



THOMAS JEFFERSON RESEARCH CENTER

For more than a decade now, it has been evident that something is seriously amiss in contemporary psychiatry and clinical psychology. Under the sway of Freudian psychoanalysis, these disciplines have not validated themselves either diagnostically or therapeutically.

D. Hobar Mowrer, Ph.D., 1965

THE PRICE OF FREEDOM IS RESPONSIBILITY

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Reviewed by Frank Goble

Since Freud's first written statements 80 years ago, Martin Gross, author of *The Psychological Society*, says modern psychiatry and psychology have come to dominate virtually every aspect of American life, from treatment of the troubled and mentally ill to child rearing and the arts. He concludes that these disciplines have contributed little and have, in fact, often been harmful to our society.

Modern psychology, he warns, is replacing the Judeo-Christian faith as the religion of the educated masses. Psychology has invaded our school and caused a lot of damage.

In spite of their record of failure, Freud's theories, according to Gross, still dominate in therapeutic circles. The only serious challenge to Freud is B.F. Skinner's Behaviorism and the effectiveness of Skinner's psychology is far from proven. Behavior modification, says Gross, seems to work best only in a controlled environment.

Dr. Hans Eysenck's documentation of the failure of Freudian psychoanalysis Gross continues, has never been refuted. The fact is, that an increasing number of research studies support Eysenck's criticism of psychoanalysis. Eysenck collected reports on 7,293 patients in psychotherapy from 19 different professional studies. An average of 64% of the patients showed improvement, but when Eysenck compared these results with those patients who had received little or no therapy and no medication, he reached the revolutionary conclusion that "Roughly two-thirds of a group of neurotic patients will recover or improve to a marked extent within about two years of the onset of their illness, whether they are

treated by means of psychotherapy or not."

One group showed a 72% improvement by the second year in spite the absence of treatment other than that given by their family doctors. This figure was based on the study of 500 psychoneurotic disability claimants from Equitable Life Assurance Society files. Each of this group had lost at least three months of work because of psychological illness, where the only treatment was sedatives and bedside reassurance by their physicians. At the end of one year, the recovery rate for this group was 45%, which rose to 90% in five years.

In 1965, Eysenck released a more extensive survey with still more damaging conclusions. "We have found," he stated, "that neurotic disorders tend to be self-limiting, that psychoanalysis is no more successful than any other method, and that in fact, all methods of psychotherapy fail to improve on the recovery rate obtained through ordinary life experiences and nonspecific treatments."

Dr. Louis A. Gottschalk, of the University of California at Irvine, is one of several psychiatrists who have reached conclusions similar to Eysenck's. Dr. Gottschalk evaluated two groups of applicants to a psychiatric clinic. One group received crisis intervention treatment while the others were put on the waiting list. At the end of six weeks, the evaluation of 68 patients revealed that both groups had improved but those who only waited did essentially as well as those who received therapy.

At the UCLA Psychiatric Clinic, Dr. Norman Q. Brill divided a group of 299 outpatients into six groups. One group received psychotherapy for five months. Another was kept on the waiting list. A third was given a placebo and the three other groups received minor tranquilizers and sedative-hypnotic medication. Dr. Brill's conclusion was that there was "no statistically significant differences among the treatment groups." Both the waiting list and the placebo had performed basically as well as five months of expensive psychotherapy.

The Psychological Society by Martin L. Gross, Random House, New York, 1978. Mr. Gross is an author, editor and educator. His previous books are *The Doctors* and *The Brainwatchers*. He is a nationally syndicated columnist and has taught the social sciences at the New York School for Social Research and New York University.

Another survey of 772,000 children under 18 in therapy was conducted by Eugene E. Levitt of the Indiana University School of Medicine. He concluded that despite the demand there is no proof that psychotherapy is of specific benefit to disturbed children. The improvement rate for the untreated children was the same as for those who received therapy.

Martin Gross says that psychotherapy has had very poor results with alcoholics. One study of 400 alcoholics in state-supported, outpatient psychotherapy clinics found that only 18% showed any real improvement.

Some scientists are now convinced that psychotherapy is actually harmful. Dr. Christian Astrup, a Norwegian psychiatrist, reported that of 2,500 cases treated in the Gaustad Hospital, "We have collected a considerable number of functional psychoses where the psychotic breakdown appeared to be precipitated by intensive analytically oriented therapy."

Researchers Charles B. Traux and Robert R. Carkhuff state that, "The evidence now available suggests that, on the average, psychotherapy may be harmful as often as helpful, with an average effect comparable to receiving no help."

Dr. E. Fuller Torrey, a psychiatrist-anthropologist who has studied primitive cultures, says that "Witch doctors get about the same therapeutic results as psychiatrists do."

Canadian psychiatrist Raymond Prince reached the same conclusions after studying the work of Yoruba, African witch doctors for 17 months. He said that although he found quacks as well as skilled therapists, "Western psychiatric techniques are not, in my opinion, demonstrably superior to many indigenous Yoruba practices."

In one of Dr. Prince's cases, a Yoruba man with psychosis-like symptoms failed to respond to modern chlorpromazine treatment. The Yoruba doctor took the case and put the patient through a series of sacrifice sessions, followed by initiation into a worship cult. The patient recovered and had no relapses.

Western trained psychiatrists at the All-India Institute of Mental Health in Bangalore, conducted a five-year study comparing the results of Ayurvedic native treatment and Western psychiatry on schizophrenics. The results of the two treatments were surprisingly similar.

Hans Strupp of Vanderbilt matched five of his University Hospital's most experienced psychologists and psychiatrists against seven professors from the English, History, Math and Philosophy Departments. Each group was assigned 15 undergraduates suffering from anxiety or depression. After a year, the two sets of patients were compared and the amount of improvement was the same for each.

Another study, writes Martin Gross, compared college students as group therapy leaders with psychiatrists and social workers running similar groups. This time the amateurs did better than the professionals.

Psychiatrists don't even agree among themselves. Dr. Allen Wheelis, a San Francisco psychanalyst, says that "A dozen psychoanalysts listening to the same material are likely to formulate a dozen different estimations of

its unconscious meaning."

For example, one psychiatrist recounted a dream brought in by a patient. The patient's friend, Mr. M, was crossing the street. He had his hat on and was smiling. In his dream associations, the patient described M as a voyeur, an exhibitionist and impotent. The analyst interpreted that the patient wishes to expose his penis without shame. M is behaving like a happy child and the patient identifies with him.

Later, the same candidate presented the dream to another analyst. This analyst emphasized the homosexual component. According to his interpretation, the dream expressed the patient's homosexuality. M is a woman with a penis, and crossing the street means he is a prostitute.

The author of *The Psychological Society* has few friendly words for Sigmund Freud, whose conscious thoughts, Gross says, are readily available in his various publications. "The portrait that emerges," writes Gross, "is one of a man driven by the furies of hostility and envy, weighed down by depression, death wishes, phobias and severe debilitating neuroses. He was professionally distorted by his extreme superstitiousness and gullability — the antithesis of a man of science. Freud the man is more the unhappy philosopher than the intrepid researcher who society thought would unlock the key to our confused behavior . . . As a theoretician and scientist, Sigmund Freud was impulsive. His work was tainted by an unmistakable style of excessive enthusiasm which often led to inaccuracy."

After criticizing Freudian psychoanalysis and Freud the man, Mr. Gross zeros in on the absurdities of Freud's ideas about sex.

Freud's first monstrous error was his seduction theory. In 1896, he was convinced that all his hysteria patients had been seduced in childhood by adults. A year later in a letter to a close friend, Dr. Wilhelm Fliess, he admitted privately that he no longer believed that hysteria was caused by parental or adult seduction of the patient as early as one year of age. The patients, Freud wrote, had either lied to him, or he had put the idea in their impressionable minds. Without the theory, he wrote Dr. Fliess, he had lost his "hope of eternal fame" and "certain wealth, complete independence, travel."

Freud's sexual toxicological theory — that the body could be poisoned by sexual frustration — was another scientific error, according to Gross, that found its way into popular superstition. The failure to use the sexual system sufficiently Freud said, dammed up the libido and triggered chemical substances which did damage to the mind. The cure was simple: more genital sex.

The Oedipus complex was another example of Freud's creative imagination. During his self-analysis, Freud discovered that he felt passion for his mother and jealousy towards his father.

Mr. Gross believes that Sigmund Freud's Oedipal lust was real but the mistake was the assumption that his abnormality was normal and universal. Gross quotes Dr. Stella Chess, distinguished non-Freudian psychiatrist who states that the Oedipal complex is extremely rare.

The American Psychoanalytical Association disagrees,

maintaining that the Oedipus complex plays a key unconscious role in the development of virtually all human behavior. Their official glossary explains that, "The child strives in a limited way for sexual union with the parent of the same sex, and the death or disappearance of the parent of the opposite sex."

Penis envy, the castration complex, and infant sexuality are other important Freudian concepts which Martin Gross says lack scientific validity.

"The New Therapies, the New Messiahs," Chapter 19 in *The Psychological Society* is an examination of some of the newer approaches to therapy.

Arthur Janov's Primal Therapy and David Casriel's Scream Therapy are examples. These theories, Gross explains, are based on the idea that it helps patients to ventilate their feelings, particularly anger and hostility.

He quotes Dr. Leonard Berkowitz who says that ventilation theory is false. Rather than reducing hostility, letting it out, actually *increases* it. "The therapist or group members usually approve the patients display of aggression. As a number of researchers have shown, these rewards heighten the likelihood of subsequent violence."

Mr. Gross lists Drs. Thomas A. Harris and Eric Berne who developed Transactional Analysis among the new messiahs. Transactional Analysis, he says, has a Freudian bias because it places the blame on parents.

Still another "new" approach is Wilhelm Reich's body analysis. His work has been carried on by Dr. Alexander Lowen a reformed psychiatrist-psychoanalysis who formed his own school of thought — Bio-Energetic Analysis. Lowen claims that a trained Bio-Energetic therapist can make a "character analysis" of a patient by looking at his body. According to this theory, "The specific physical mechanism which underlies all psychological disturbances is chronic muscle tension."

Sensitivity Training, EST, Gestalt, Carl Roger's Non-directive therapy, Transcendental Meditation — none of these, according to Mr. Gross, achieve any demonstrable permanent success. "Increasingly," writes Gross, "experienced practitioners who have seen dozens of therapies rise and fall are turning cynical."

The author does have a few kind words for Albert Ellis and his Rational Emotive Therapy. This philosophy, says Gross, is reminiscent of pre-psychological thought "that Man is responsible for his actions."

Unfortunately, although Mr. Gross mentions Reality Therapy, Psychosynthesis and Abraham Maslow's Third Force, he is obviously not aware of the fact that these theories also hold people responsible for their actions. His evaluation of Maslow is distorted by his belief that Humanistic psychology with its anti-intellectual, anti-rational emphasis is the product of Maslow's theory. This is not true.

"The psychological revolution," Martin Gross concludes, "has damaged the psychic fiber of individual man and woman. It is time for comprehensive repair."

CHARACTER EDUCATION CORNER

More than 250 educators attended the all day seminar "Values Education in the 80's" on May 8th in Los

Angeles. The seminar was co-sponsored by Los Angeles Area Chamber of Commerce, Los Angeles Unified School District, and the Office of the Los Angeles County Superintendent of Schools. Dr. William Johnston, Superintendent of Los Angeles City Schools, described the event as "an important first step in an on-going joint program to promote character education on behalf of our respective institutions," and suggested the desirability of a second conference for this "extremely valuable endeavor."

Featured speakers were State Superintendent Wilson C. Riles, Los Angeles City Schools Superintendent William J. Johnston, Chief Deputy Superintendent Stewart E. Gothold, representing the Office of the Los Angeles County Schools, and Frank Goble, President of the Thomas Jefferson Research Center.

After an excellent lunch contributed by several local business firms, educators had a choice among eight workshops on values and character education.

A number of those present expressed their enthusiasm for the seminar and the need for greater emphasis on values.

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On April 24th, Frank Goble gave testimony to the United States Congressional Subcommittee on Elementary, Secondary and Vocational Education in Washington, D.C. The hearing was in regard to HR123, a bill to provide federal grants to assist elementary and secondary schools to carry on programs to teach the principles of citizenship and ethics.

Congressman Charles E. Bennett, Florida, who introduced HR123, says that youth crime is increasing all over America and accounts for a disproportionate share of police arrests nationally.

In a recent year, he said, persons under 18 accounted for 43.1% of arrests for serious crimes, although young people 10 to 17 years of age account for only 16% of the total population.

The Congressman said, "The deterioration of our nation's moral principles and values is due, in large part, to the failure of our schools to provide instruction in ethics as standards of behavior. This failure by the schools — at a time when family life is becoming increasingly fragmented — is giving us a new generation of Americans no longer guided by the ethical principles that have made our nation great."

"Our schools were not always devoid of instruction in morals and values," Congressman Bennett continued, "the Thomas Jefferson Research Center, a non-profit institution that studies America's social problems, recently issued a report which shows that the American system of education used to put much emphasis on morals and ethics . . . The teaching of religion is the responsibility of the home and church under our Constitution. However, the teaching and development of proper standards of behavior can and should be undertaken by our public schools, as long as the instruction steers clear of doctrines of religion, which is not a complicated thing to do."

"The Case for Character Education" was the title of Frank Goble's presentation at a black tie banquet at Valley Forge Military Academy near Philadelphia, Pennsylvania. Approximately 150 faculty members, trustees and local educators attended the formal dinner. Mr. Goble also spoke to the 650 cadets living on campus at the Academy.

On George Washington's birthday, 1976, Valley Forge Military Academy activated its Center for the Study of Character Education. The Center is working to strengthen the character building environment at Valley Forge by incorporating instruction in ethics into its academic curriculum.

California State Senator Albert S. Rodda sponsored a two-day conference on character education in Sacramento. Senator Rodda agrees with the Research Center regarding the urgent need to increase emphasis on character and ethics in our schools.

Educators from eight different California counties attended the Sacramento conference which was cosponsored by the Sacramento City School District and the Office of the Sacramento County Superintendent of Schools.

Dr. Jon Peterson, Staff Assistant to Senator Rodda, said that the purpose of the seminar was to share information and identify successful character education programs. The group agreed that ethics and character needed greater emphasis in schools and decided to have a second conference in August.

CENTER NEWS NOTES

Shell Companies Foundation recently joined the growing list of foundations and corporations supporting the Research Center's national "Return to Responsibility" effort.

The gift was made during a special presentation at Shell's Wilmington Manufacturing Complex. Mr. Goble says that his only regret is that he did not have the presence of mind to ask for gasoline rather than dollars.

Thomas E. Innocenzi, Manager of the Wilmington Complex, said the grant was to assist the Research Center develop programs to teach ethics, self-reliance and individual responsibility.



FRANK GOBLE RECEIVING GIFT FROM THOMAS INNOCENZI

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