

BOOK REVIEWS

CHALLENGES OF HUMANISTIC PSYCHOLOGY

By James F. T. Bugental. New York: McGraw-Hill, 1967. Pp. xiv + 362. \$4.95 pap.

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The roots of humanistic psychology run back to the very origin of man, and humanistic writings are generously woven into the fabric of man's literary, religious, artistic, and philosophical history. It has been only in the past decade, however, that a group of people on the North American continent have fashioned themselves into the third force in psychology—humanistic psychology.

The 1965 publication of Frank Severin's book, *Humanistic Viewpoints in Psychology*, signaled an initial attempt to outline the program objectives of humanistic psychology and to sharpen some of the theoretical differences between humanistic and behavioristic psychologies.

In *Challenges of Humanistic Psychology*, James Bugental has brought together thirty-four readings, of which twenty-eight have not been published previously. Of these twenty-eight, eighteen were written especially for this volume. The list of contributors is indeed impressive—Cantril, Royce, Koestler, Szasz, Tomkins, Bonner, Buhler, Moustakas, Rogers, Otto, Maslow, von Bertalanffy and many other equally well-known authors. The contributions are of unusually high quality, although some of the articles are disappointingly brief, running on the average to about ten pages.

An unique and interesting introduction precedes each article. Each author was asked: What current project do you find most rewarding? What fantasy, prediction, or speculation about future developments in humanistic psychology most excites your imagination? The answers to these questions, together with personal data and information about major activities, writings, and education of the author introduce each article.

The book is divided into six sections. Section one on "The Nature and Task of Humanistic Psychology" contains four articles. Of special note is a

chapter by Hadley Cantril which spells out eleven patterns of human behaviour "that the genetically built-in design of the human being imposes on any society, political culture, or enduring social relationship (p. 13)." While one may not agree with all of the patterns identified by Professor Cantril, it is refreshing to find such an eminent spokesman for social science sifting through the varieties of human experience in search of unities which transcend individual social experiments.

From the second section, "The Human Experience," Thomas Szasz's chapter on "Moral Man: a Model for Humanistic Psychology" is especially relevant for counselors. Here Szasz lucidly outlines his views of the modern meaning of "moral" behavior which he believes to be contained in personal responsibility and choice or decision making capacity. He rejects the notion that moral behavior in modern western society stems from ethical codes or from learning the rules of a particular moral-ethical order. A very provocative essay and one which is absolutely relevant for counselors working with adolescents!

Section three contains seven articles on research with six chapters on research *products* following in section four. Clark Moustakas's chapter, "Heuristic Research," is an intriguing account of his research efforts which appeared in the sensitive, well-known book, *Loneliness*. After reviewing various dimensions of heuristic research, he concludes, "I now believe in such a process of searching and studying, of being open to significant dimensions of experience in which comprehension and compassion mingle; in which intellect, emotion, and spirit are integrated; in which intuition, spontaneity, and self-exploration are seen as components of unified experience; in which both discovery and creation are reflections of creative research into human ventures, human processes, and human experiences (p. 107)." Heady words, those! Jack and Lorraine Gibb have written a most helpful chapter on "Humanistic Elements in Group Growth." They point up the critical importance of trust in group work. In fact, they believe that it is from conditions of trust that all other growth variables flow. Some of their observations on trust, group goals, and feedback systems have direct application to group counseling.

Section five contains eight previously unpublished papers on the "Growthful Encounter." Each makes fertile reading for the counselor. It is difficult to single out any one article for special mention—all are compelling chapters. In one, Carl Rogers brings his conceptual powers to bear on the phenomena of the basic encounter group. He details some of the basic steps or processes through which most groups progress and relates the group process to personal and group outcomes.

The final five chapters explore relationships between psychology and the humanities. Ludwig von Bertalanffy's chapter, "The World of Science and the World of Value," is a brief but insightful examination of the place of values and valuing in the psychological enterprise.

Challenges of Humanistic Psychology is a collection of exciting, affirmative statements by some of psychology's strongest *third force* voices. For friends and enemies alike, it makes provocative reading. Within many of the articles are ideas which will bring the reader back time and again—sometimes to argue, sometimes to agree, but always to profit!