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Dear Author/Editor:

We are pleased to send you the enclosed copy of a review that recently appeared in:

Families in Society: The Journal of Contemporary Human Services

Sincerely yours,

Joan Riegel

Joan Riegel
Promotion Manager



Book Reviews

Human Feelings: Explorations in Affect Development and Meaning. Edited by Steven L. Ablon, Daniel Brown, Edward J. Khantzian, and John E. Mack. Hillsdale, NJ: Analytic Press, 1993. 454 pp. \$45.00.

Though *Human Feelings* falls short of an academic tour de force, its strength may lie in its contribution to mentoring clinicians. That is, it gives direction on the unpaved road to discerning and processing the relationships among affect, cognition, and behavior.

In my teaching experience, I find it difficult to bring a deeper knowledge and appreciation of affective structures to students, who find cognitive and behavioral theories attractive and accessible. The watershed chapter by Daniel Brown, "Affective Development, Psychopathology, and Adaptation," summarizes the ideas of the great names in infant studies. His synthesis of their contributions challenges the one-dimensional analysis that marks most cognitive and behavioral biases in academia and in practice.

Drawing on Brown's conceptualizations, Allen Palmer focuses on the affective structure that is created in infancy and childhood. The "affective core self," like temperament, serves the personality with continuity over time and is the heart of the aging process. I believe that when the affective core structure fails to mature—or to become differentiated—it no longer serves the personality as it processes stresses and losses. Midlife, in this case, will be characterized by a "diminished capacity," affective rigidity leading to distortions in defenses, crippling the integrity of memory and cognitive patterns. Character becomes compromised. Palmer's chapter, "Affect and Character," approaches this point, but, like Alexander Morgan's "Affect in the Elderly," fails to discuss it.

Bessel van der Kolk's "Biological Considerations about Emotions, Trauma, Memory and the Brain" inspires confidence in the editors' approach to the subject of the book. With his usual brilliance, the author helps the reader to view human behavior integrally, giving neither too much nor too little weight to psychobiology. On the other

hand, Leslie Brody's "On Understanding Gender Differences in the Expression of Emotion" serves up yet again the tired and uncompromising socialization explanations.

A major deficit in the volume, in my opinion, lies in its insufficient attention to the role of affect structure, expression, and experience in adolescent development. Although Stephanie Smith presents an excellent case study of the building of affect tolerance in adolescence, she doesn't take a stand on adolescent affective movement and context. She acknowledges that adolescence has been viewed traditionally as a time of emotional turmoil and disequilibrium "usual and necessary for movement toward consolidation of the adult personality" but notes that current researchers "do not find that the general population of adolescents can be described as being in a time of major emotional dysfunction or vulnerability." This assertion is inconsistent with my experience dealing with professionals and parents in the "general population," but I am motivated to look into the studies she refers to.

Brown again, in "Stress and Emotion: Implications for Illness Development and Wellness," provides a usable overview of stress literature and concepts. Of particular interest is his identification of affect tolerance, verbalization, and defense, as it relates psychophysiological disorders to expressions of either autonomic or immune dysregulation.

A well-done and unusual chapter by Jerome Sashin, "Duke Ellington: The Creative Process and the Ability to Experience and Tolerate Affect," made me want to launch a personal study of artists and their tolerance of affect through their artistic expression. The lessons that may be learned here would have merit for everyone.

Several areas of interest were underaddressed in *Human Feelings*. Lack of attention to the profound theoretical challenges of adolescents, gender, and culture—considered independently and as interrelated categories—will disappoint those who find themselves bewildered by changing clinical demands. Though Edward Khantzian's "Affects and Addictive Suffering: A Clinical Perspective" was the only chapter that incorporated suffering as a core emotion, he limited his discussion, excellent as it was, to suffering involved in addiction. What about yearning, grieving, suffering, and mis-

ery? These are the clinical states that accompany my clients' experiences of loss.

Brown successfully related affect structure and function to the syndromes of borderline personality and narcissistic personality. However, given the clinical prominence of these disorders—not to mention the neglected antisocial personality disorder—the reader is left frustrated with the volume's coverage. Also lacking was a discussion of the development of empathy.

I was disappointed, too, in the failure to relate affect structure with racism, interpersonal hate and structured hate, impulsive disorders, affect experiences of human and spiritual intimacy (affect attunement), grief, empathy, and shame. Perhaps I am greedy for a book that does not yet exist.

For my money, the contributions that this volume guaranteed a place for in my practice and my classroom are those by Daniel Brown (wonderful syntheses), Edward Khantzian (giving dignity to the notion of addictive processes), Bessel van der Kolk (consistently pushing the envelope of trauma), and John Mack (for his bold and brilliant "The Passions of Nationalism and Beyond: Identity and Power in International Relations").

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The Counseling Sourcebook: A Practical Reference on Contemporary Issues. Edited by Judah L. Ronch, William Van Ornum, and Nicholas C. Stilwell. New York: Crossroad Publishing, 1994. 536 pp. \$21.95.

The Counseling Sourcebook is a substantive and thought-provoking resource for the professional helper and the interested layperson. In enlisting a group of committed, active professionals from various disciplines in the counseling field, the editors bring to life the multifaceted field of counseling and provide readers with access to the various viewpoints helping professionals bring to their work.

Unlike a textbook or self-help reader on the popular market, *The Counseling Sourcebook* combines theoretical concepts, research findings, and principles for counseling practice. Though accessible to the interested lay reader, this book is per-

haps most useful to practitioners in the helping professions who seek a more comprehensive understanding of counseling approaches and issues or who wish to research an aspect of practice that is unfamiliar to them. The book also awakens interest in the various aspects of counseling work that need to be attended to if counseling is to be relevant, sensitive, and meaningful to various populations.

The Counseling Sourcebook is centered on practice knowledge and divided into three sections: "Foundations: A Century of Approaches" describes traditional theoretical approaches to counseling as well as more contemporary concerns; "Sensitivity: Issues for Contemporary Counselors" introduces readers to special populations that need counseling and to issues requiring counselor awareness and understanding; "Counseling Approaches throughout the Lifespan" offers a variety of counseling approaches and strategies that address special needs arising in the cycle of human development.

The foundations section presents clear descriptions of psychoanalytic theory, gestalt therapy and behavior therapy, group counseling and therapy, and cognitive therapy. The authors discuss therapeutic strategies in these very different approaches to counseling. A chapter titled "Brief Therapy: The 20-Minute Hour" presents useful information on the current move toward managed care and the consequent demand on counselors to work in a time-limited, goal-focused manner. The final chapter of this section, "Medication Therapy," serves as a valuable reference for counselors seeking an understanding of recent developments in psychopharmacology.

The sensitivity section takes readers into the counseling relationship. Several articles in this section discuss persons with special needs and present strategies that may help counselors serve these individuals and their families. Other articles address gender, race, and sexual-orientation issues and the need for counselors to be aware of their own values and biases so that they do not interfere with the counseling relationship. Readers are cautioned throughout to refrain from rigid stereotyping and to recognize the unique qualities of the individual within the context of the larger group. Finally, ethical, religious, and legal issues affecting counseling relationships are discussed.

Counselor responsibility and accountability are emphasized throughout this section. The editors' choice of chapters reflects current challenges