

## BOOK REVIEWS

### On Sigmund Freud's Dreams

Alexander Grinstein, MD

Wayne State University Press, Detroit,  
1968, 475 pp, 18 figs, \$17.50.

Students of psychoanalysis, who are already indebted to Dr. Grinstein for his monumental *Index of Psychoanalytic Writings*, will be similarly grateful for his present work. He has thoroughly explicated all the literary and historic allusions in Freud's dreams and the accompanying associations which are discussed in the *Interpretation of Dreams*. Freud was an unusually erudite man and his dreams abound with material which is obscure to the modern reader. A much fuller understanding of both the *Interpretation of Dreams* and Freud himself results from reading Dr. Grinstein's interesting clarifications.

I wonder, however, whether these dreams are of more than historic interest at present. In his modest interpretive efforts, the author is content to reiterate essentially the same theory of dreams that is presented in Freud's early works. This theory postulates infantile impulses pouncing upon innocent day residues to seek covert gratification under the cover of night, threatening at every moment to awaken the dreamer, unless pacified by the dream work performed by an insomniac Maxwell's demon who simultaneously manages to evade the censorship and keep the dreamer asleep. These concepts were a dazzling insight in 1900 but now seem antiquated.

The recent psychophysiological discoveries suggest that the adaptive aspects of the dream discussed by Erikson, French, Gamma, R. Jones, Breger, and others may be much more important than Freud believed. Dr. Grinstein's prodigious labor could profitably have included a reexamination, from this viewpoint, of the data which Freud used as the basis of his theory.

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### La Fatigue (Fatigue)

Leon Chertok, Michel Sapir (Eds.)

Edouard Privat, Toulouse, 1967, 595 pp,  
tables, figs.

This textbook presents the Proceedings of the Third International Congress of Psychosomatic Medicine. It is comprised of nine sections, and each section is composed of three to fourteen essays. There are thus about 90 essays in all (with eight of these in German). The approach is multilateral, with discussion of the relationships of fatigue to physiology, disease states, work, etc. The major thrust of the symposium is in a sociocultural direction rather than a psychosomatic one.

Despite the painstaking assemblage of material in this volume, one does not come away with a clear concept of what that elusive term, fatigue, really represents. Perhaps an essay on the biochemistry of fatigue states would have helped. Admittedly, not much is known in this area, but the work of Schnedorf and Ivy (1939), Purpura (1956), and Jouvett (1964) deserves mention. Other shortcomings are the lack of a synoptic, concluding chapter, and a subject index. In spite of these omissions, the book is a valuable source of material for those interested in a multifaceted approach to this complex phenomenon.

MICHAEL A. SPERBER, MD

### Pratique de la psychotherapie de groupe. II. Les techniques (Practice of Group Psychotherapy. II. Techniques)

P. B. Schneider (Ed.)

Presses Universitaires de France, Paris,  
1968, 244 pp.

Studies of group interaction tend to be either: Macroscopic and conjectural with undocumented hunches, which though often insightful, are invariably unverifiable; or molecular analyses which, by some un-

usual calculus, convey an impression that the whole is less than the sum of its parts. The Proceedings of the Second International Seminar on Group Psychotherapy contains similarly polarized essays: Ezriel and Foulkes in the first group, and Mertens de Wilmars in the second.

Ezriel's section discusses transference in the group setting. He considers that each patient attempts, consciously or unconsciously, to establish a safe relationship to avoid another where he fantasies involvement could create personal disaster. The therapist's task, then, is to confront the patient with his attempts at avoidance and to help him cope with his fears. This would allow the avoided relationship to emerge. Ezriel has a good deal to say about the "collective group unconscious," some of which sounds pretentious. Discussants considered that his approach tended to overlook multilateral and multidimensional transferences.

Foulkes, in his essay on interpretation in group psychotherapy defines this broadly: The meaning which the therapist places on the productions of the patient, or of the group. He considers that interpretations should grow from material brought up in

the group, that they be relevant to each group member and understood in terms of the total context of the group, rather than conceptualized merely in terms of the therapist-patient transference. He advocates sparing use of interpretation to avoid undue group dependence on the leader, and suggests the avoidance of premature interpretations and those which are too deep or overly intellectual, preferring fresh, relevant interpretations. Foulkes' approach seems reasonable enough, but to the initiated reader, somewhat obvious.

There is a great need for collecting reliable and relevant data from group process, in order that the technics of group therapy may be better perfected. The present text does not do this. In addition, while it includes sections on cotherapists and discussion groups, it presents no account of the special technics involved in therapy with psychotics or with training groups. Considering these gaps, and the polarized approach described in the first paragraph of this review, one could not accurately consider this book a definitive work on technics in the practice of group psychotherapy.

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#### EDITORIAL NOTE

We wish to call the attention of our readers to an important and informative statement recently issued by the Committee on Transcultural Psychiatry of the American Psychiatric Association and of the Canadian Psychiatric Association which appeared in the *Amer J Psychiat* 126:453-455, 1969.