

standing of masochistic personality by using object relations therapy and thus "lead to a diminishing of the pejorative and gender-biased associations with the term masochism." In this regard, Glickauf-Hughes and Wells have created a pivotal work that moves masochistic personality disorder beyond political wrangling and pop psychology.

The book focuses on the "preneurotic masochistic character disorder" that the authors characterize as a disturbance in object relations-ego development at a healthier level than the borderline ego organization of "borderline masochism." This distinction is important. The book does not provide guidance on dealing with borderline masochists who manifest identity diffusion, vulnerability to reality distortions, and poor impulse control. However, psychotherapists will find the book of real assistance with their psychotherapy of higher-functioning patients with masochistic character features.

The authors review in detail the concept and etiologic development of preneurotic masochism. Although they do not discuss the issue of differential diagnosis with closely associated personality disorders—narcissistic, paranoid, obsessive-compulsive, hysteric, and hysteroid (borderline) disorders—until after they present their treatment approach, they have a unique ability to make difficult concepts understood. For example, the grandiosity of the masochistic personality is characterized as "Gandhi-like" (self-sacrificing) as compared with the "Mr. Spock-like" grandiosity (ultra-reasonableness) of the obsessive-compulsive character. Throughout, the material is presented with great care and clarity, making the book appropriate for both learning and seasoned therapists.

The authors discuss their psychotherapy approach in explicit detail. The value of the corrective relationship, the central treatment goals, and the dangers of countertransference responses are reviewed in separate chapters. Be-

sides characterizing the individual therapy of the preneurotic masochistic patient, the authors provide a chapter on couples therapy and another on object relations-interactive group psychotherapy.

### Knowing Feeling: Affect, Script, and Psychotherapy

edited by Donald L. Nathanson, M.D.; New York City, W. W. Norton and Company, 1996, 425 pages, \$45

Leston Havens, M.D.

We owe Donald Nathanson a great debt for bringing the ideas of Silvan Tomkins out of the neglect that has plagued efforts to make the central experience of humankind—affects and feelings—a working, systematic part of psychology and psychiatry. Affects have seemed soft, unscientific, "subjective," impossible to accord the obvious seriousness we feel about them or to place within systematic structures needed for clinical application. Previous efforts, like Sullivan's, to locate dangers to self-esteem, what can now be called shame, at the heart of clinical work sidestepped the problem, we can say, by using the old language and ideas.

The book is a kind of preliminary encyclopedia on the importance of affects, taking up the problem piece by piece, sometimes repetitively, usually informatively, across a broad range of subjects—intimacy, sexuality, forms of therapy including pharmacotherapy and the use of images and theater, infant research, trauma, the psychology of dramatic performance, criminology, and others. The book is strengthened and unified by Nathanson's introductory notes to each chapter as well as his opening and closing statements. It is also an invitation to consider these topics in the light of Tomkins' own writings and Nathanson's remarkable book (1) *Shame and Pride*.

Tomkins argued that the funda-

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In sum, I found *Treatment of the Masochistic Personality* to be highly readable, extremely instructive, and central to any discussion of the psychotherapy of patients with masochistic personality.

mental affects—he distinguished nine—are vital signals alerting humans to what they must attend to, and therefore the sources of consciousness (as the most direct evidence of attention) and necessary adaptive attempts. Consciousness of the affects in turn is experienced as feelings, while their organization into emotions and the longer-term scripts and moods form the structural basis for the movement from automatic responses to personal biography and lifetimes. The clear result is to place the affects and their subsequent organizations at the center of the understanding and treatment of human conditions.

Tomkins argued further that affects are determined by the pace and density of stimulation and subsequent neurochemical events. For example, rapid accelerations of stimuli produce the affects of surprise and startle; interest and excitement reflect comfortably rising levels of stimulation, and enjoyment a declination; and a constant, moderately high density results in what Tomkins called distress-anguish.

Here is the first explanation I have encountered for the phenomena of music, which are achieved by the pace, pitch, and density of tonal stimulation. Music has been described as the language of the emotions. We can say that Tomkins translated that idea into a neurologically plausible account of the genesis of affective variety.

This work challenges the syndromic system of DSM by inviting a more nuanced, experience-near ac-

count of, for example, the affective disorders, prompting some of Nathanson's most acute comments. It suggests a more accurate dissection of what clinicians are actually feeling in countertransference and what their personal histories have made of the resulting "scripts." It asks the empathists and existentialists to think harder about the relation of individual feelings to the experience of the moment, and interpersonalists to examine closely the contagion of affects that is such a large component of all human exchanges.

The book is also important for addressing a question that more and more engages psychotherapy research and discussion: how do we form clinically effective relation-

ships? Several contributors suggest that understanding normal affect mechanisms reduces the pathologization of patients that is so destructive to a working alliance, and that the detailed uncovering of feelings and their sources serves to unite patient and therapist within a universal experience. The book is called *Knowing Feeling* because these two mental states comprise the "minding" that Tomkins made critical to his "human being theory"—that is, thinking about and caring, which are surely essential to good relationships.

#### Reference

1. Nathanson DL: *Shame and Pride: Affect, Sex, and the Birth of the Self*. New York, Norton, 1992

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### Drugs, Crime, and Other Deviant Adaptations: Longitudinal Studies

edited by Howard B. Kaplan; New York City, Plenum Press, 1995, 260 pages, \$39.50

### Coming of Age: The True Adventures of Two American Teens

by G. Wayne Miller; New York City, Random House, 1995, 253 pages, \$22

Maryann Davis, Ph.D.  
Andrew White, B.S.

Kaplan's *Drugs, Crime, and Other Deviant Adaptations* presents eight longitudinal studies examining facets of the question of how deviant behavior develops. It provides a flavor of the type of research that attempts to tease out causal factors, common precursors, and the effects of deviant behaviors on each other.

This book is most useful for researchers interested in the development and maintenance of substance abuse and antisocial behavior. The book has limited utility for practitioners. The studies have not examined the impact of any interventions,

but do indicate some risk factors for development of antisocial behavior or substance abuse.

The editor introduces the book in an extremely dense and repetitive chapter defining the term deviance and describing what seems to be his own theory of the many pathways to deviance. The contributors, through their literature reviews, elucidate some of the history of the field and common theories.

Besides clearly laying out the background literature, each chapter describes a longitudinal study of a child, adolescent, or young adult population. The studies test the ability of theories, such as social control, strain, and social learning theory, to explain the expression of deviant behavior. Contributions of personality or temperament characteristics are also examined. More specific biolog-

ical influences and environmental factors, such as living in violent neighborhoods, are not studied.

Some of the more interesting findings are those of Judith Brook and colleagues. In an attempt to determine the developmental sequelae of problem behavior, they examined whether drug use, theft or vandalism, and aggression share the same risk factors. They found that drug use and theft-vandalism shared numerous independent risk factors related to personality, peer groups, and school context. Overall, the independent risk factors for aggression were different from those for drug use and theft-vandalism. By statistically controlling for co-occurring factors, they found that each deviant behavior subsequently predicted itself but not the other deviant behaviors.

However, the overall lingering impression from Kaplan's book is that there are manifold methodological hurdles in studying this important area. As the editor points out, measurements of the complex causes and patterns of deviance are prone to inaccuracy. One of the most common problems is that investigators often treat deviance as a dichotomous variable without justification. For example, in one study, investigators grouped together subjects who had 20 charges against them with those who had only one charge. Measurement of deviance sometimes relied on official court or corrections records rather than self-reports or other reports of criminal behavior. Official records neither capture the actual behavior nor control for biasing factors in arrest data, such as race.

Perhaps the greatest measurement difficulty in the studies was in capturing the rich concepts incorporated by social control, social learning, or strain theories. Numerous studies used relatively simple, unvalidated measures to assess entire theoretical constructs. In one study the construct of family bonding was measured by only two questions asked of children and parents. If these studies are representative, then this field clearly needs measurement development.

Finally, few of the studies in this

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