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~~emotional disorders that arise from limitations of right hemisphere
affect regulation" (p. 469). I found Schore's proposed adoption of
chaos theory to guide future psychotherapy research promising,
though all too sketchy.~~

~~MOSHE HALEVI SPERO (JERUSALEM)~~

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HUMAN FEELINGS. EXPLORATIONS IN AFFECT DEVELOPMENT AND MEAN-
ING. Edited by Steven L. Ablon, Daniel Brown, Edward J.
Khantzian and John E. Mack. Hillsdale, NJ/London: The An-
alytic Press, 1993. 431 pp.

In his Introduction Ablon describes the book as the outcome of five years of fortnightly sessions of a multidisciplinary team, the Harvard Affect Study Group. The book is well edited for a unity of style despite 14 authors and, in essence, 18 papers and is helpfully organized in specific sections. A reviewer with but 1500 words at his disposal can only outline the book's papers, pausing briefly just where he has particular experience.

The first section deals with theory, introduced by Brown's paper on developmental sequences of affect maturation. It is around this chapter that the book is organized, later papers often illustrating

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aspects of his thinking. He reports a sequence of stages beginning with affect expression (until three months), affect experience (until a year), affect tolerance, and then verbalization in toddlerhood, followed by affect defense in prelatency, orientation in latency, transformation in adolescence, and consciousness of affect processes in adulthood. This thoroughly researched chapter leans heavily on cognitive development and correlates types of psychopathology with failures in maturation at different levels in the affect sequence. A child analyst sees most of his or her steps not as separate from one another, but rather as completely interdependent: affect tolerance, for example, almost totally dependent on verbalization and defense. The Toddler Developmental Profile¹ with its emphasis on affects might have been helpful here. Although perhaps a bit schematic, Brown struggles well to avoid the adultomorphism bemoaned by Tähkä² as almost inevitable in affect theorizing about infancy.

Allen Palmer's section on "Affect and Character" advances the concept that we each have a "predictable, prevailing affect that is a signature of our character" (p. 67). Leslie Brody's succeeding chapter is on gender differences in the expression of affect. Recent work³ might be helpful here, as it has focused on the woman's capability of being a mother, anatomically able to give birth, with an anatomy that shapes the body ego and hence all that arises therefrom.

The next section explores affect in psychotherapy and contains two superb clinical reports, the first by Stephanie Smith on the role of affect tolerance in the analytic progress of an adolescent girl, illustrating one of Brown's early phases so well. The report is pleasingly unusual, as this mature child analyst adapts her technique to the special needs of her patient. The second report is by Alexander Morgan on his psychotherapy with an eighty-year-old woman. The mutual respect of therapist and patient, their devotion to their

¹ Furman, E. (1992): *Toddlers and Their Mothers. A Study of Early Personality Development*. Madison, CT: Int. Univ. Press, pp. 102-103.

² Tähkä, V. (1993): *Mind and Its Treatment: A Psychoanalytic Approach*. Madison, CT: Int. Univ. Press.

³ Furman, E. (1994): Early aspects of mothering—what makes it so hard to be there to be left. *J. Child Psychother.*, 20:149-164.

shared task of working with affect in an elderly patient is heart-warming. How fortunate this woman was in finding Morgan and not someone who might have tragically and disrespectfully medicated her. This is a paper that should be mandatory reading for any health care reformer or managed care administrator.

Alexandra Harrison's paper is on the familiar process of helping a child and family master what I have been trained to call a developmental conflict threatening resolution of the oedipal phase.⁴ She reports (p. 157) rather clearly that her management of the child's aggression was followed by the appearance of the girl's ability to play, yet in her summary she seems to turn things around to attribute any therapeutic benefit to the child's ability to play.

This can introduce Ablon's paper on the therapeutic action of play in child analysis. The integrative function of play is well known, as are the benefits accruing from just sitting by a child at times so she or he can safely be alone in the protective presence of another, in Winnicott's sense. Tähkä (see footnote 2) writes of something similar, with the analyst a bit more active, in his concept of "empathic description." Familiar also are the many other functions of play, such as for communication or defense. Ablon is writing about the mastery that occurs in the "intersubjective sphere of the therapeutic relationship" in which the analyst serves as companion while engaged "in lively self-analysis."

Ablon's cases are drawn from the early stages of two analyses. In the first instance the analyst observes the unfolding of violent, murderous fantasies of a five-year-old. We learn of the analyst's conjectures in response to the material and of his perhaps appropriately rare interventions, though the child's recurrent comment, "Is there a doctor in the house?," raises questions here. There seems to be no way to learn how, or to confirm if, the analyst's inactivity served some new or specific therapeutic purpose in allowing the play to continue uninterrupted. The contention is advanced that the play is in and of itself therapeutic, but at the end of the report it is stated that the analysis subsequently went on to resolve rather typical phallic-oedipal conflicts. The propositions advanced in the

⁴ Furman, R. & Katan, A. (1969): *The Therapeutic Nursery School. A Contribution to the Study and Treatment of Emotional Disturbances in Young Children*. New York: Int. Univ. Press.

paper would require a much more detailed protocol to evoke a sense of conviction.

Alfred Margulies has a fascinating chapter dealing with the question of whether we find or create feelings in others, posing the question about the appearance in therapy of painful affects attached to old memories. Are these feelings discovered, uncovered, or created by therapy? Where were they, if anywhere, all the time since the painful experience? He seems wisely to pose the question without a definite answer so that the question stays with one most appropriately when finished with the chapter.

The book's third section deals primarily with trauma and drug addiction, the first two papers on post-traumatic stress syndrome. Bessel Van der Kolk writes, "Today's knowledge of neurobiology allows us to speculate about underlying biological mechanisms" (p. 227), and his paper is a thorough review of today's neurobiology and the speculations it makes possible. Sarah Haley's paper is on object relations theory and hypnotherapy with Vietnam veterans with post-traumatic stress syndrome. The first paper quotes Pierre Janet in 1889 and again in 1919 on trauma, and the second chapter is focused on mastery of overwhelming trauma by enhancing the ego's access and control over the events as part of the progression of the treatment. But neither paper refers to Freud's basic thinking.⁵

The next paper in this section is by Khantzian, "Affects and Addictive Suffering." The reviewer's experience with such patients is too limited to permit any intelligent comment beyond noting that it seemed as if object relations theory was being stressed rather prominently and this focus did not add clarity to the presentation in the context of this book.

The final chapter is the second of three that Brown contributes. It focuses on work done to integrate stress and emotion with their implications for the development of health or illness. Most challenging and fascinating are the reports of ten-year studies of over 4,000 people in Yugoslavia and Germany, correlating the occur-

⁵ Freud, S. (1919): Introduction to *Psycho-Analysis and the War Neuroses*. S.E., 17.
——— (1920a): Appendix: memorandum on the electrical treatment of war neurotics. S.E., 17.
——— (1920b): Beyond the pleasure principle. S.E., 18.

rence of illness—cancer and heart disease—with personality types and prevention of illness by psychological intervention. Brown notes the lack of sophistication of the research, but the case is well made for the repetition and verification of the studies.

The last two sections of the book really give meaning to the term interdisciplinary. The first of these is on the transformation of affect and features papers by Daniel Jacobs on analysts' devotion or lack of devotion to theory as perhaps a function of the nature of the early mother-child relationship, an intriguing concept, as well as a paper by Jerome Sashin on Duke Ellington. This latter is an elegant, remarkable paper, exploring Ellington's relationship to feeling in his work and most particularly his ability to tolerate uncertainty and ambiguity in his compositions. The paper reveals an unusual knowledge of jazz and of musical composition, as well as a deep regard for the creative process. The third paper in this section is also unusual and fascinating as Mack explores the role of affect in international relations, an area usually outside the domain of the mental health professional in a formal sense, although it may well be an area to which all of us give a great deal of private, unacknowledged thought.

The final section of the book is on new directions, which means hypnosis primarily in the first paper by Mack and meditation in the second paper by Brown. The reviewer has no knowledge of either field and can only report that the expositions seemed scholarly though hard to follow. Perhaps they would be easier for someone with even a modicum of knowledge of either area.

This is a timely and wide-ranging book in which the quality of the papers seems a bit uneven, although, like the reviewer, each psychoanalyst should find much that is either heartwarming or fascinating or new and stimulating to think about. It is a worthwhile read.

ROBERT A. FURMAN (CLEVELAND)

~~THE RELEVANCE OF THE FAMILY TO PSYCHOANALYTIC THEORY. By Theodore Lidz, M.D. Madison, CT: International Universities Press, Inc., 1992. 256 pp.~~

~~This book represents the culmination of Lidz's views on the relationship between the family and the psychoanalytic development of the self. It is a further elaboration of ideas expressed in his earlier~~