally present papers which they may have written.

At the first meeting on the 21st October, we spent some time initially exploring the aims of the Forum and suggestions were made for future meetings. There was a very lively discussion and from there we went on to a presentation by Peter Reder and Sebastian Kraemer. Their work on some of the difficulties involved in child guidance referral aroused considerable interest and confirmed the value of communication between the different units and disciplines within the Centre.

By the time the Tavistock Gazette is published there will have been other meetings including the 4th November when Barry Irving from the Tavistock Institute will have discussed his work on participant observation with the police.

Future meetings will be held every three weeks on a Tuesday at 6.00 p.m. until 7.30p.m. Wine or coffee if preferred will be available at a small charge. The details of future meetings and the venue will be publicised by poster (Penny Berkeley in the Adolescent Department kindly made the posters for the first two meetings.) These will be distributed within the Centre and will also be displayed regularly on the notice board outside the bar on the 5th floor.

The Tavistock Centre Forum is very much an open and developing idea and we would welcome contributions and involvement from anyone who is interested.

Convenors: Ruth Schmidt (Department for Children and Parents)
Martin Laffin (TIHR) Room 356

Lofty's Bar News

There will, we hope, be a wine-tasting soon to select a good wine (white) to be sold by the bottle, and also a Rose to put into the wine cooler.

Our wine prices are very competitive and we hope you will order wine from our bar for your parties.

We are sorry to lose Fullers London Pride beer from the bar but they will not supply clubs selling less than five kegs per week, and try as we may Mike Foster and Co., we just couldn't do it - so we have got Youngs Keg bitter, very good too - come and try it.

The 7th International Congress of Group Psychotherapy, which was held in Copenhagen in August 1980, attracted 1,200 people and it was generally agreed that it was a stimulating and important meeting. The congresses are sponsored by The International Association of Group Psychotherapy, whose President on this occasion was Professor Raymond Battegay of Basle, whom I have succeeded as President for the next three years. Our next Congress will be held in Mexico and the theme will be on Therapeutic Factors in Group Psychotherapy.

There was a strong representation of psychoanalytically trained group therapists and in addition to the Anglo-Saxon contingent there were analysts from France, Germany, Italy, Scandinavia and South America. These congresses have tried to bring together therapists of different theoretical bases and practice such as psychodrama and psychoanalysis, and this time we succeeded in having a much more balanced representation of the two approaches. The theoretical sophistication that is now being applied to group processes is very encouraging and augers well for future developments.

I look forward to being able to give more information about the International Association of Group Psychotherapy and what it stands for in the next number of the Bulletin.

Malcolm Pines - Adult Department

Can I ask now for all those people (past Tavi staff included) who use the bar to become members. Quite a few ex-Tavi people come up and seem to think they are some sort of honorary member - we need the cash and it is also illegal to serve non-members.

"Good drinking"

CAR PARK PROBLEM

As you all know, we are very short of car parking space and we do try to make the most of what we have.

Apart from the constant problem of visitors, patients, those attending courses, etc., there is also the "selfish parker" problem, the member of staff who sweeps into a bay leaving the tail end stuck across the next bay or parks so close to the next bay that it prevents a large car from entering.

During the autumn we have had a spate of bad parking, and when I put the printed

note under the windscreen-wiper of the offending vehicle, I get dirty looks from the owner, the note is thrown to the ground and then they do it again a day or so later.

I would just like to point out that personally I don't give a ...! where they put their bloody cars but my job is to give a fair deal to all and that means a little more esprit-de-corps and a little less "I'm alright Jack"!

PENNY BERKELEY'S DIET

This diet was designed for one working week, starting Monday to lose five pounds by the following weekend.

Only one type of food should be eaten each day (so it is easier to stick to) with various additions (e.g. Monday, Eggs - with green vegetables for supper.)

It is recommended to take a vitamin pill each day at breakfast, to use salt sparingly, and to drink a glass of water if hungry between meals, - but your stomach soon expects less food.

Monday EGGS

breakfast: 1 scrambled egg cooked in low calorie margarine, on one piece of Ryvita.

lunch: 1 hard-boiled egg, and two pieces of Ryvita

supper: 2 poached eggs, two pieces of Ryvita, plus portion of green vegetable, e.g. spinach.

Tuesday FRUIT

breakfast: $\frac{1}{2}$ grapefruit (use artificial sweetener if desired) or slice of melon

lunch: 1 apple or 1 small banana sliced into low fat fruit yoghurt

supper: 3 fresh fruit salad - e.g. 1 orange, $\frac{1}{2}$ grapefruit, grapes, mixed with lemon juice and artificial sweetener.

Wednesday CHEESE

breakfast: 1 oz Edam cheese on 1 piece of Ryvita

lunch: 1 oz Cheddar cheese plus 1 small carton cottage cheese and 2 pieces of Ryvita

supper: 2 oz any hard cheese or cottage cheese, plus salad of 1 stick celery, lettuce, cress, 1 tomato, raw onion, dressed with low calorie salad cream or

lemon juice mixed with 2 tablespoons of plain yoghurt.

Thursday VEGETABLES

breakfast: 2 tomatoes sliced on 1 piece of Ryvita

lunch: 1 portion of green vegetable, or green salad

supper: vegetable soup, e.g. cucumber, spring onions, lettuce, 1 potato, watercress, chopped and sweated in low calorie margarine, add $\frac{1}{2}$ pint chicken stock and freshly ground black pepper, simmer for 15 minutes, liquidise and garnish with fresh chopped chives or parsley; and 2 pieces of Ryvita.

Friday PROTEIN

breakfast: 1 piece of Ryvita with Marmite

lunch: cheese, fish or egg salad

supper: lean meat, e.g. steak, grilled, or cold meat with fat trimmed off, and one portion cooked green vegetable.

Drinks per day:

black coffee and lemon tea (use artificial sweetener only) and allow milk in one cup of coffee and tea daily if desired; mineral water; fresh orange or grapefruit juice; no alcohol (well, it's only for five days!)

A REBEL TURNED RESPECTABLE

by Janice Uphill

Having passed my Silver Jubilee of working at the Tavistock, I was very interested in the Diamond Jubilee Tavistock Gazette and many of the interviews and articles therein. Alexis Brook's interview, being at the beginning, was the first to strike a chord, but also those on John Bowlby, Dorothy Southern, Bob Gosling and Dorothy Heard. You may wonder why it is that I have stayed at the Tavistock for so long, having come here straight from secretarial college, to start at a salary about £2 a week less than I could have earned in the City.

I always had a strong sense of wanting to right injustices and a feeling of identity with the underdog, and therefore was considered a bit of a rebel as a child; and people interested me - how they are and not how society thinks they ought to be. Thirty years ago psychiatry was considered very unorthodox, not quite respectable in the medical field, something people were a bit afraid of. I come from a medical family as my father and several cousins were G.P.s or in other fields of medicine, and when I first heard of the Tavistock through my aunt, Florence Stanger, a receptionist here for many years, I knew that this was the place where I wanted to work, and she very kindly arranged for me to have an interview. She must have spoken nicely about me as I got the job. I now had an opportunity to learn about human nature while being paid at the same time and not having to take exams. Over the years I have worked for many different people and there has been much variety in the work; nothing has been static.

I first worked in the Department for Children and Parents for Theodora Alcock, and was plunged into the deep end with Rorschachs. Having learned how to spell the word and made up a shorthand outline (for Sir Isaac Pitman did not put one in his dictionary) I felt I was lucky also to be shown how the cards were administered and immediately said that one card reminded me of a dissected earthworm, which I am sure was very interpretable!

John Bowlby's "Child Care and the Growth of Love" was published shortly after I started work, and on reading this I felt sure he was on to something, reversing the orthodox thinking of the time which had such an

emphasis on material wealth and less on the quality of care, for I always believed that life was much more than economics, though of course anyone who has known or seen real poverty will know how important the lack of money can be. To paraphrase Dr. Bowlby: a scruffy family where there is love is better than a well-off family where there is none. Many of my contemporaries were evacuated as children during the second World War, but although I went to boarding school when I was nine, we were always home for the holidays and my mother visited us at school, and of course the first few years of my life were spent at home.

When therefore a secretarial vacancy occurred in the Separation Research Unit, directed by Dr. Bowlby, I was very pleased to be given the position as preventive medicine seemed the only way to make the best use of even then slender NHS financial resources. I can confirm the hostility there was to John Bowlby's and James Robertson's work, particularly to the film "A Two-Year-Old Goes to Hospital" which for many years was booked through the Tavi, and many were the peculiar telephone calls we had to take from paediatricians, nurses, etc., saying the film was rubbish; but they still borrowed it!

Since that time I have always worked in clinical research but none of it was dry and dusty theses to be put on shelves to moulder away for ever where no-one could see the pearls of wisdom, but action research where everything was geared to change for the better. Over the years it has been possible to see how changes have come about in thinking, and it is very true that today's heresy is tomorrow's orthodoxy.

Many of you will not realize that at one time there was no Adolescent Department and I feel I was privileged to be in at the beginning working for Drs. Derek Miller and Dugmore Hunter, mostly doing tape transcription work, which was the in-thing at the time. The tape recorders were huge Ferrographs, very heavy, and there were not enough trolleys to go round so on occasion one had to carry them and forget about being a weak female; there was no Ron Spellen to monitor and service the tape recorders, but at least it made one into a minor mechanic. (The talents one learns while working at the Tavistock!) I worked in

a room with a one way mirror and every morning I would slam the venetian blind down on the other side so no-one could peer at me; another interpretation here is needed I am sure! Transcribing the tapes, apart from being dogged by mumbler's (no possibility of lip reading, as with videotape), there was also the problem that in the seminars for Borstal governors, approved school headmasters and prison officers, they talked in thieves' slang and I was too innocent to understand it and had to read Brendan Behan's "Borstal Boy" to make any sense. However, it was worth it for I quickly realized that the break up of families during the war through evacuation, bombing, fathers being away, etc., had much to do with the sudden rise in delinquency among teenagers in the late fifties, early sixties. A few weeks ago I met a prison officer from Grendon Underwood Psychiatric Prison and when he heard that I used to type up these seminars he spoke very eulogistically of the Tavi and said how he had always wanted to go to one of these seminars as he was sure they would be helpful, and had never been able to.

After the Adolescent Department I transcribed tapes of interviews for Ronald Laing and Aaron Esterson's "Sanity, Madness and the Family". In order to see what they were getting at, I read Ronald Laing's "The Divided Self", and though it was difficult to follow it did seem to make sense of the schizophrenic - perhaps I am a bit schizophrenic myself, certainly the so-called "normal" people seemed at times as mad as the schizos!

For 13 years I worked for Colin Parkes with his work on bereavement and terminal cancer care. Several people have asked how I could stick the work, and I think the answer is that although at times it was very sad, one could see how the work was helping people to adjust to inevitable loss. I suppose it was easier because I came from a basically happy, reasonably united family, though I must admit to feeling morbid on occasions, imagining all my family dead, if I had spent a whole day typing out the tales of woe of several people in succession. It is just a pity that Colin did not write his books and articles sooner as the need was certainly there, particularly to offset the stiff-upper-lip attitude that was prevalent forty years ago. His work has certainly helped me recently after the death of relatives and close friends, as it makes you realize that although you feel terrible at the time, that this is natural and that you will feel better in time.

One of the changes that has taken place in the

last few years is that secretaries are allowed, even positively encouraged, to take study leave in order to take part in Group Relations courses. I have attended one Study Group and two what will always be to me "Mini-Leicester" conferences. It was interesting to see how people reacted when I said I was a secretary but only once was I thought to be an "agent provocateur" and part of the Establishment. A senior member of staff once said I must have been very brave to go on such a course, but on the whole I found I was accepted as an equal and it was gratifying to find that many of the participants were far more scared than me, and felt very insecure, particularly if they were external students, envied us our permanent appointments, and were even more frightened of their tutors if they happened to be consultants to the course. So of course all the articles on Wilfred Bion were very interesting, and I am glad that I had somewhat similar reactions to other writers; it is certainly a way of learning to realize one's potential.

Now that I have come back from the end of life to working for Judith Trowell who is studying children from birth, I can see again the great need for changes in obstetric practice, with a bit more tender loving care for the mothers and babies along with all the technical advances. My other main work for family therapy research and educational intervention for 3-year-olds is also very interesting and practical in its application.

On the more practical level of being a Tavi secretary through several Management Committees (some more hostile to the Tavi than others) and now an A.H.A., and in three different buildings (Beaumont Street, Weymouth Street, Belsize Lane), I have certainly seen changes in attitude, mostly for the better I think. I have always been an NHS employee but for many years I worked in an Institute Department (Clinical Research Executive) as the department was partly funded privately, the funds being administered by TIHR. Many people said I had the best of both worlds, but often it felt as if I was remembered to be a Clinic employee when something nasty had to be done and there was no getting out of it, and made the scapegoat for what became an almost impossible situation when the funds began to run out and inflation was beginning to bite. However, on the whole it really did not make much difference, particularly after we were all housed in Belsize Lane, except that in TIHR days the post went upstairs and had to be written in a book, and in Clinic days it went downstairs

and was not written in a book, and it was a Roneo duplicator for TIHR and a Gestetner for the Clinic. For those of you who grumble at having to wait for your photocopies, spare a thought for the secretaries before we had a photocopier, when we had to do our own duplicating and one never knew what state the machine would be in after the last person had used it or if the paper would run out before one's job was done. The duplicator was housed in a dingy room in the basement, known to us as the dungeons, also shared by John Scragg, the one and only porter. There was no easy way of getting a few extra copies of documents, it all had to be typed again.

Then there is the dreaded question of rooms, furniture and heating. I know I grumble about the heating in Belsize Lane, but I often think of how in Beaumont Street we worked in rooms which would now be considered large cupboards, the furniture was often on the point of collapse, and there were the most incredible draughts everywhere. The views out of the windows, unless you were very lucky, were all solid brick walls, and as for the list - you were lucky if it stopped at the right floor, it was more likely to be stuck between two as it had never recovered from bomb damage. It is true what Dorothy Heard says that there was neither extreme cosiness between teams nor extreme hostility - but there was certainly extreme cosiness as far as physical proximity was concerned as the place was incredibly crowded. It was almost inevitable that you knew more or less everybody without even trying.

I think it is also true what Alexis Brook and Maurice Caplan say about the Tavi not fitting properly into the ordinary administrative structure of the NHS, but things are much better now in many ways than they used to be. At least clinical research is an accepted part of the NHS, whereas when it was under the auspices of TIHR there was much hostility from Management Committees and shall always remember the Secretary of one of them saying to me in a nasty tone of voice when I explained where I worked: "Oh you're the department that has its own headed paper!"

In the past there have been rumours that the Tavi might be closed down or perhaps just made smaller. Well, judging by the number of papers I have typed this year for C & P staff, if only half of them get into print we should be able to show the world that we are very much an organisation to be reckoned with and not in an ivory tower at all; I have never worked so hard as I have done this year, and that's saying something!

Janice Uphill is a secretary in the Department for Children and Parents, doing mainly clinical research work. Her other interest is railways: the modern kind, the disused and the steam. She has trained as a steam locomotive fireman along with young men often half her age, and is now learning to be a driver. She is married to a lab. technician in the Electrical Engineering Department at Brunel University.

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Janice Uphill

An Interview with Clemency Chapman

by Anna Halton

Clemency Chapman left the Tavistock this summer after twenty-one years on the staff. The first three of these were spent in the Children and Parents department as a trainee, and the following eighteen as a senior staff member of the Institute of Marital Studies.

She was a popular member of the social work group being both well-known and much appreciated; well-known in that she acted for many years as link-person between the IMS and the Clinic social workers whose meetings she attended, and much appreciated for her generosity, her common-sense and her mischievous and sometimes wicked wit.

Clemency was pleased to share some of her thoughts and reminiscences with readers of the Gazette, and during the course of a hot late July afternoon in her office we drank some wine and taped a conversation concerning what Clemency is apt to refer to, with an accompanying chuckle, as a "long and misspent life."

Clemency was born in Oxford in 1918 as the war ended and her father finally returned from it. She grew up with three brothers, a mother who had taught English Literature at Somerville College before women received degrees, and a father who was a Classics scholar and then publisher. She spent every possible holiday from the age of eight riding on her aunt's farm in Somerset, and at one time thought of training as a farmer herself. What was it like growing up in Oxford?

"My memory is of always being with a gang of boys, brothers and others. Very enjoyable, on the whole. And then boarding school, all girls, a complete change. Getting back to Oxford later as a student was good, a mixed society again. My father was the publisher of the Oxford University Press, a Classics scholar and fellow of Magdalen College, which gave us access to beautiful sung services in their Chapel, and the Fellows' private garden which was a delightful walk between the College and the University parks. I suppose it also gave me access to a family with an immense vocabulary and a very academic approach to life, something that is so much in my blood stream that it takes other people to tell me that I ought to appreciate it."

So what, in her opinion, is an academic approach to life?

"Mary Barker always said to me: 'You know Clem, you have a scholar's mind', and I used to look at her in blank disbelief, feeling myself not to be a 'learned person'. I think she meant putting truth first. I have a great admiration for David Malan, because I believe he puts truth first and if one of his theories is disproved by practice then it has to go, and that's very different from most of the world, including most of the politicians."

Clemency went to Oxford University herself, read PPE and then spent a year in Liverpool during the Blitz, studying for a social work diploma. Then came war service. A year working as a machine operator and welfare officer in a factory in Dorset making canons for Spitfires, then three in the ATS, as a private in Anti-Aircraft, and the subaltern looking after a platoon of women, mainly in Scotland. After the war she qualified as a medical social worker and went to Northampton General Hospital where she stayed for four years ending as Head Almoner. And then?

"America. I had to write an article to obtain a Fulbright travel grant. It was called 'Almoning as a Career' and was published in the Leeds Review. I was rather proud of that. Anyway, I went to work in the New York Hospital and then on to Smith College, Massachusetts, to do a Masters in Social Work."

I wondered how she had found it, living in America in the fifties.

"Tremendous - an eye-opener to me - personally, culturally and professionally. It was a time of great growth, the most valuable theoretical learning, the experience of Freudian supervision and of really beginning to try to understand what relationships were all about. I was also privileged to meet many people, to have a good time socially, and generally I suppose to do a bit of growing up."

Where did she live?

"At first, New York, but I strayed from it every possible weekend. I'm not a city-

dweller by inclination. I belonged to a club called the Green Mountain Club which had a wooden camp on a lake out on the other side of the Hudson River. We also used to become a canoeing club in the winter and go rapid shooting in New England, with me as passenger, in other words I didn't do the steering."

So what brought Clemency to the Tavistock?

"Well, I'd already been greatly influenced by John Bowlby's writing. Later, when I returned to England, I worked at St. George's, Department of Child Psychiatry, and came into contact with Betty Irvine, then a senior social worker and teacher in the Children and Parents Department. I was immensely impressed by Betty Irvine's knowledge, attitude and excellent short articles. I felt somewhat stuck in my development, in need of personal analysis and in need of further stimulus to learning. I had also become very fascinated with Melanie Klein's writings. Then this wonderful opportunity came up in an advertisement for a three year traineeship with tax-free analysis in C and P. John Bowlby gave me a most rigorous interview searching for negatives I felt, and after about forty minutes of it I'd had enough and I turned to him angrily, with my good Smith ego-psychology training behind me, I said, 'You've asked me a lot about my negative aspects, what about asking me about what I can do?' This led to a useful discussion and I always felt was what got me the job."

When I asked Clemency about her early memories of working in the Clinic, she found herself reflecting on the primitive condition of the old building in Beaumont Street.

"I had a tiny office, with a high parapet and very little window, and heated in the winter only by a very smelly paraffin stove because it was beyond the bounds of the electrical arrangements at that time pertaining. And I remember my first application of the insights of my newly started analysis, about the proper use of aggression or assertion was that I gave an ultimatum to the then Administrator that I expected on returning from my summer holiday to find an electrical point installed, and came back to find all the lino on the landing stripped off in my honour and the electrical wiring actually being put in

place and I did obtain in my second year, proper heating for myself and my clients which was a great triumph. That may seem awfully silly but it was very important at the time. It's like when students leave the Advanced Casework course, go back to their Probation offices, and then come back and tell you that they have learnt how to have an 'engaged' sign on the door and not to have interference from the telephone. Those things are immense changes - how to provide proper privacy for your clients - and how not to aggravate their bronchitis by having things like fuming paraffin stoves."

In C and P, Clemency worked with the parents or more usually the mothers, of referred children. She remembered a valuable experience of shared work with Dr Mollie Mackenzie, now a close friend.

"This was with a mother with a young boy who could not separate from her. This meant that at times we worked in the room together; I was able to learn from Mollie's approach to the mother and child and by trying out my own."

I think one of the greatest changes since I've been here is the change in professional attitudes towards the family. A greater respect for involving parents, both parents, and all relevant family people, if appropriate, in the treatment of the child who is the presenting symptom or may indeed be the patient."

In 1962 Clemency was accepted for a post in the IMS and later became a permanent member of staff.

"I suppose it wasn't until I started working with marital partners in the IMS that I began to understand in my gut what projection and introjection in personal relationships are all about. I think that you can see it more clearly there - of course the motivation of a couple who come about their marriage is different from that of a couple who bring a child, although the same ideas apply."

Who had influenced her most in the IMS?

"Those who enabled me to survive and develop. Kathleen Bannister, who with Lily Pincus, was a founder member of the IMS, supported me through thick and thin in my first two years - a splendid person - and Enid Ballint. When I first met Enid my eyes crossed - that is a fact - you know I think I was so frightened of confusing my

analysis with this analyst who was to be my supervisor, that my eyes actually crossed. I didn't tell her at the time of course, I just stayed cross-eyed for about a minute until rescued by her firmly work-centred approach. Enid taught me, bore with me, allowed me to be myself and cherished my development."

Were there many changes during her time in the IMS?

"I think that the major technical change has been a gradual move from individual work with pairs to paired work with pairs. I have a great liking for working in this way and have found it effective and so enriching to the whole group. Of course there are times when individual interviews to each partner are the right offer."

I knew that it was customary in the IMS to work initially with individual partners, and then later to come together as a foursome. How are these decisions arrived at?

"I think we ought to have been able to write a book about it with concepts; it is interesting that we haven't and I think it is because it is still largely intuitive. Certainly Skynner's articles about the considerations for seeing family members individually or together, and Alison Lyon's paper in the Tavistock Jubilee book have contributed theoretically. It can be an intuitive decision that you can justify theoretically afterwards, and of course you can also decide 'intuitively' for defensive worker-protective reasons."

Such as?

"When the workers can't stand seeing the couple separately, are too threatened by it, or aren't skilful enough to persevere with the individual work; the fear of seduction for example, intellectual seduction, even actual seduction. It might feel safer to get the couple together."

Clemency has been preparing her house in the beautiful village of Long Melford, Suffolk, in readiness for her retirement. This whole summer term has been a succession of farewells - to patients, students, colleagues and friends in London. How does she feel now?

"Well, I feel strangely calm about it, I feel I've been very honoured this last term. I have wanted all my life to be a country-woman and now I'm going to aim to be, God

willing, if I get through the next three weeks and actually get there intact with all my belongings and my cat. I'm sure that I shall be very sad and low for a while afterwards and I shall turn to Bowlby's "Loss, Depression and Sadness" for comfort and information."

The Tavi is an immensely rich place - we have the time and space to work properly - to me that is the unique privilege that we have here. It's been a very important part of my life and I shall miss colleagues in the IMS and the Clinic enormously. I think I've sailed into relatively calm seas in my last two years at the Tavi after giving up my valued job as Joint Organising Tutor on the Advanced Social Work Course, it has been less stressful and although I've missed it, I've really had time to develop the quality of my work with partners and clients and some teaching work without having to change too many hats, too often, which I think is one of the Tavi hazards - administration, committees and all the other basic things."

What would she miss least about working here?

"The time-keeping - which is a great difficulty for me, I don't like being tied to time - I have struggled valiantly to be punctual and to provide proper boundaries for my clients, but I haven't always quite succeeded with my colleagues - they know it and I know it, so I've no doubt about what they will miss about me least."

Clemency was for many years Joint Organising Tutor of the Advanced Social Work Course at the Tavistock. In this, as in her other teaching work she has made a significant contribution to social work in general.

"I have always been very interested in the supervisory process and the reflection process within it, how to help students to achieve some kind of modified change and to develop their technical skill as caseworkers. If there's one thing that makes me bristle it's people who always have to know more than their student - you can be much stupider than your student, but you do need to know your trade. You need to use such wisdom as you have acquired, but you do not need to be superior in any way - you are there to enable and that's it."

Did she have any regrets professionally?

Yes. I do have a problem about writing, I don't know what it is, it's very odd. I

have some good ideas, I can express myself vividly and I ought to be able to put them down on paper and pass them on. John Bowlby was saying that it's an obsession with people, they write because they have to write. Well, perhaps I don't have that motivation and yet I do mind, it distresses me. If I have any immortality it's what I've passed on of what I understand by word of mouth."

And then we turned to what Clemency called her "love affair with the countryside"

"It is a love that I want to consummate before I die. Ever since childhood my greatest enjoyment has been to spend time in the country; as a young person riding, as an older person walking, sometimes riding, and mainly bird-watching. I have been a photographer since I was about eight. Suffolk has this marvellous light and wild places, and bird-watching takes you to the wildest of the wild places. I long to have time to go bird-watching when migration is on, in the spring when the birds are nesting, when I like, not just at weekends. I also like the idea of being a member of a village and, who knows, perhaps all the love/hate relationships and internecine strife of the Tavi will be replicated in Long Melford."

She said that there was one more thing she wanted to say, about why for her it felt good to be leaving the Tavistock at this time.

"I think the Tavi went through a very destructive period when it was trying to get itself together. Looking back on my relationship with the Tavistock Clinic where I was for a long time a plenipotentiary from the HMS, I see the lowest period when the Clinic was struggling to re-integrate the Clinic and the School, in which the Constitution was fought about and changed, and in which the Senior Social Work Tutor's role was, after 5 years, lost, as the most painful period of struggle; and I feel that I'm leaving and retiring when the Tavistock has become an enormously creative place. It's always been very creative in the talents of some of its members in the general work, but it seems to have a flowering of people being people as well as being professionals - which was shown in the magnificent party that was put on for the jubilee with its displays of all sorts of art and house plants and the varied programme of singing, poetry, lovely classical music and incredibly funny and clever skits which were acted with so much talent. So it's a great time to be

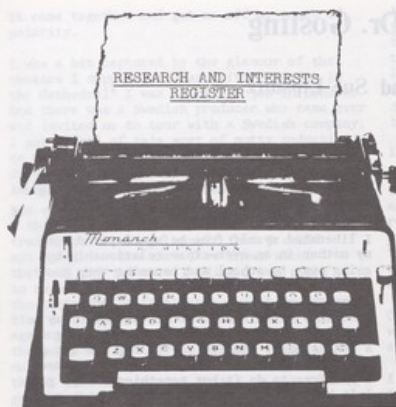
leaving, provided that the outside world remains able to sustain institutions like the Tavi. I suppose the other thing that has greatly contributed to people's getting to know each other in a human way is indeed the Gazette, of which I am now an avid reader and shall continue to be in my retirement from the Tavi."

I ventured to suggest that in the peace and quite of Long Melford, she just might decide to put pen to paper and write something for immortality and the Gazette. She threw back her head and laughed,

"Yes, who knows. Some tips on greenhouse gardening maybe?"



RESEARCH AND INTERESTS REGISTER



Research & Interests Register

This register is a regular feature, so please keep us in touch with special interests, projects, talks, papers, hobbies, etc. Departmental Reports provide a detailed record of the year's work - however, by the time they are brought out many new things have happened. Entries for this Issue's Register are very small due to the sad change from free copies to subscription only. It is not necessary to be a subscriber to have an entry though!

TAVISTOCK INSTITUTE OF HUMAN RELATIONS

DR JOHN BOWLBY is the Freud Memorial Visiting Professor at University College London this term. In addition to giving an Inaugural Lecture on Psychoanalysis as a Natural Science, which will be published by U.C.L. in their series of inaugural lectures, he is giving a weekly seminar to a limited group of faculty and postgraduate students as well as an 'overflow' seminar and a number of single seminars and lectures for particular groups of students. Other activities include research consultations.

ADULT DEPARTMENT

DR MALCOLM PINES is now editing the proceedings of the 7th International Congress of the Institute of Group Psychotherapy.

MR NEVILLE SYMINGTON is now chairing a Workshop on Psychotherapy of Subnormal Patients.

DEPARTMENT OF CHILDREN AND PARENTS

GILL CORRELL BARNES is writing a chapter on the relationship between theory and practice in family therapy (with David Campbell) in the Family Therapy Book being edited by John Byng-Hall and Rosemary Whiffen. She is also editing one of a series of monographs on English family therapy with Arnon Bentovim and Alan Cooklin.

DR PETER REDER has just had a paper - 'Some considerations on the clinic treatment of children of divorce' - published for the British Journal of Medical Psychology.

ADOLESCENT DEPARTMENT

VALERIE SINASON has had four poems accepted for a forthcoming Virago poetry anthology - 'Bread and Roses'; poem broadcast on Kaleidoscope, and readings at St. James' Piccadilly, Mandeer, Outscan.

Interview with Dr. Gosling

by John Byng-Hall and Sue Lipshitz

This is the record of an interview with Dr Robert Gosling who talked for one very pleasant evening to John Byng-Hall and Susan Lipshitz in the summer of 1980 on the occasion of his retirement from the Tavistock Clinic after 29 years. He spoke of his past and his entry into the analytic world. He also discussed his time in the Tavistock, which makes it possible to roughly divide this record into two parts by reorganizing the sequence of the original interview.

I To and from the Magic Mountain

I had grown up with a conflict about a scientific side in an artistic family, slightly related to a polarity in myself between my mother and my father. My mother became a nurse in the first World War and she was also an actress. My father, in a more classical way, was not on the imaginative side but worried about practical things like the accounts. He was a businessman and also very clever.

Question: Were you brought up going to the theatre a lot and with actors coming home?

Yes. We lived in Birmingham and my parents were foundation supporters of the Birmingham Repertory Company which at that time was quite something, like the Young Vic was at one time. Barry Jackson was the producer. My family were very much financial and social supporters of it. Indeed we were not far from Stratford and we used to go from early on, when I was aged 6 or 7, to Stratford two or three times in the summer.

Two things about the theatre are tremendously important to me: - one was that at my public school there was a young English master who was dotty about Shakespeare and made us all play all of it. We all played every part in loads of Shakespeare plays! male and female. Secondly, my parents had some sort of financial stake in building Stratford although they weren't well off. But they did care about it. So we saw from the cradle what it was all about. I wouldn't say we were particularly theatrical because my mother's friends who were so-called

actors, by the time we saw them were pretty disastrous, seedy actors in their forties. Alcoholic or hopelessly stranded in marriage! I didn't grow up to think theatrical life would be a glorious thing.

I liberated myself from being closeted with my mother in an over-close relationship by going away to school and becoming very good at maths, physics and chemistry. It liberated me from a great deal of anxiety generated by my emotional attachment to my mother. I flowered, did very well and got a scholarship, studied physiology and got a first class degree. I got a first because I was free to do it but something always got left behind. As things went, I got a scholarship to Cornell in America.

I hadn't been there long before I came down with pulmonary tuberculosis. This threw me into a tremendous dilemma about passivity because in those days the cure was to lie in bed for a couple of years. I couldn't do it. I kept getting up and going on sprees! I couldn't accommodate the passivity and I couldn't get well for four years. That must have been late 1941-2. It was very much like Thomas Mann's "Magic Mountain". I fell in with a psychiatrist from John Hopkins who was a fellow patient in the next bed, either already training as an analyst or was about to be, and very given to it. I am still absolutely devoted to him. He showed me the notion that I was not getting well because there were these problems, which I had never thought of. Jerry Hart had a way of just talking about life, hours and hours of just talk and talk.

In my time at university I had a big dilemma about my scientific objectivity and my emotional side. When I was there I produced "Murder in the Cathedral" which is still remembered. Recently at an event there several people came up to me asking if I was the man who produced it. This was all done in an uneasy tandem with getting a first in physiology. I remember a moving moment; the professor of physiology who was rather critical of my work, came to see it and was very moved by it, and that really touched me.

Question: Suddenly both sides came together?

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It came together and got me off my perch of polarity.

I was a bit captured by the glamour of the theatre I suppose, because after "Murder in the Cathedral" I was offered a job in London. And there was a Swedish producer who came over and invited me to tour with a Swedish company. I got a feel of this sort of nutty seduction to nowhere. He was going to do "Hamlet" in Sweden and I was exactly the Hamlet he was looking for. Think what it sounds like now!

But at the time it sounded quite real. I think (even then) I knew I would be trading on a part of myself that I could not handle. The more I've known about that and me, the more I think I was right to refuse. I have done quite a lot of theatre, such as in the sanatorium and from time to time. I had to work through this again when I became, as it seemed to me, the psychoanalyst of the British theatre. Many of my patients were actors. I recognise that I have a potential that I am not free to go with fully.

Anyway, this business about not being able to get well - I thought to myself - I must try and understand it. So when I got well enough to go to New York, I fished around trying to find a way to get into analysis, very dressed up at that time in the guise of trying to understand about TB or chronic illness. It sounds a bit naive now, but at that time the notion was that you could discover the nuclear conflict that gave you TB and with that in mind I touted around all sorts of foundations to try and persuade people to give me enough money. I begged and the response in America was fantastic. I was also working at all sorts of jobs, such as a lab. technician, to try and pay my fees. Then boom! - someone, the grandmother of a close friend, gave me the money to get back to medical school. That is really how I got into analysis, to try and solve this terrible dilemma, to try and weld myself together and quite literally take life's side and get well. That was in New York.

I remember an interpretation of a dream which made me want to jump off the couch. I can't remember the dream but I remember the report of it; either I or someone else had a pistol. This analyst, whose name was Edward Tauber, said, "I wonder if you aren't dreaming this dream because you think it is the kind of dream I would like to hear." Ah, what a relief! It was the first transference remark he made. What a relief to know that someone knew the money business you were up to, instead of stimulating you to produce more and more fancy dreams!

Anyway, I did that analysis for a year and then I came home because I'd been away for 6 - 7 years, with the intention of returning to a job and quite a promising future all lined up in America. But my mother wasn't well and so I qualified here to be around. She got well. I didn't actually go back to America for 22 years.

I was on the point of doing general medicine and forgetting psychiatry, but I still had this sort of hankering to go on with this analysis. My going to the Maudsley was really to do analysis. I started back into it within about a year and it was very much to do with trying to put my mother and father together. I remember an enormous relief when I thought it might be possible.

Question: What was it like, knowing you wanted to be an analyst and doing psychiatry at the Maudsley at that time?

I felt it was like going down a long dark tunnel but I did meet a few wonderful people like Henry Rey and Clifford Scott, who was an enormously popular person. Like the other registrars, I took on a couple of psychotherapy cases. At one time I took a case to Scott for supervision, a sad middle-aged lady, and rather like Bion, I suppose, he said 'Have you any idea how long this patient would lie in a wet nappy?' I saw that a whole world was opening up. Things could be other than they seemed.

Comment: Outside the world of Aubrey Lewis?

That's right. He worked from a set frame of references - very literal and rational. The idea that Scott was saying that she had been left too long in a wet nappy was a wonderfully non-Aubrey Lewis thought. The place and his influence provided the growing ground for people with such contrasting approaches. It did make me feel subsequently that it would be a good idea to offer people something where they are not so torn, so bloodily murdered and crucified all the time. There were more important things to be crucified for. I felt strung out trying to reconcile hopelessly opposed things with very little energy.

Comment: A non-creative polarity?

Well, extremely painful and exhausting. So I came to the Tavistock in about 1951. I remember being interviewed by Jock Sutherland. By then I was a good keen senior registrar and I eagerly asked what would be the work load, groups, patients, etc. He looked at my terrible kind of bright eye and said,

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"Mind you, quite a lot of our people are sometimes so depressed they can hardly work at all. 'I thought, Oh God, I've come home!'"

In the Maudsley there was no depression allowed - you just listened to it - and there was a denial of all engagement.

Question: It was while you were at the Maudsley that you got polio, was it not?

Yes. I'd been in analysis with Bion for about 1½ - 2 years by then and I'd come into a different awareness of a tremendous self-destructiveness. If I lost anything, I just killed myself. I was less depressed and more into this issue when I got ill this time. The experience was very different from the TB, except that both were serious threats to my life. The passivity of TB was imposed whereas this was a curious kind of thing, the loss of the ability to be other than passive.

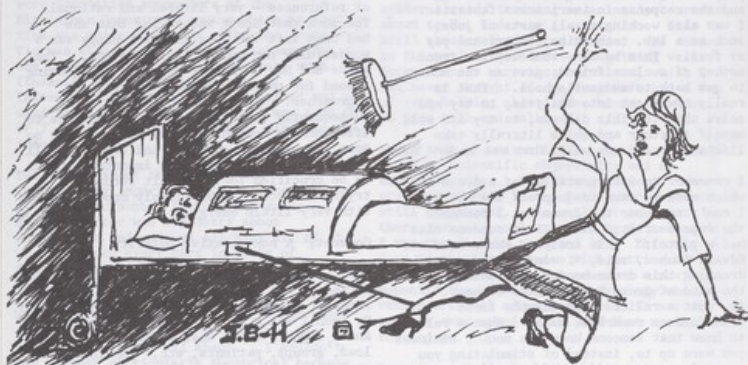
Question: You'd been in analysis a bit by then. Perhaps you had more of a sense of trust which must have been sorely tried by being in an iron lung?

Oh yes. I still remember now watching the cleaning girl go round. The iron lung worked on a plug then and if she'd knocked it out it would have stopped. I remember watching my umbilical cord lying there. It was a very paranoid-making situation. I learnt a lot from this experience, but I don't see it as changing my direction. Something had been set by then.

Question: Did you choose Bion as your analyst?

Yes, not knowingly, by any rational process. I'd never heard of him before and I did my best not to know about the Kleinian thing and all the controversies. I went to see the Institute people who turned me down but did give me the name of two analysts. I had no idea which, so I rang them both up and the appointment with Wilfred Bion was a day earlier. As it turned out the other analyst had qualified 6 months earlier, and later committed suicide! I was completely uninformed. I was blind with depression at the time. My memory of being interviewed by Winnicott for the Institute is coloured by that. I knew I had to get back into analysis because I was so depressed and puzzled by the TB.

My interview with Winnicott was the third one because the other two could not make up their minds. I remember going along not being absolutely sure which road I was in and how to find the place. Walking along I had this funny feeling about wondering 'who is walking along?' It couldn't be me because I had no business to go for the interview. It was very scary. I walked into his waiting room and he had a patient whom he was seeing for one of his 2 - 3 hour things. I sat in the waiting room and he popped his head out and said, 'Are you Gosling?' I said 'yes'. He said 'I'm terribly sorry, I've got a consultation on and I'm going to have to keep you waiting. What can you do while you're waiting?'



And he looked around the room and said, 'Look, here's the paper, you read it for me.' And then he went back into his room. I felt 'Thank God, here's someone who understands where I am. Amazing running into a sense of being in a world which allows for this kind of experience!'

So, I was so at a loss I wasn't in a position to choose my analyst at that time, you see.

II Time at the Tavistock

Question: Where does your commitment to the NHS come from?

I do see myself as an evangelical analyst - my family were devout Christians, non-conformist congregationalists on my father's side and he was a deacon of the congregational church. I'm not devout today, but I explored religious life at university. Out of my puritanical and evangelical background, at a different level, I have always been disturbed by the elitism of an analyst's work. This has always been something of my feeling about the NHS - that it has a social significance rather than an elitist intellectual one. So that is why I have always wanted to commit myself to wherever the NHS is and why I have taken a hell of a beating, especially over the last few years. I have been very defeated and hurt by a lot of the contraction of the economy and the Tavistock having to trim, and I have taken it hard.

I think some of my group work seems like a way of offering to a wide number of people some of the analytic ways of working. That is why my group relations training is so important and is even more live to me perhaps than group therapy.

Question: Are you describing a dream which got frustrated in the last 10 years here?

I think if you get into that position of policy leadership you settle on one or two things and bat for them. Some succeed but quite a lot don't.

I had the feeling that 10 years was quite a good idea because I was beginning to get peeved by some of the changes of national policy, changes of finance. Talking to Alexis Brook recently, I can see that the predicament as it faces the Clinic interests him without him being fed up about some of the things that have happened. That's fine. I was getting fed up I'd spent 5 years writing

the same bloody memorandum. Alexis is lively and can say, good, right, I'll write a memorandum. I suppose having been the Chairman during years which appeared to be financially fairly promising, I've grown into a notion we might be able to do this thing or that, and then suddenly find a great big recession; it was all very thwarting.

Question: If you allowed yourself to dream a little, what sort of journeys would you like the Tavi to have taken?

My nose has been down on the political reality for so long, I find it hard. It's not quite a vision, more like getting very mundane things right, like the pay structure of the staff, suited to their level of skill, as opposed to being determined by historical things, so that now doctors are paid this and social workers that, with no respect to the resource they are. I thought I saw for a long time the possibility of regrading. It would not make for equality probably but, for example with the psychologists, there could be 14 principals not just one Top Grade, so that all those operating at that level had not just high pay but also seniority. Recognition. Whereas now you get this business where social workers teach people earning a salary twice their own. This doesn't happen with doctors.



Comment: Perhaps you have helped to promote more mutual respect in the Clinic.

I'd hoped so. I'd like that. I'm not sure, looking at the Adult Department sometimes!

Question: Is your idea bound up with the notion of everybody being a psychotherapist?

Well, I do think it is about trying to get psychotherapeutic skills recognised and then there will be differentials and differences; not everything flattened, nor an absence of public recognition of these skills (as occurs in social services' relation to the social workers here). It's not a vision in the sense of lifting my eyes very far off the ground.

Question: Any other ideas?

There is another; hard to formulate, about involving ourselves in the actual community in a way which is more adventurous. It sounds rather pl now, but I remember about six years back, that I could see we were coming up to a world of economic limits; zero growth. If we tried to run the Tavistock on that basis; to work out how to optimize mental health input without expansion by making better mixes and judgements about our deployment, things like that - it would then be a policy for 10 - 15 years to work on. So if some people had to go, it would not be sacking them, but acting with the recognition that it might be what we had to do in order to do this. Meaningful discharge - I can see it's a bit idealistic.

Question: How can new things be introduced in a no-growth situation?

My feeling is it's got something to do with readiness to sweat it out, to bear anxiety ourselves. So much of official organization tries to get anxiety into the client, to try and have them sweat and us coast as best we can. To have the oppressed blacks and superior whites. I think Ivan Illich brought a lot of this home to me about the way professional life exists by the fact that others are suffering. If we took our share of the pain and difficulty alongside the patients, we'd be able to offer them something. And it would not be what it so often is, of locking up and security on our side and putting the trouble elsewhere.

Question: Can you say a bit more about what you have in mind?

Given the contraction and likely continued contraction of the economy, especially as the oil countries are becoming more and more aware of their power, I'm thinking how much mental health provision will depend on

voluntary methods. How much of Tavistock skills then should be bent not towards training professionals, but towards what you can do to help volunteers to be more effective; to use the abilities a volunteer has, without getting that feeling they are half-baked professionals. Something which is really needed for a war economy. I think the preparedness to contemplate the impoverishment will allow us to engage in these things before we are actually driven to it. I'm sure we should be enabling neighbourhoods rather than letting these become a situation where everyone calls in a professional. It's all in Illich. What does psychoanalysis do about that? How do we address ourselves to all the unconscious problems?

Comment: You don't seem to set much store by the idea of the Tavistock as a place for propagating ideas, instead you emphasize practice and its exporting.

Yes. I think it is one of my modalities. I always see myself as a craftsman, not an artist or intellectual. I can only retain conviction through practice. I'm not of the cast of mind that finds an immense resilience in ideas alone. I suppose it is all very well to talk like this now because I've actually got somewhere in seeing most of the people on the Clinic staff have lots of psychoanalytic experience. They know what it is, feel it and care about it, whatever they do after that.

Comment: I think one of your contributions to the Clinic has been to show that it is alright to set your sights at a reasonable level. You seem to present it as humdrum - I don't think it's so - but you don't want to convert the world. That's an important legacy. Anything else you'd like to mention?

Well, we've not discussed my family. I have always experienced my family life as an alternative to work, not inclusive. I've never much taken the issues home but more I've gone home to have a different world. The sort of thing I feel my wife has offered me is a sort of disinterest and some disbelief in all this. I thank her, not for wanting to read all my papers, but for not wanting to do that. I can't conceive of doing this work without a family life going on; an organic thing.

Question: And now?

I'm going to live in the country - which is both very exciting and also a frightening prospect without the familiar available resources, especially for the two children who'll face being teenagers there. The country is very boring for teenagers. We're going into the wilderness for us just as our older children go off to Tibet!

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Cookery

Dorothy Clark, Adolescent Department

BREAST OF DUCKLING IN SWEET WHISKY SAUCE

This dish is best served without any starter at all as it is extremely delicious and filling.

Ingredients (serves 6)

- 6 fresh chilled breasts of duck (John Barnes)
- 1 jar of honey
- 1 orange
- 1 small coffee cup of condensed orange juice
- 2 large whisks

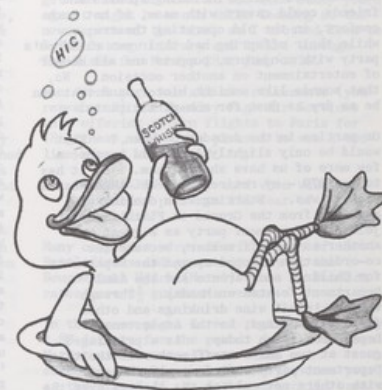
Method

Prick duck all over skin (to allow fat to escape during cooking). Season with salt, black pepper, oregano and any other herbs specially liked. Place flat on baking dish and sprinkle with flour. This is important because the flour makes the skin crispy.

Cook on a very low oven all day.

Prepare Sauce

Place honey in a good thick pan and heat slowly until bubbling gently. Add rind from orange and stir for 10 minutes. Add condensed orange juice and whisky. Reduce heat. When duck is cooked, pour off liquid and keep to use as stock later in week (don't be tempted to add it to sauce - it doesn't work). Pour sauce into a strong jug and keep warm in bottom of oven. Re-sprinkle duck with flour and turn oven up to gas mark 8 for 15 minutes. This will puff out the skin. Garnish with sliced orange and any sort of chopped greenery such as chives. This dish is best served with new potatoes, scrubbed and boiled with skins left on, and spinach or broccoli. Follow with a good blackcurrant sorbet (Marine Ices or John Barnes) and farmhouse Brie and Camembert with oatcakes.



News

From the "Antique Collector" March 1980

"Freud forgotten?"

A chance meeting with the distinguished artist Oscar Nemon whilst he was finishing a monumentally large sculpture of Sir Winston Churchill, led to the discovery that another of his works has been unaccountably neglected. Although Sigmund Freud was notoriously reluctant to sit to artists, he was persuaded whilst still living in Vienna to allow his likeness to be taken by the young Oscar Nemon. One result was the only full-length sculpture of Freud made from life: it still exists awaiting a patron with the fore-sight to commission a bronze cast of this unique portrait." (Illustrated)

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REFLECTIONS ON TAVI CHRISTMAS PARTIES

In the 1940s the Tavi family could easily accommodate itself in two minute dining rooms in the basement at Beaumont Street for a traditional sit-down Christmas dinner. Even the extended family including spouses and friends could cavort with ease, if not much comfort, in the old operating theatre; while their offspring had their own children's party with conjurors, puppets and all manner of entertainment on another occasion. No, that sounds like ancient history and that can be as dry as dust for non-participants.

Or parties in the decades between? That would be only slightly less arid because a few more of us have shared them. So it has to be 1979 - my retirement year - and what a week it was. Starting with dashing up and down from the Ground to Fifth floors to join one Department party as a guest and another as a staff member, because the co-ordination slipped up and the Department for Children and Parents and the Adult Department feasted on Monday. Through various 'mini' wine drinkings and other festive groupings, to the Adolescent Department lunch today. As a privileged guest at two and a staff member at the third Department party I find myself reflecting with others not only on the changes over the years but also the totally different aura of the three events. OK - they all had their red and white wine flowing, their turkey, sumptuous salads, magnificent desserts, etc. - yet how different.

C & P with its collection of family groups, with toddlers rushing around wondering what it is all about; circles of staff and students reminiscent of training seminars so much a pattern of the Department's life - though on this occasion imbibing food rather than knowledge; the mass of strange faces of members of the Department who are rarely seen in the building except for this one family event of the year, interspersed with a few familiar ones.

Adolescent Department with a great square table loaded with an array of 'solid' food for the teenage family - jacket potatoes and Christmas puddings and, perhaps expressive of adolescent turmoil, a magnificent turkey on the table and a pile of greasy newspaper on the floor below!

Adult Department, as one guest defined it, sophisticated with its avocados, fresh pineapple and 'real' coffee in an array of

Russell Hobbs pots, although you did have to supply your own mug!

And what of the backroom organisation? Again, does this say something about the mores of the Departments. C & P have a long tradition of discipline responsibility for various elements of the meal - social workers = salads, Psychiatrists = turkey, child psychotherapists = desserts of institutional fame, etc. (I leave my readers to speculate on the interpretation of the discipline choices).

Adult Department using the technique of a planning group encompassing various disciplines and grades of staff, neatly co-ordinated by a secretary, with the rest of the staff contributing specific dishes and some assisting in the final chores while the Department Executive held its meeting!

And what of the Adolescent Department? Was it the wish of the 'adolescents' of the family (the junior staff) to underline how important and effective the role of the adolescents in the family can be that led them to organise, provide, shop for and cook the feast and so arrange it that staff and guests could sit and eat their meal under the benign and benevolent eye of 'father' - its Chairman - at the head of the table as the feast drew to an end?

Anyway it was a marvellous week for we privileged ones who shared all the Departments' festivities, and I for one would just like to say many thanks.



Marjorie Harborough

View from a Seat of Learning

by John Fader

It happened during a Tavistock Gazette Board Meeting when I did, what no doubt you also have done, - opened my mouth before engaging my brain. Perhaps it was the wine, any rate, there was a very erudite discussion about the Jubilee edition, and my mind was wandering and at the moment of maximum wander I said that I thought everyone seemed to be concentrating on the last sixty years - what was the Tavi going to be like in sixty year's time? Might it not be a good idea to ask around and find out what people saw when they looked into their crystal balls? The learned editor thought that this might be a good idea and suggested that I go forth and try and find out.

I thought I would start by making an appointment with Dr Bird, no special significance in starting at the Adolescent Department I hasten to say, just that his office is on the same floor as the DMS. So I called in at his secretary's office with a view to making an appointment, only to find him in there. I explained the reason for my visit and he kindly agreed to see me on the spot. I, of course, was totally unprepared, no paper, no questions, no nothing, and as usual scared stiff that when I finished the interview I wouldn't remember (it does happen doesn't it?) or even worse, totally misrepresent what was said. Should I be doing so I apologise in advance.

We started off by speculating what it must have been like sixty years ago. It was just after the Great War and surely a time of hope. It was after all the war to end wars. As far as the future, Dr Bird wondered if in sixty years' time the effects of technology might not lead to greater isolation. Electronic communication would be much greater, making it no longer necessary to leave the home. Travel of any sort might be reduced if there was no more petrol (or it would be even more prohibitively expensive). Nevertheless, he hoped that the Tavistock would remain a small corner in the Society of that time where the importance of the individual would be maintained.

There would be no reason to suppose that as far as adolescents were concerned there would not still be conflicts and Society would still not understand. Work is an important transitional stage and Dr Bird mused at what might happen if there was no longer any work - perhaps there would be some form of conscription. There would still be questions and problems about sex, homosexuality may be more acceptable and there would be less guilt but still dis-ease.

Meeting him on the stairs a few days later, Dr Bird suggested that in order to get the feel of what it was like sixty years ago it might be worth while looking at the newspapers of the time, so I trotted down to Swiss Cottage Library and looked through The Times for Monday 28th June 1920.

The front page was all advertisements (you remember?) and Handley Page Air Services were offering return flights to Paris for 18 guineas, and I was pleased to see a two-line advert which read

'MARSHALL'S LYSOL, used when washing flannels, prevents all fear of infection'

Many companies were offering tours of the Battlefields and you could stay at the Bournemouth Hydro (Hotel) whose En Pension rates were 4½ guineas a week.

In the inner pages I read that you could buy 4.87 dollars for the pound. At Wood Green Magistrates Court, Albert Hions was summoned alleging that in the previous year, at the age of 15, he fathered a child born to May Knight aged 19. He denied paternity but the Magistrates adjudged him the father and made an order of 5/- a week. Strange to think the child must be 60 now - I wonder what became of him.

The Editorial was about two books reviewed in an earlier Literary Supplement, one by a German, Spengler, and the other by a Frenchman, Demangeon. The German 'discourses pessimistically and with the cumbersome dogmatism of his race upon 'The Downfall of the West'', the Frenchman 'analyses gravely, though not without some hope, what he believes to be the prospects of Europe and of the maintenance of 'European' supremacy' - Plus ça change, plus c'est la même chose.

Finally, there was a letter from A.D. Walker, University of London, Physiological Laboratory from which I quote - 'I should like to put in a plea for the recognition of the organic unity of applied and pure science and for the maintenance in healthy life of the laboratories wherein the acquisition of knowledge, not at the moment visibly useful, is silently pursued.'

On that rather sombre note, true now as sixty years ago and I hope still true in sixty years time, I end with this edition's competition.

I offer, once again, £5, subject to the usual boring conditions, for the design of an anniversary coin for the Tavistock, both sides to be the same, which would be my contribution to knocking on the head "But the other side of the coin"

Book Review

THE PATIENT - BIOLOGICAL PSYCHOLOGICAL AND SOCIAL DIMENSIONS OF MEDICAL PRACTICE by H LEIGH AND M REISER, published by PLENUM MEDICAL

This is a pleasant tome on medical practice and is very useful in its aim of helping the medical student to assimilate many diverse and poorly taught areas of whole-person medicine. The chapters include help-seeking behaviour, the sick role, stress and anxiety, depression and pain. It is good to see that the general practitioner's counter transference is valued. However, I disagree with the author's views that anxiety should be treated initially with anxiolytic medication prior to engaging the patient. Valuable for the student are the many brief clinical vignettes which are generally lucid and helpful. The chapter on depression covers phenomenology, bereavement and mentions the work of Spitz, Bowlby, as well as

Harlow's work with monkeys. Following this is several pages on biochemistry, neuro-anatomy, as well as a brief mention of psychological formulations, a list of diagnostic criteria, associated medical conditions, and evaluations of suicidal attempts and general management. My criticism in this area is almost off the cuff remarks about the efficacy of ECT and this deserves to be much tighter.

The chapter on sleep whilst simply and briefly exposing the reader to both basic Freud on dreams and sleep laboratory research lets down its integrative message by not making clear that the psychological understanding and treatment for night terrors, nocturnal enuresis and sleep-walking may be the most valuable form of helping the disturbed child.

There are useful chapters on the sociological contexts of the seeking of help, the patient's personality, how hospitals work and on medication. Despite the usual problem of neologistic americana, such as "iatrotherapist" and "heterothetic", I think this book is worth studying by the medical student and his teacher.

Jon Sklar

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PSYCHOTHERAPY

Book Reviews

by Peter Reder and Elsa Jones

SOME RECENT BOOKS IN - 1. FAMILY THERAPY

Sufficient books have been received recently for their reviews to be collected together under specific topics. In this number of the Gazette we have compiled a section on some recent books in family therapy, viz.:

FAMILY THERAPY: FULL LENGTH CASE STUDIES. Edited by Peggy Papp. Gardner Press. 1977. Pp. 210. £9.95.

SECRETS IN THE FAMILY. by Lily Pincus and Christopher Dare. Pantheon. 1978. Pp. 159. £4.50.

BEYOND THE DOUBLE BLIND: COMMUNICATION AND FAMILY SYSTEMS, THEORIES AND TECHNIQUES WITH SCHIZOPHRENICS. Edited by Milton M. Berger. Brunner/Mazel. 1978. Pp. 264. £23.80.

PSYCHOSOMATIC FAMILIES: ANOREXIA NERVOSA IN CONTEXT. by Slavador Mimuchin, Bernice Rosman & Lester Baker. Harvard University Press. 1978. Pp. 350. £10.50.

TRANSGENERATIONAL FAMILY THERAPY. by Stuart Lieberman. Groom Helm 1979. Pp. 234. £13.95.

FAMILY AND MARITAL PSYCHOTHERAPY: A CRITICAL APPROACH. Edited by Sue Walrond-Skinner. Routledge & Kegan Paul. 1979. Pp. 248. £4.75 (paperback).

FAMILY THERAPY AND TRANSACTIONAL ANALYSIS. by James S. Horewitz. Jason Aronson. 1979. Pp. 298. £15.50.

FAMILY THERAPY: AN INTERACTIONAL APPROACH. by Maurizio Andolfi. Plenum. 1979. Pp. 170. \$19.95.

THE FAMILY: EVALUATION AND TREATMENT. Edited by Charles K. Hofling & Jerry M. Lewis. Brunner/Mazel. 1980. Pp. 324. \$17.50.

LEAVING HOME: THE THERAPY OF DISTURBED YOUNG PEOPLE. by Jay Haley.

McGraw-Hill. 1980. Pp. 280. £10.15.

In Peggy Papp's book twelve leading American family therapists have each written up one of their cases to demonstrate their respective styles of work and theoretical position, and their thoughts, reactions, doubts and decision taking processes during the treatment. The book's aim is laudable and it offers much to readers of all levels of experience. Cases discussed include problems of alcoholism, physical handicap, school non-attendance, divorce, marital discord and childhood antisocial behaviour. The author's styles of work and reporting vary considerably, though this seems to add to the book's appeal, and most have presented in an informal manner (Frame, for example, describes one patient as: "Fred had that maddening smiling passivity that drives people up walls"). Many 'asides' are chipped in as though in a clinical seminar, and by the end of the book the reader can feel able to chose to which seminar he would return. Most enjoyable.

The book by Pincus and Dare takes as its focus the oedipal phase and the incest fantasies and consequent family secrets that result from it. The attempt to explain a particular way of understanding what happens in families in health and in crisis. It is written clearly enough to be useful to a lay audience but is sufficiently sophisticated to hold much of interest for a professional reader.

The authors take care at each step of their discussion to explicate the theoretical assumptions which underly their interpretations of family events. This is one of the strengths of the book. They also stress the growth-enhancing potential of family interactions and events which might be labelled as pathological, eg the "signalling behaviour" of the acting-out adolescent, or some eroticised interest by the parents for the oedipal child; in fact they regard themselves as amongst the few psychoanalytic authors able to acknowledge

"the maturational aspects of the parental counter-oedipal response".

There are some omissions and biases which mar the presentation. The book is divided into chapters dealing developmentally with the creation, growth and dissolution of the family, and there is a valuable section on "post-parental marriage". However, the focus remains that of the developmental crises of the members in relation to the individual; the authors have not made the transition to the concept of the life cycle and developmental crises of the family. It is quite startling to note that, in their discussion of family therapists who are interested in family history, the authors omit the work of Palazzoli et al. Their historical focus and their premise that the oedipal phase is the primary source of secrets in the family, make them sometimes neglectful of current realities in the case histories they present, and inclined to look for a "unitary cause" solution to family difficulties. Their lack of sympathy for changing gender roles and family patterns at times biases their perception of marital conflict - phrases like "so called 'liberated' women" spoil the generally objective tone of the book.

Despite these criticisms the book is well worth reading and a valuable aid to understanding the sources of growth and conflict in marital couples and families.

"Beyond the Double Bind" is the edited proceedings of a 1977 conference whose main speakers included Bateson, Hayley, Weakland, Whitaker and Wynne. In his paper Bowen reminds us that the term 'schizophrenia' has a different meaning in the U.S. than elsewhere, and the book should be read in this context. The original 1956 paper "Toward a Theory of Schizophrenia" is reproduced followed by the main papers with edited accounts of the discussions. A Bateson workshop at the conference is also written up. Those who pioneered thought in the area of paradox, metacommunication and schizophrenic transaction take the opportunity to give an historical perspective to their current practices: Hayley, for example, outlines his approach presented fully in "Leaving Home". I found Schefflen's paper discussing mother-child symbiosis as a developmental precursor of schizophrenic

communication the most thought-provoking and overall this proved to be an interesting book rather than a landmark.

"Psychosomatic Families" is the result of collaboration between child and family psychiatry and paediatrics, initially on problems of unstable diabetic but principally on anorexia nervosa. A "linear psychodynamic or behavioural" view is here superseded by a systems approach and we learn that families producing a psychosomatic member characteristically function with Enmeshment (ie weak subsystem and individual boundaries), Overprotectiveness (parents over readily protect the child and the child her parents via the symptom), Rigidity and Lack of Conflict Resolution (eg conflict is readily defused and differences not confronted). The child may be drawn into triangulation or coalitions in order to defuse conflict and her "autonomy is curtailed by the intrusive concern and over protection of other family members". Therapy occurs in two phases: a paediatric assessment which may entail hospitalisation as a life-saving intervention, followed by family therapy to address family transactional patterns. A critical point of treatment is when a family session takes place around the clinic's lunch table. Minuchin aims to reframe the problem as: "both parents and daughter are in a fight for control", and "not eating is disobedience, not illness". The second half of the book contains verbatim accounts of sessions which highlight Minuchin's claim that: "the problem of working with anorectic families is the problem of achieving intensity... (the therapist) must increase his intensity until it makes an impact". In their study of 53 cases 86% had a satisfactory outcome on symptomatic and psychosocial criteria (follow-up was for at least 1½ years), results which will render this book important and influential. Added to that, the work is clearly written and the arguments and therapy accounts very well presented. The question is, though, how specific to psychosomatic disorders are the phenomena discussed?

Stuart Lieberman writes from a background predominantly in adult psychiatry (at St. George's Hospital). His interest is in the histories of families entering treatment, their intergenerational structure and relationships, and he describes

transgenerational analysis (via the geneogram) as a specific approach in which elucidation of family scapegoating, family myths, expectations fostered on a child from previous generations, etc. becomes the focus of treatment. I found myself regrettably unable to warm to the book, at least in the early chapters: the writing style seems a little too awkward and the message somewhat repetitive. In addition, reference to Ferreira and John Byng-Hall (both significant pioneers in the exploration of family myth and legend) is minimal. On the positive side, Lieberman does focus on an important diagnostic and therapeutic tool and explores various aspects of it and the books comes more into its own in the clinical chapters. His description of how to construct a geneogram is helpful and the case reports interesting; one is of a brief, individual treatment of a depressed and aimless man who was encouraged to contact his parents again to discover information of major relevance to him, with beneficial results. Lieberman then presents accounts of work with a married couple and with a nuclear family in which the mother was initially referred for individual help. These, and the final chapter on training issues, can be read with profit by all therapists.

"Family and Marital Psychotherapy" is a collection of original papers by ten contributors, many of whom are in the forefront of the British family therapy movement. Although half of these authors are associated with the Cardiff Family Therapy Institute, the book manages to represent the range of family therapy philosophies and strategies currently practiced over here. Frude writes a critical overview of family description and therapy and Kingston discusses provocatively the effects of mental health organisations on the various professionals practising family therapy. By contrast with these 'macro-' views of the field, Gill Gorell-Barnes discusses anger and violence in families, suggesting that an every-day piece of interaction can be a précis of the family's overall structure and functioning. Cade contributes a clinical chapter on the use of paradoxes and Brunelin writes on non-verbal communication in families and therapy.

Two papers follow on couple therapy: Ryle's is a useful overview with greater emphasis on his preferred object-relations model; Crowe then discusses behavioural approaches to sexual dysfunction. The final three chapters have a research orientation: Emelia Dowling presents an investigation of co-therapy teams utilizing a coding technique with some similarities to that being researched in the Children and Parents Department. Walrond-Skinner's investigation of training suggests that considerable growth can take place in students even after a brief, behaviourally-orientated programme. Finally, Gale summarises the main issues involved in evaluating family therapy outcome research. This is not, therefore, a comprehensive textbook of family and marital psychotherapy and the broad range of topics addressed by different authors can make the whole seem fragmented rather than cohesed. Many readers will also find the printing style very irritating. However, it is satisfying to find that a book such as this can be compiled in Britain and is available at a very attractive price.

The two disciplines encompassed by "Family Therapy and Transactional Analysis" would seem to have some parallels, particularly as the strategic school of family therapy also emphasises the 'rules of the game' of interpersonal relationships. Horewitz does discuss how some of the writings of Minuchin and Satir can be translated into TA terms, as can aspects of psychoanalytic theories, and one can infer that all therapies rely on certain basic manoeuvres whatever terms are used to describe them. Unfortunately, the strategic work of Palazzoli and others is not discussed and although parts of the book make interesting reading, for practical purposes it remains one for the devotees of TA, per se.

"Family Therapy: An Interactional Approach" Andolfi has written an excellent introductory text on family therapy. Although he claims to have learned most from the Philadelphia 'school' of structural therapy, Andolfi's style is really eclectic, integrating aspects of various approaches. Of all the authors reviewed in this section Andolfi stands out as believing that different families may require different types of therapeutic intervention at different stages of their treatment - at

one time historical, for example, at another paradoxical, etc. Most of the basic concepts of family therapy are presented and discussed: the family as a system, the treatment setting, supervision, interviewing techniques, re-framing, the use of space, sculpting, children's play, tasks (which the author classifies in a useful way and examines in some detail) metaphor, re-structuring. The text has been superbly translated so that it reads clearly and fluently, with numerous clinical examples. I would start a trainee family therapists' reading list here.

"The Family: Evaluation and Treatment" proved a misleading title and the book was disappointing overall. It is a collection of twelve papers presented to the 1979 Annual Scientific Meeting of the American College of Psychiatrists, but only a few of the authors are well known over here (e.g. Bloch and Lids). Two chapters report studies of family evaluation techniques, one is Jerry Lewis on his family competence scale, the other David Reiss on a card sorting game for the whole family. The

remaining three chapters in Part I are clinical, emphasising a dynamic/developmental view of the family. In Part II 'The Family as a System' and 'Evolutionary Aspects of the Family' are lengthy but interesting theoretical discussions. The "Treatment" part of the book includes a disappointing overview from Don Bloch and a clinical presentation in which family and related dynamic therapies were utilized. Although this chapter is titled 'Indications and Contraindications' this is not adequately discussed. However, the final chapter of Alanen's guest lecture is excellent, discussing psychopathology in families of schizophrenics. Alanen makes significant reference to the work of Kohut, Kernberg and other psychoanalytic writers, but also discussed the genetic component. He summarises his view as: "a mother (or father) craving for a symbiotic relationship with a child may select for the purpose the child who is constitutionally the most passive and, thus, the likeliest to respond to such a request."

"Leaving Home: The Therapy of Disturbed Young People"

Halley's new book is an important addition to the literature. It examines the treatment of older adolescents whose crazy or anti-social behaviour becomes part of a repetitive cycle of institutionalization - home - institutionalization, etc. Halley's thesis is that the adolescent's symptomatic behaviour (and 'failure' to lead an independent and responsible existence) serves as a homeostat for an unstable family system. The child has become triangulated between his parents, whose unstable marriage has already rendered them incapable of exercising authority over him, and he is precipitated into eccentric behaviour when his parents threaten to separate. Halley recommends structural family therapy as the only effective treatment and this view is illustrated by many verbatim extracts from family sessions. The message is that treatment must consist of a detailed, practical planning of the adolescent's future by his parents and therapist. Discussion of feelings or attempts at 'understanding' are not only irrelevant but deviations from the task into an area at which the family are expert and the therapist not! Halley's model of therapy is clearly reflected in his style of writing - precise, authoritative and dogmatic. Many readers will be antagonised by the dogma with which the book abounds; for example, the therapist is taught to ignore evidence of marital disharmony (the parents know it is there and do not need to be told), until the child is behaving normally, and even to tell separating parents to stay together until this is achieved. Halley, being Halley, also ridicules all other treatment approaches, repeatedly commenting on what he sees as their inadequacies. It is a pity to alienate so many potential 'converts' in the first seventy pages because the central message is important and could be valued in its own right. Please, everyone, start a quarter of the way through the book.

BOOKS RECEIVED:

DRUG AND ALCOHOL ABUSE: A CLINICAL GUIDE TO DIAGNOSIS AND TREATMENT. by Marc C. Schuckit. Plenum. 1979. \$16.95.

CRAZY TALK: A STUDY OF DISCOURSE OF SCHIZOPHRENIC SPEAKERS. by Rochester & Martin. Plenum. 1979. \$25.00.

THE USE AND MISUSE OF SLEEPING PILLS: A CLINICAL GUIDE. By Wallace B. Mendelson. Plenum. 1980. \$22.50.

LAW IN THE PRACTICE OF PSYCHIATRY: AND HANDBOOK FOR CLINICIANS. by Seymour L. Halleck. Plenum. 1980. \$21.50.

THE YEAR 2000 AND MENTAL RETARDATION. Edited by Stanley C. Plog & Miles B. Santamour. Plenum. 1980. \$19.95.

Would interested potential reviewers please contact Peter Reder (C & P)

Peter Reder is Senior Registrar, and Elsa Jones is a 2nd year Sheldon Fellow in the Advanced Family Therapy Course, in C & P.

Just published!

The Psychotherapy of Schizophrenia

edited by John S. Strauss, Malcolm Bowers, T. Wayne Downey, Stephen Fleck, Stanley Jackson, and Ira Levine
Yale University School of Medicine

This unusual volume explores the strengths, weaknesses, and controversies involved in different approaches to the psychotherapy of schizophrenic patients. Bringing together leading clinicians and research scientists, including individual and family psychotherapists, behavior modification experts, and psychopharmacologists, the book features a crisp and enthusiastic survey of the field. Here critics and defenders of current practice and methodology describe their orientations and state their opinions.

Interpersonal problem-solving therapy for schizophrenic patients and their families, the nature of the psychotic experience and its implications for the therapeutic process, and the role of insight and self-observation in discovering the etiologies of schizophrenia are considered in detail. Related areas of concern include all-or-none phenomena in the psychotherapy of severe disorders, the role of psychodynamic psychiatry in the treatment of schizophrenic patients, medication and psychotherapy in outpatients vulnerable to psychosis, and the quality of outcome from psychotherapy of schizophrenia.

Contents: Rationale for the psychotherapy of schizophrenia. Research. The practice of psychotherapy with schizophrenics. New directions. Index.
320 pp., illus., 1980, \$27.50 (\$33.00/£17.33 outside US)

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