

# **PSYCHOLOGY AND PSYCHOTHERAPY**

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Psychology and psychotherapy by William Brown

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**WILLIAM BROWN**

**PSYCHOLOGY AND  
PSYCHOTHERAPY**



ἐὶ ἰλίον καὶ φόβου πρᾶξις τὴν τῶν τοιούτων παθημάτων  
κάθαρσιν (ARISTOTLE, *Poetics*, γί. 2).

**PSYCHOLOGY**  
AND  
**PSYCHOTHERAPY**

BY

**WILLIAM BROWN**

M.A., M.D. (OXON), D.Sc. (LOND.), M.R.C.P.

WILDE READER IN MENTAL PHILOSOPHY IN THE UNIVERSITY OF OXFORD;

LATE MEDICAL OFFICER IN CHARGE OF CRAIGLOCKHART WAR HOSPITAL  
FOR NEURASTHENIC OFFICERS

AUTHOR OF "THE ESSENTIALS OF MENTAL MEASUREMENT"

WITH A FOREWORD

BY

**WILLIAM ALDREN TURNER, C.B., M.D.**

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## FOREWORD

BY

WILLIAM ALDREN TURNER, C.B., M.D.

FELLOW OF THE ROYAL COLLEGE OF PHYSICIANS, PHYSICIAN AND SENIOR  
NEUROLOGIST, KING'S COLLEGE HOSPITAL, AND PHYSICIAN TO THE  
NATIONAL HOSPITAL FOR THE PARALYZED AND EPILEPTIC,  
QUEEN SQUARE, LONDON.

*Late Temporary Colonel A.M.S.*

AN increased general interest in psychology and psychotherapy has been one of the minor consequences of the war. This is shown to some extent in the large output during recent months of books upon the psychogenic origin of neurasthenia and functional nervous disorder.

In the present work the author has stated the psychological factors underlying those forms of nervous reaction, which form the borderline disorders known as hysteria, neurasthenia, psychasthenia and the compulsion neuroses. He has not attempted to give a clinical picture of these reactions, but more especially his object has been to indicate the psychological mechanism of their causation and the principles concerned in their treatment by psychotherapy.

Dr. Brown has brought to his task a well-equipped mind, and his book is the outcome of a large practical experience obtained both during the war and subsequently. He has had the rare opportunity of being able to study the psychoneuroses of war, first as a



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medical officer treating acute cases of the neuroses in their early stages in an advanced Neurological Centre and later in their chronic and more persistent phases in the special Neurological Hospitals at home.

Since the war a tendency towards a cleavage between functional and organic diseases of the nervous system has shown itself, with the result that the treatment of the former is passing into the hands of a specialized class of practitioner. The essentials to success in psychotherapy do not differ from those relating to other branches of medicine. These entail a sound knowledge of general medicine and more particularly of neurology and psychiatry. Psychotherapeutic treatment should invariably be preceded by a clinical examination of the physical state before a psychological investigation of the mental symptoms is made.

Psychotherapy, as now understood, has found its place amongst the recognized measures of treatment, and the reader of Dr. Brown's book will find the principles on which it is based clearly stated and discussed.

W. A. T.

## AUTHOR'S PREFACE

IN this little book an attempt has been made to show the psychological principles underlying the modern theory and practice of psychotherapy. Opportunity has not arisen for dealing with the neurological aspects of the subject, but the author is in agreement with Dr. Aldren Turner in holding that a sound knowledge of general medicine, and more particularly of neurology and psychiatry, is important for completely satisfactory work in this domain. In devoting so much space to a consideration of the doctrine of psycho-analysis, the author is actuated by the desire to render to Freud the things that are Freud's, but he is far from being able to accept Freud's views in their entirety. The position taken up in the text is based upon the results of psycho-analyses which he has carried out on a large number of patients during the past eight years with the express purpose of testing the theory. On the other hand, the *method* of psycho-analysis ("free" association) is, in his opinion, of the utmost value in psychotherapy.

The author desires to express his thanks to the Editors of the *British Medical Journal*, *Lancet*, *British Journal of Psychology* (General and Medical

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Sections), *Sociological Review*, and *Journal of Neurology and Psychopathology*, for allowing him to reproduce long extracts from articles contributed by him to these periodicals. His thanks are also due to the Editor and Publisher of *King's College Lectures on Immortality* for their permission to reproduce a portion of one of the chapters in that publication, and to Mr. R. J. Bartlett, who made the index.

W. B.

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*December, 1920.*