

**New Horizon for Psychotherapy. Autonomy as a Profession: Edited by Robert R. Holt, Ph.D. New York: International Universities Press, Inc., 1971. 418 pp.**

**REVIEW by: Gilbert W. Kliman, (1974) The Psychoanalytic Quarterly 43:686-688**

Holt's work, based on that of another pioneer, the late Dr. Lawrence Kubie, is of great value for psychoanalysts seriously interested in expanding the utility of their profession. Of special interest in this volume will be chapters by Kubie, Bernard Kalinowitz, Milton Rosenbaum, Milton Wexler, Ner Littner, and Arthur Leader, as well as the summary and prospectus by Holt. There is also a chapter on problems of training psychotherapists to work with children by Littner and Schour which this reviewer found a useful guide for the selection of such psychotherapists.

As a whole, the book makes a strong case for developing training methods in psychotherapy to create an autonomous profession. The argument not only has logic, but scientific and social validity. Serious consideration is given to the problems in practicing such a profession, including the need for all patients to be regularly examined by a board certified physician. While there is generally a high level of concern for the social as well as scientific and professional impacts of the proposed departure, there is a rather utopian view of the expected effect: 'As we make therapy more widely available ... understanding in depth of the role of the neurotic process in human development will begin to permeate our culture. In fact, this is essential for the maturation of any society ... a diffusion of knowledge of the neurotic process throughout a culture will have the ultimate result of making cultural changes possible... Ultimately this state of affairs can bring the freedom to change to an entire culture' (p. 16). These thoughts of Kubie's give a rationale to the entire work. Equal emphasis is given in the book, however, to the less controversial premise that the current need for psychotherapists far exceeds the foreseeable manpower in existing psychotherapeutic professions.

Rosenbaum, in discussing the issue of psychoanalytic training for the nonmedical psychotherapist, believes 'that formal psychoanalytic training should be seriously considered for all psychotherapists', but he adds '... I do not know whether it is absolutely necessary'. The new professional group, he feels, would enhance the functioning of existing clinics by offering analytic therapy to some appropriate clinic patients. He points out one consequence of this position: if complete psychoanalytic training is offered to the new profession, then psychoanalysis 'as a body of theory and as a basic science of human behavior will ... enter the family of the university in a natural and positive way ... freed from its primary tie and obligations to medicine' (p. 181). With his customary frankness, Rosenbaum notes that the entire issue of how to conduct autonomous training for psychotherapy is complicated for most medically trained analysts by great ambivalence; he questions his own objectivity as well. He suggests that instead of replacing the medical tradition with a quick, cheap means of meeting the growing demand for psychotherapy, training of lay therapists should be better and more rigorous than it is currently. The new profession may indeed need to increase its inner controls to replace the long Hippocratic tradition which prohibits the medical therapist from taking advantage of the relationship.

Wexler, amplifying Rosenbaum's points, indicates that psychoanalysis would thrive as a science and a profession if all psychotherapists in the new profession were required to obtain full psychoanalytic training as the core of their education. He points out that many analysts would become available to assist in such training, particularly in view of the substantial decline in applications for full training in recent years. Many analysts would become members of university departments of psychotherapy, conducting training analyses and supervision.

Leader and David Rubinfine take the position that not all psychotherapists should be required to have psychoanalytic training. Rubinfine believes that most future psychotherapists will practice in private offices, putting great demand on their inner resources, and making a personal analysis helpful. Leader, on the other hand, believes the aim of the new professional training should be to produce large numbers of therapists practicing in institutional settings where supervision and consultation would be available. He believes this prospect would reduce the need for personal analysis.

Holt's work has already brought us a step closer to realizing Kubie's dream of affecting cultural change through widespread psychotherapy. This reviewer believes psychoanalysts should participate in this

public health movement so that the many graduates in the new programs will be trained in psychoanalytic theory and practice to the greatest possible extent. The field of child psychotherapy is already far advanced in this respect, and it is unfortunate that representatives of the Hampstead and Cleveland Child Analysis Programs were not among the contributors to this volume. However, Littner and Schour provide us with the Chicago Psychoanalytic Institute's valuable experience in this area. They emphasize that we must assist children to develop into emotionally healthy adults by training an increased number of professionals in the understanding and treatment of emotionally disturbed youngsters. This book, with its strong psychoanalytic framework, is a vital resource for all engaged in planning for training in psychotherapy.