

## Book Review

*New Ideas in Therapy: Introduction to an Interdisciplinary Approach.* Edited by Douglas H. Ruben and Dennis J. Delprato. New York: Greenwood Press, 1987. 224 pp., \$37.95.

Interbehavioral psychology has frequently been seen as a philosophical system in spite of J.R. Kantor's insistence that psychology as science must be solidly based upon interactions with confrontable events. The interesting and varied contributions put together by Ruben and Delprato indicate clearly that valuable research contributions have been made in recent years by interbehaviorists and that interbehavioral perspectives can be helpful in providing critiques and emendations for clinical theory and practice.

An introductory chapter by Kantor outlines essential features of an interbehavioral approach which can be of help to the clinician. Kantor emphasizes the uniqueness of each personality and urges the practitioner to avoid mentalistic fictions, imaginary neurology, and unfounded hereditary notions. Pronko's chapter focuses on the significance of the field conception in psychology. Fuller gives an intriguing account of a professional lifetime devoted to applying interbehavioral ideas in research, teaching, clinical practice, and industry.

The remaining 11 chapters are devoted to method. Lundin presents a concise summary of Kantor's psychopathology or classification of behavioral disorders, and stresses the point that a classification system can only serve as a general guide in diagnosis and treatment. The chief advantage of the interbehavioral system is its avoidance of both mentalistic and medical models.

The reader is almost certain to be impressed by the frequent references to applied behavior analysis. The influence of B.F. Skinner is quite apparent and his three-term contingency (discriminative stimulus, response, reinforcement) continues to guide behavior analysis today. Wahler and Kahn, in an excellent discussion of clinical child psychology, remark that the "competent interbehavioral clinician must be well grounded in operant and classical conditioning principles" (p. 75). They tell us that, in addition, the clinician must have competence in deriving stimu-

lus-class and response-class principles idiosyncratic to the client. The skill involved here is subtle but extremely important, and is seen by Wahler and Kahn as "the hallmark of interbehavioral clinical psychology."

McGlynn, Cook, and Greenbaum present an approach to interbehavioral medicine which adds interbehavioral principles to the significant achievements of behavior modification and systems theory. Specifically, interbehavioral psychology expands behavior analysis by indicating the contribution to the interbehavioral field of both organismic and environmental setting conditions. This interbehavioral supplement to the three-term contingency becomes quite essential as behavior analysis has moved from relatively simple situations to complex behaviors of a more ecological type.

William Stephenson's chapter ("Q Methodology: Interbehavioral and Quantum Theoretical Connections in Clinical Psychology," pp. 95-106) provides a clear and concise statement of Q methodology with special reference to the clinical situation, interbehavioral psychology, and the probabilistic framework of quantum theory. Stephenson presents a clinical case based upon Q sorts obtained before and after treatment, showing how the "vital sign" may change with treatment as shown by changing constellations of operant factors. Emphasis is placed upon self reference, and the theory is advanced that selves "form in relation to concourse, creatively, ab initio" (p. 97). Stephenson regards Kantor's behavior segment as the beginning of Q and of subjective or self science. The Q sample is seen as putting the subject in touch with the behavior segment through self reflection. Since Kantor often voiced his criticism of self psychologies, it is important to note that Stephenson's self theory rests firmly upon objective data and does not carry connotations of a metaphysical self or ego lurking behind behavior. Stephenson points the way to embracing the subjectivity usually ignored by behavior modification and misinterpreted by psychoanalysis. In other words, he gives us subjectivity without mentalism and opens up new prospects for behavior science.

Other chapters provide a critique of assertiveness training programs, suggestions for a multidisciplinary approach to obesity, interbehavioral perspectives on legal deviance (crime and delinquency), parent training in social learning principles, ser-

vices for the retarded, public policy, and the value of new ideas. Here the reader will find stimulating discussions which draw in various ways from an interbehavioral approach. Taken together they provide evidence that psychology may be moving at last toward a comprehensive contextualism. While psychology may never achieve a completely unified approach, there is encouragement to be found in the rapprochements of interbehavioral psychology, ecological psychology, systems theory, and Q methodology.

An interdisciplinary approach to psychological problems has often been advocated but seldom has it been pursued as diligently as here. Is interbehavioral psychology to be regarded, however, as simply an interdisciplinary approach? Certainly the interbehavioral field includes biological and social factors, and these must be understood in their own terms and also as field components. The psychologist does not work just with discrete chemical, biological, and social facts, but primarily with integrated fields. For Kantor, interdisciplinary did not mean eclectic or atheoretical; it meant close attention to all relevant detail, i.e., history, biological and environmental setting factors, and most significantly the stimulus function/response function correlations elaborated in an individual lifetime.

While interbehavioral psychology is itself hardly a new idea, having been around for more than 60 years, it has through contact with other developments contributed to the generation of several innovative methods and perspectives. Kantor was influenced by the psychobiology of Adolph Meyer which had begun to move away from the traditional mind-body approach to clinical problems. Kantor then took the next step to a completely behavioral psychopathology. It is most encouraging to read in this work of recent developments which testify to the viability and applicability of the interbehavioral perspective.

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