

namics of post-traumatic nightmares and the role of narcissistic mortification and shame in the instigation of dreams. In compelling us to reconsider post-traumatic nightmares 'as true dreams in the psychodynamic sense, having *meaning* not just in relation to trauma but also to the dreamer's entire psychic continuity' (p. 25), Lansky & Bley have made a significant contribution.

REFERENCES

- ERIKSON, E. H. (1954). The dream specimen of psychoanalysis. *J. Amer. Psychoanal. Assn.*, 2: 5-56.
- (1960). The psychosexual and the psychosocial dimension in the interpretation of dreams. Presented on 22 June 1960 at a Scientific Meeting of the BPSI.
- FERENCZI, S. (1931). On the revision of *The Interpretation of Dreams*. In *Final Contributions to the Problems and Methods of Psychoanalysis*. New York: Basic Books, 1955, pp. 238-243.
- FISS, H. (1986). An empirical foundation for a self psychology of dreaming. *J. Mind and Behavior*, 7: 161-191.
- FREUD, S. (1900). *The Interpretation of Dreams*. S.E. 4 and 5.
- (1920). *Beyond the Pleasure Principle*. S.E. 18.
- (1940). *An Outline of Psycho-analysis*. S.E. 23.
- GARMA, A. (1946). The traumatic situation in the genesis of dreams. *Int. J. Psychoanal.*, 27: 134-139.
- GREENBERG, R. & PEARLMAN, C. (1975a). A psychoanalytic dream continuum: the source and function of dreams. *Int. Rev. Psychoanal.*, 2: 441-448.
- (1975b). REM sleep and the analytic process: A psychophysiological bridge. *Psychoanal. Q.*, 44: 392-403.
- Pillard, R. & Pearlman, C. (1972). The effect of dream (stage REM) deprivation on adaptation to stress. *Psychosom. Med.*, 34: 257-262.
- WINNICOTT, D. W. (1965). *The Maturational Processes and the Facilitating Environment*. London: Hogarth Press.
- WINSON, J. (1992). The function of REM sleep and the meaning of dreams. In *Interface of Psychoanalysis and Psychology*, ed. J. Barron et al. Washington, DC: American Psychological Association, pp. 347-356.

HOWARD B. LEVINE
124 Dean Road, Brookline, MA 02146

Copyright © Institute of Psycho-Analysis, London, 1995

Human Feelings; Explorations in Affect Development and Meaning. Edited by Steven L. Ablon, Daniel Brown, Edward J. Khantzian and John E. Mack. Hillsdale, NJ and London: Analytic Press. 1993. Pp. 431.

Although the centrality of emotional experiences in psychoanalysis has always been recognised, few contributions were made to this topic in the early years of psychoanalysis. Over the last twenty years, however, affect has become a major area of exploration and it has gradually replaced Freud's drive discharge theory as a major factor motivating human behaviour. This book's examination of emotions from various perspectives, by authors from various disciplines, is a welcome contribution to this rapidly expanding area in developmental psychology and clinical psychoanalysis.

It is difficult to avoid repetition in the chapters of edited books, but this disadvantage of multiple authorship has been minimised in this volume because of the many years of collaboration between the authors in the Harvard Affect Study Group. However, the chapters vary greatly in quality of content and style. For example, the chapters containing clinical material do not sufficiently stress affect development and meaning, which are the

book's major emphasis. This book suffers from the common problem in psychoanalytic publications: carefully enunciated theory has little to do with the conceptualisation of the clinical material. The chapter on 'Affect and addictive suffering' is an exception; Khantzian seamlessly integrates disturbances in affect regulation with the clinical manifestations of addiction.

Considering the great variety of perspectives from which emotions have been examined, the editors have done a remarkable job in organising the book into five sections: 'Theoretical considerations', 'Affect and the life cycle', 'Trauma, addiction and psychosomatics', 'Transformation of affect' and 'New directions'. The exhaustive lists of references following each chapter add enormously to the value of the book.

The first chapter, by Daniel Brown, is the conceptual foundation of the book. By relying on the concept of developmental lines and on Gedo and Goldberg's 'progressive structuralization', the result

of which is a complex synthesis of perception, physiological state, cognition, and action, Brown creates a grid that gives a good demonstration of the multiple dimensionality of affect as it becomes increasingly differentiated and structuralised over the life cycle. The developmental paradigm of affect that Brown postulates (from expression of affect to experience, to tolerance, to verbalisation, to recognition, to orientation, to transformation and eventual consciousness) suggests that increasing levels of structuralisation of the mind correspond to increasingly well differentiated affective states; a view with which one can not argue. However, I believe that transposing this developmental paradigm to psychopathology is rather risky. For example, Brown suggests that schizophrenic patients are less able to recognise affects than are neurotic patients, that is, that they are less mature emotionally than are neurotic patients. With our current insights into the complexity of emotional disorders, we can no longer equate severity of emotional disturbance with immaturity.

The second chapter, 'Affect and character' by Allen Palmer, relies on Otto Kernberg's idea that drives derive from affects rather than vice versa. According to this theory, multiple and varying types of affects are organised either into the libidinal or into the aggressive drive derivatives. Such an organisation is supposed to evolve into stable psychological structures and could therefore constitute elements of character. This novel idea of the relationship between drives and affect and the manner in which they participate in the evolution of character requires further investigation.

An excellent chapter—'On understanding gender differences in the expression of emotions' by Leslie Brody—includes statistical findings, social and biological considerations regarding the difference between female and male expression of affect. The author raises the question of whether these differences—best understood as related to gender-role rather than sex differences—are purely the result of socialisation or whether they are related to differences in cerebral lateralisation? Existing research findings are ambiguous, but the author suggests that it may be safe to say that 'gender differences in emotion socialisation result from a complex series of interactions between early subtle neuropsychological, genetic, and hormonal differences between boys and girls'.

An exciting and clinically relevant chapter is the one on 'Empathy, virtuality, and the birth of complex emotional states' by Alfred Margulies. By in-

cluding empathy and empathic communication in a book on emotions, the author touches on some of the most fundamental theoretical and clinical questions currently debated in psychoanalysis. For example, when he asks 'what it means to build psychic structure' and suggests that

in the very identifying of affects (e.g. clarification) or in the broader sweep of linking complex emotional states through interpretations, we are in effect creating something new and not merely releasing or uncovering something buried away

he is addressing questions related to repression and the nature of the unconscious. His is a 'relational' rather than an intrapsychic perspective on how structural change may be conceptualised and on the role affect and empathy may play in this process.

In contrast to Margulies, who says that treating the concept of affect as if it were 'a concrete describable entity' is a mistake since by nature 'affect is highly nuanced and contextual', Bessel A. van der Kolk speaks of 'frozen affects' following traumatic experiences. Considering these two chapters together alerts the reader to the variety of theoretical frames of references that are used by the authors. Van der Kolk's chapter and the entire section on 'Trauma, addiction and psychosomatics' enters the domain of psychobiology. It would have been of interest to include in this section the current psychoanalytic view on *major affective disorders (major depression and bipolar disorder)*.

In the section on the creative process, Sachin, examining the music of Duke Ellington, employs the idea of affect tolerance rather successfully. However, since affect tolerance plays an important part both in health and disorder (see addictions), it can not be offered as the sole explanation for a process as complex as creativity.

How far currently available methods of inquiry can be applied to explain psychological phenomena is severely tested in the section on 'New directions'. In its attempt to explain non-ordinary states of consciousness, Mack's description of his personal experiences definitely overstep the boundaries of currently available depth-psychological methods of inquiry.

The contributions to this volume are very uneven. *Human Feelings* is best considered as a source book that offers a helpful overview of affect development and selected instances of clinically useful insights.