



Ed Eckstein

Patients and staff work as equals at Temple center's day hospital, which has stripped away all signs of medicine.

MENTAL HEALTH

Psychiatry without doctors

Community-based techniques open the doors to innovators challenging basic psychiatric concepts

by Patricia McBroom

A fat woman craves to be thin. There is a dreamshop where she may buy such things, but only for an emotional price, and the shopkeeper asks his fat customer what she is willing to pay. She says, "all the love I have."

This piece of psychodrama occurred recently in a hospital, halfway between an inpatient and outpatient facility, run by the Temple University Community Mental Health Center. Buyers and sellers were mental patients involved in an innovative program called milieu therapy, which poses basic challenges to psychiatry's medical underpinnings.

Psychodrama is not essential to milieu therapy, but a social group is.

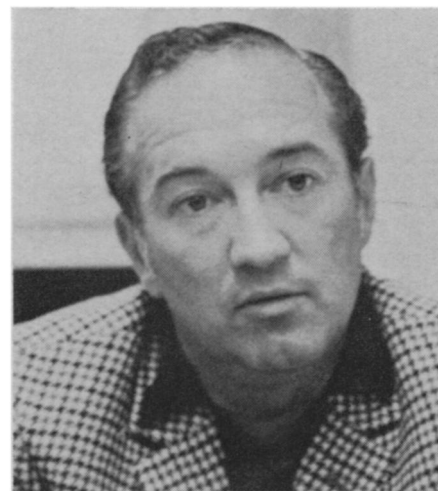
Milieu therapy, or the therapeutic community as it is otherwise called, is still new enough to be experimental, but some of its principles are as old as the human race. It rests on the idea that people, mentally ill or not, will shape their attitudes and conduct

to suit the rules and mores of the group in which they live. If the rules are beneficial, they contribute to emotional well-being, and patients in such a situation have little need for doctors.

These social processes replace psychiatrists, though the doctors participate along with patients in a person-to-person relationship, and the idea of social maladjustment replaces the concept of mental illness.

The Temple day-night hospital is one of the most thorough examples of milieu therapy in the country; one searches in vain for a sign of physical or emotional medicine. Dubbed "Our Place," the hospital is home to 30 day and 15 night patients. Physically located in a renovated row house, it resembles a modestly furnished fraternity house.

Psychiatrists and other professional staff wear sports clothes, go by their first names, and cannot be distinguished from patients—who are not called pa-



Gardner: Psychiatry has been off base.

tients, but members. They come each day for a full eight hours to engage in activities ranging from psychodrama to committee work and reciprocal evaluation sessions. The effort is in sharp contrast to traditional group therapy, which is much more closely linked to traditional techniques and does not afford time for social process to emerge.

All the Temple patients have disturbances severe enough to put them in a traditional hospital. Only the actively suicidal, assaultive and catatonic patients are excluded.

Nevertheless, they are required to assume a high level of responsibility, on the theory that the mentally ill can act quite well if they have reason to. A schizophrenic, for instance, is not going to sit jabbering in a corner, if, as at Temple, he has responsibility for setting up his own treatment program and evaluating another member's.

It seems to work. The outsider with-

5 october 1968/vol. 94/science news/345

OUTER-SPACE MAP



Study the solar system with a 42x33 in. 8-color space map showing entire solar system, all planets orbit size, etc.

Only \$1.00 Postpaid.

CHESPA SALES

P.O. Box 117-SK

Barrington, N.J. 08007

You like eggs? Bring out the best flavor with our

INSTANT EGG CODDLER



Breakfast for busy people. Save time, get vitamins, protein. Internationally famous for delicious, appetizing eggs. Ideal cook & serve custard cup, too. Finest chemical quality, white crucible porcelain. Impervious to heat, flame. Complete with cover. 2 1/2 oz. capacity. Instructions.

5 for \$3 plus \$1 pp. p.

HARRY ROSS

61-L Reade St.
New York 7, N. Y.

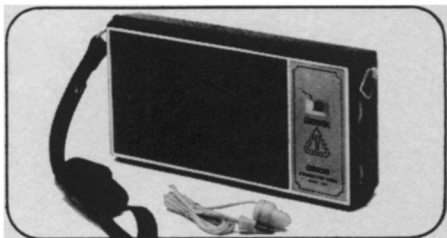


NOW OFFERED FOR THE FIRST TIME TO THE PUBLIC

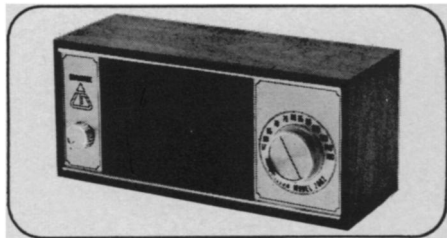
GRAYMARK ELECTRONICS PROJECTS

Hobbyist / Experimenter / Student

For years, teachers have used Graymark classroom projects to provide (1) the basics of electronics theory and (2) valuable and workable end products. Now, for the first time, Graymark offers certain of these projects to the public. You can now embark on an exciting, step-by-step journey toward the building of your own highly professional, eight-transistor or five-tube radio... besides learning a great deal about electronics. Each project comes complete with all parts and easy-to-follow instructional manual. All parts fully warranted.



"COMACHO" EIGHT-TRANSISTOR RADIO. Project provides basics of superheterodyne transistor theory operation. Builds into an attractive printed circuit-board radio, mounted in plastic case. Compares favorably with more expensive units. Earphone included. \$19.95 each.



"SCALLON" FIVE-TUBE RADIO. Easy-to-understand project approach to superheterodyne circuitry. Assembles into a distinctive table-type radio. Tubes, contemporary walnut cabinet included. \$21.95 each.

Send order today to:
GRAYMARK Enterprises, Incorporated
Dept. 103, P.O. Box 54343, Ter. Annex, Los Angeles, Calif. 90054

Send Projects Checked
 COMACHO (\$19.95 ea.) SCALLON (\$21.95 ea.)
 Send Postpaid. Enclosed find check/money order for full amount. (Calif. Res. add 5% to total purchase.)
 Send C.O.D. I will pay full amount, plus postage.

Name _____
 Address _____
 City & State _____ Zip _____

... milieu therapy



Ed Eckstein

Glaser: The whole doctor game in psychiatry may be unnecessary.

out prior knowledge has little reason to suspect that the people sitting around a coffee table at the Temple house are mental patients. He has to ask which are members of the staff.

Initially, Temple psychiatrists, led by Dr. Frederick B. Glaser, set up a social process which could become both autonomous and therapeutic. Along with responsibility, they chose to build into this group a high degree of honesty. In Dr. Glaser's words, "nothing is confidential, but everything is sacred." Translated, that means a patient can say anything without fear of humiliation. No member can use information against another in ridicule or malice without calling down social disapproval from the group.

Dr. Glaser has strong words for the medical tradition in psychiatry, which has the therapist say, in effect, "I am better than you are. I am healthy; you are sick; I will do something to make you better." That is fine for gallstones, Dr. Glaser points out, but he questions its relevance to matters of the emotions.

Speaking of himself and his patients, Dr. Glaser adds, "we may work together and help each other, but the job is as much on their shoulders as mine."

This kind of democratization blurs professional lines. A man, whether psychiatrist or patient, is judged by his personal worth rather than by his status.

If the Temple program demonstrates therapeutic gains over traditional psychiatry—Dr. Glaser is currently evaluating its results—it will mean, he says, "that the whole doctor game in psy-

chiatry is unnecessary."

Dr. Glaser's freedom to implement his theories stems both from the liberal atmosphere at the Temple Mental Health Center, headed by Dr. Elmer Gardner, and from the center system itself. Established by the Federal Government through state and local agencies, the community mental health system is open to innovation. Its success will, in fact, depend largely on the degree of imagination and commitment it can stimulate among the mental health professions.

The Temple center, which includes "Our Place" among its five services, is widely recognized as one of the most innovative in the country. Dr. Gardner is training workers from the community, many of whom lack even high school diplomas, to act as therapists. The bulk of the therapeutic work is done by these subprofessionals and, Dr. Gardner believes, they do as well as psychiatrists since they are deliberately selected for their empathy, tolerance and other helping qualities.

"Psychiatrists are not selected on the basis of being good therapists, but on the basis of intelligence," explains Dr. Gardner. "Intelligence does not necessarily make a good therapist." The helping services, including psychiatry, have been off target, he says. "We've missed what's basic."

Such attitudes draw skeptical reactions from Dr. Clifford J. Bodarky, chief of Philadelphia's Hahnemann Community Mental Health Center, only a few miles from Temple. The two offer striking evidence of a deep split in psychiatry—one traditional and mod-

What can you give boys and girls between ages 10 and 16?

Give 12 science kits for only \$9.50!

"Things of Science" is the ideal gift for birthday, graduation, or confirmation for youngsters from the sixth to twelfth grades. Unusual, educational, "Things of Science" can be an ideal introduction to junior high science, a valuable supplement for advanced grades.

What is "Things of Science"?

It is a series of monthly science kits; lesson plans, a variety of experiments, plus the actual materials needed to perform them. A kit on a different scientific subject arrives by mail every month. "Things of Science" makes learning exciting. It teaches scientific concepts through text, diagrams, and experiments.

Many subjects in the program

Among the hundreds of kits previously issued were: Glass, Measurement, Vision, Holograms, Spectral Color, Buoyancy, and Minerals. New ones are being created regularly to keep pace with new developments and to illustrate scientific principles and applications. Give this fascinating gift to a deserving youngster today. You'll be glad you did!

To: THINGS OF SCIENCE

c/o Science News, 1719 N St., N.W.
WASHINGTON, D.C. 20036

Please send a 1-year subscription to "Things of Science" to:

RECIPIENT'S NAME
ADDRESS _____
CITY _____ STATE _____ ZIP _____

and enclose a card in my name. I am enclosing \$9.50 for 1 year.

YOUR NAME
ADDRESS _____
CITY _____ STATE _____ ZIP _____
112

... conflicts with tradition



Ed Eckstein
Bodarky: No quarrel.

eled on concepts of illness, the other liberal and shaped by ideas of social maladjustment.

The Hahnemann center is as committed to the community it serves as is Temple, but treatment is oriented toward well-established methods of individual psychotherapy stemming from Freudian theory.

In contrasting his day hospital with Dr. Glaser's, for instance, Dr. Bodarky states: "This is a psychiatric hospital. The people in it are patients, not members of a club. I am your doctor. You will not decide your treatment program. I will wear a tie, and I believe there is such a thing as the subconscious."

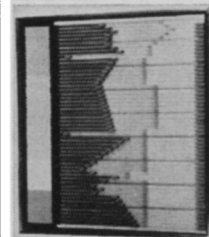
As at Temple, Dr. Bodarky trains indigenous mental health workers, but their responsibility is clearly subordinate to the professionals. "I would not expect a mental health worker to be actively responsible for an hallucinating schizophrenic," he says. Their role instead is to bridge the cultural gap between the Hahnemann center and the ghetto it serves, and also to maintain patients in simple supportive therapy.

"We know how to help patients. Why change it?" asks Dr. Bodarky. But he adds that he will be the first to change if the Temple programs show superior results over traditional therapy.

At the moment, the controversy is far from being resolved; its roots run deeply into one of the knottiest questions in psychology: Is there or is there not such a thing as mental illness?

For his part, says Dr. Bodarky, he has no quarrel with his Temple colleagues, "so long as we understand that neither of us has the final answer."

GRADWOHL
School of Laboratory Technique
Be a medical lab technician! Big demand, good salaries. One-year course for H.S. grads. Enter monthly. Co-ed. Internationally known. M.D. supervised. G.I. approved. Placement service. Catalog:
Stanley Reitman, M.D.,
3528 Lucas Ave., St. Louis, Mo. 63103



SLIDERECORD — for the budget-minded administrator. Up to 106 pairs of contrasting celluloid bands, superposed, run freely in tough, plexiglass channels. Show funds appropriated, used to date, funds available. Rugged, yet decorative. Self-contained—no supply needs ever. Free literature SL14:

ULTRADEX DIVISION
Intercontinental Service, Box 615
Washington C. H., Ohio 43160

CHINA DOLLAR
only 10¢



Uncirculated nickel silver dollar minted in 1960 to Commemorate 50th anniversary of The Republic of China (Formosa) . . . only one to a customer . . . a beautiful coin and ONLY 10¢. SUPPLY LIMITED! SEND TODAY. Also get free big catalog illustrating coins and supplies, plus selections of coins from our approval service returnable without obligation. Send name, address, zip number and 10¢ for your China Dollar to: LITTLETON COIN CO., Dept. KC-26, Littleton, New Hampshire 03561

HALF HULL PLAQUE KIT



SCHOONER YACHT "AMERICA," Mahogany, \$15.95 hull length 19", scale 3/16". Complete kit includes machine carved 1/2" hull, backboard, screws, fittings (eagle, trailboard, seats), wood material, decking, plans, instructions. For Brass Name plate 1x3, add \$3.
FINISHED HALF HULL PLAQUE, Mahogany, \$45.50 four coats of varnish. 1x3 name plate included. Satisfaction guaranteed.
Send for booklet "JACKSTAY," an excellent guide for model builders, \$2.50 ppd.
ILLUSTRATED CATALOG OF KITS & FITTINGS 40¢.
R. NICOLETTI SHIP MODEL KITS Dept. 952
52 Marine St., City Island, New York 10464

GRAPHIC WORK CENTER



Everything At Your Finger Tips

You get things done Better, Faster with this NEW scientific approach to efficient work systemization.

All your records and materials are organized before you. Permits you to work in one position -- you eliminate stretching and unnecessary steps.

FREE 24 Page BOOKLET W2
Mailed Without Obligation

GRAPHIC SYSTEMS, Box 398, Yanceyville, N.C.