Lewis, Helen Block

SHAME AND GUILT IN NEUROSIS
New York: International Universities Press, 1974, 525 pp., $4.95 paperback

Dr. Lewis examines the role that shame and guilt play in the symptomatic picture and personalities encountered in psychotherapy. She draws both from extensive research into the manner in which a person orients himself to his environment and from her own and others' experience as psychoanalysts, particularly in focusing on those patients who have returned to treatment following an apparently successful resolution of the transference neurosis, to find how these feelings may aggravate the symptomatic picture.

Central to her study is the hypothesis that human beings possess inherently different styles of orienting themselves to their experiences. Field-dependent persons tend to experience diffuse anxiety, directing hostility inwardly and experiencing feelings of shame. Field-independent persons tend to relate subjective discomfort to specific situations, are more likely to experience hostility in reference to an outside source, and are more prone to experience feelings of guilt. Thus, the author suggests that the way in which a person manifests feelings of shame and guilt may indicate a different perceptive style, and identification with ego ideals, rather than an arrested psychosexual development.

Several chapters are devoted to differentiating carefully between shame and guilt experiences, using semantic, psychoanalytic, and interpersonal frames of reference. Dr. Lewis also discusses the masked manifestations of these feelings in therapy. Clinical data are used copiously to illustrate the author's concepts; she has devoted a major part of the
book to helping the therapist identify, focus on, and work through these feelings regardless of his own theoretical frame of reference. An extensive bibliography offers further information for the experienced therapist, for whom this work is written.

Thomas M. Hill, M.D.

Joseph C. Schoolar, Ph.D., M.D., and Charles M. Galitz, M.D., editors

RESEARCH AND THE PSYCHIATRIC PATIENT


This volume reports the proceedings of the Eighth Annual Symposium of the Texas Research Institute of Mental Sciences, held October 16-18, 1974. The contributors represent distinguished scientists in the field of psychiatric research, behavioral research, and jurisprudence. The articles are divided into five groups — the first considering research and social change; the second outlining current constraints on research with human subjects; the third dealing with research and the consumer of mental health services; the fourth with the impact of the present research climate on special interest groups; and the concluding section on research considerations with special groups, such as children, patients in mental hospitals, prison inmates, etc.

While most of the articles are presented in a clear, easily readable fashion, this reviewer was left with the impression that very little truly novel had been stated, either about the problems that currently exist or about possible solutions to these problems. It may be expecting too much for a conference such as this to come up with definitive answers to these critical social-medical-research dilemmas. However, a restatement of all the problems — most of which have been stated by the same authors, or others equally competent, in previous discussions, usually in articles appearing in the various journals — does little to advance our thinking in the field.

The main advantage of this volume is that it does bring together in a single book a statement of the issues that covers the problem area comprehensively, preventing the need to search for the same points of view in numerous journals of diverse specialties. I do not believe the book will be of great interest to the practicing clinician, nor will anything contained in it come as a surprise to the seasoned researcher. As a source book for a beginner in the field of behavioral research, however, it will serve as a useful statement of the basic problems currently being faced in this field, and the bibliographies are a very helpful source of more detailed literature.

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