while their studies were of theoretical value and empirical reassurance, they also had humanitarian effects. Rene Spitz, who in 1910 had a training analysis with Freud, in 1945 published a classic paper, "Hospitalism: an inquiry into the genesis of psychiatric conditions in early childhood", demonstrating the effects upon development of the existing pattern of care in institutions, particularly the lack of mothering and of a mother. Fraiberg, in a commentary upon Spitz's (1945) work, wrote: "The younger generation no longer knows first hand that when Spitz's studies of hospitalism and anaclitic depression appeared in the 1940s they were greeted in psychological circles with disbelief that deprivation of mothering could produce enduring effects on an infant's psychological development."

As a result of this work as well as that of Robertson and Bowlby in this country, attitudes to children, admission to hospital and adoption procedures have changed enormously. Moreover, these observations and the analytic work which preceded them have led to a harvest in the field of developmental psychology. Patterns of emotional reciprocity between mother and infant have been recognised as an essential part of the developmental process. Brazelton *et al* (1975) describe the mutual cycling of attention and affectivity which can be observed between young infants (2–20 weeks) and their mothers. They suggest that the goal of this is to achieve affective synchrony, and among its many powerful effects may be the modulation of excitement, mood and the taking in of the maternal environment. When mothers were asked to keep a frozen face for a few minutes their infants were very upset, looking hopeless and depressed. In infant–mother pairs who failed to thrive, Brazelton *et al* (1975) observed a "chaotic non-synchrony" and suggest that this embodied a basic distortion of "complex, expected and necessary rules for interaction". There are psychoanalytic contributions on the nature of mother–infant interaction. Winnicott's "holding" and Bion's "containing" are two important theories about emotional and mental operations and attitudes. In this area there is an opportunity for the integration of domains.

Psychoanalysis is a large subject with many avenues of approach and the reading recommended here is highly selective. Before leaving you to these highways and byways I recommend a paper by Riviere (1936), "A contribution to the analysis of the negative therapeutic reaction", which deals with those patients who are difficult to treat by any means, who respond to progress with deterioration, and who are narcissistically inaccessible. Riviere cautions against analysts using the negative therapeutic reaction in a self-exonerating way and shows why these patients are so threatened by change. Her description of the depressive anxieties to be faced in periods of psychic change is unsurpassed.

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## Additional reading on psychotherapy

The Royal College of Psychiatrist's reading list on psychotherapy may also be of interest to readers.

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