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J. A. C. BROWN: *Freud and the Post-Freudians*, A Pelican Book, London: Penguin Books Ltd, 1961. 220 pp.

There are, perhaps, more books written about Freud and Freudian theories than about any other individual or school of thought in the entire field of psychology. Thus, when encountering a new book on Freud, one's immediate reaction is: what can this book possibly offer new that has not already been said? The most critical reader will find that this book *does* have something new to say about Freud, his theories, and those individuals who either followed these theories religiously or who used them as a basis on which to formulate their own. This book, concisely and precisely written, provides the reader, in a minimum amount of space (220 pp.), with a simple and clear statement of some basic concepts of psychoanalytic theory: a brief account of Freud's theory and its development in the forty odd years of his own creative work: a survey of the contribution of Freud's contemporaries and immediate followers: and, a synoptic view of the later variations and deviations of others who have been influenced by Freud. The author of this compact book is Dr. James A. C. Brown, a psychiatrist who has vast theoretical and practi-

cal experience in the fields of Social Psychiatry, Social Psychology and Industrial Psychology.

Dr. Brown takes pains to present Freudian theories in an objective light, showing neither bias toward nor prejudice against the original doctrines of Freud, nor the deviant or eclectic schools which sprang from these. This approach may at first offend both the die-hard Freudian, and those who take an extreme view, considering of value only those results based on strictly scientific research techniques. However, both the neophyte and the well-read reader will benefit greatly by the author's objective approach. The former will not be readily indoctrinated into Freudian psychology as so frequently occurs on first encountering sensational Freudian views as expressed by a confirmed Freudian. Neither will he be alienated nor discouraged from digging more deeply into Freudian literature which might happen if he initiated his readings with anti-Freudian writings. The experienced reader will also profit from this book as he is presented with unemotional exposition by a psychiatrist well-versed in Freudian doctrines, but neither a hero worshipper nor an 'ax-grinder'.

Dr. Brown attempts to clarify many of the misquotations from Freud and misconceptions about the Freudians and Post-Freudians. He informs us from the beginning that the term, 'psychoanalysis', "...strictly speaking refers solely to the theories of Freud and the method of psychotherapy and investigation based thereon." Thus, Alfred Adler, who founded the school of Individual Psychology, and C.C. Jung, father of Analytical Psychology, did not practice psychoanalysis. Both were cognizant that their schools of thought were not Freudian and hence not psychoanalytic. Brown also suggests that the term Neo-Freudian is loosely used, as the theories of Fromm, Horney, Sullivan and others classified as Neo-Freudians, bear very little resemblance to the original ones of Freud. It is implied that Post-Freudian would be a more correct term. The author reminds us that, contrary to popular belief, Freud did not use the term "Instinkt", which in English signifies, 'instinct', but 'Trieb' which means 'drive'. And, the word 'sex', so frequently used and abused, is

not limited to sexual relations, but, "...any pleasurable sensation relating to the body functions... through the concept of sublimation, to such feelings as tenderness, pleasure in work, and friendship." 'Sex' when given this connotation is more readily accepted by the prudish or puritanic reader who should be less reluctant to apply it to infantile behavior, or to consider it as the root of all neuroses.

The author discusses the basic concepts of psychoanalysis, which is followed by a brief history and general survey of Freudian psychology. He then presents us with a concise and lucid account of the early schismatics — Jung, Adler, Reik, Rank, Stekel, Reich and Ferenczi, (the last, however, never completely broke with Freud). Dr. Brown skillfully analyses the theories of each and offers us the essence of the general thought and contribution of these distinguished scholars of human behavior. He then points out the basic difference between the American and West European approach to the social sciences. "The American tends to under — rather than over-estimate the significance of biological factors, and attaches correspondingly greater importance to environmental ones." The British attitude, we are told, differs from both the American and West European ones. British social scientists completely discard metaphysics, emphasize scientific facts and depreciate the American pragmatic approach. The author outlines and compares the theories of the two leading child analysts, Anna Freud and Melanie Klein, who are included in the British School. He asserts that both Anna Freud and Melanie Klein accept orthodox Freudian theory, but the latter claims to have opened up a hitherto unexplored region in the pre-Oedipal stages. Klein also believes that forerunners of the superego are demonstrable during the first two years of life, and the important drives are the aggressive and not the sexual ones as claimed by Anna Freud.

The author makes a concise, unbiased exposition of the theories of psychosomatic disorders. He concludes that, "...Selye's 'stress-syndrome' rather than Freud's psychoanalysis is likely to form the rationale of modern psychosomatic medicine." For, Selye, using a more scientific approach, has shown the physio-

logical pathways, both neurological and biochemical, by which stress can produce organic disease.

After discussing psychoanalysis and its relation to society, the author terminates his work with a comparatively detailed description of the theories and contributions of the Post-Freudians — Karen Horney, Erich Fromm, Harry Stack Sullivan and others.

Freud's theories have been criticized for being unscientific, and the true value of psychoanalysis as a therapeutic medium has long been openly questioned. This treatment, carried out in a shroud of mystery, is both extensive and the patient never really knows whether he was 'cured' because of psychoanalysis or in spite of it. Psychoanalysts, with their characteristic omniscient approach too frequently make pronouncements in areas other than their own. Thus, adherents to orthodox Freudian psychology, because of their exaggerated claims of unproven 'cures' and their reluctance to use, so called scientific methods, are considered by their critics a threat and danger to modern-day medical practice. Dr. Brown, however, leaves us with much food for thought. For, as he claims, it is certain that psychoanalytical treatment will not solve the world's social problems nor cure all the mentally ill. "The real danger today is that neuroses may cease to be dealt with by psychological methods based on understanding at all, and that with new pharmacological and medical or surgical methods we shall be 'cured' by being made insensible to conflicts rather than facing up to them..."