

1986

Review of Chesney & Rosenman's "Anger and Hostility in Cardiovascular and Behavioral Disorders," Lynch's "The Language of the Heart," & Mostofsky and Piedmont's "Therapeutic Practice in Behavioral Medicine"

Mark R. McMinn

George Fox University, mmcminn@georgefox.edu

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Recommended Citation

McMinn, Mark R., "Review of Chesney & Rosenman's "Anger and Hostility in Cardiovascular and Behavioral Disorders," Lynch's "The Language of the Heart," & Mostofsky and Piedmont's "Therapeutic Practice in Behavioral Medicine"" (1986). *Faculty Publications - Grad School of Clinical Psychology*. Paper 173.

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Anger and hostility in cardiovascular and behavioral disorders. New York: Hemisphere. Hardcover. 294 pp. \$39.95. ISBN 0-89116-393-X.

Lynch, J.J. (1985). *The language of the heart.* New York: Basic Books. Hardcover. 349 pp. \$19.95. ISBN 0-465-03795-X.

Mostofsky, D.I., & Piedmont, R.L. (1985). *Therapeutic practice in behavioral medicine.* San Francisco: Jossey-Bass. Hardcover. 357 pp. \$27.95. ISBN 0-87589-638-3.

Reviewed by MARK R. McMINN

Margaret A. Chesney, PhD and Ray H. Rosenman, MD are at SRI International in Menlo Park, California.

James J. Lynch, PhD is professor of psychology at University of Maryland School of Medicine, where he co-directs the psychophysiology clinic.

David I. Mostofsky, PhD is professor of psychology at Boston University. Ralph L. Piedmont, MA is a doctoral candidate in personality psychology at Boston University.

The variety of interest in the expanding areas of behavioral medicine are sampled in these three volumes. Topics range from broadly speculative theory to research review to assessment and intervention.

The Language of the Heart ostensibly focuses on two psychophysiological disorders: hypertension and migraine headache. It appears, however, to be much broader than these two disorders, even broader than behavioral medicine. Rather, it is a delightful integration of gestalt psychology, existential thought, and psychophysiology. While the book begins slowly with excessive historical detail, it soon becomes compelling and intriguing. Lynch's case rests largely on his research findings that blood pressure increases with talking and decreases with listening. While he reviews other research and embodies his argument with scholarly dialect, his perspectives are best categorized as speculative theory. An interrelatedness among persons, via a "social membrane," forms the basis of Lynch's theoretical perspective.

His methods of treatment in the psychophysiology clinic which he co-directs are equally intriguing. Patients are monitored continuously for blood pressure and heart rate while participating in psychotherapy that seems to be much more relational than traditional psychophysiological intervention. He predicts the emergence of a new

BEHAVIORAL MEDICINE: FROM THEORY TO THERAPY

Chesney, M.A., & Rosenman, R.H. (Eds.). (1985).

clinical model, similar to his, which he labels "transactional psychophysiology."

Overall, this is a well-written book that is as persuasive as it is fascinating. It is excessively wordy at times, but definitely worth reading for those who have interests in behavioral medicine or social psychological theory.

In contrast to Lynch's theoretical perspective is *Therapeutic Practice in Behavioral Medicine*. The format of the book is similar to other books in the Jossey-Bass "Guidebooks for Therapeutic Practice" series. Relevant articles pertaining to therapy in behavioral medicine are summarized by the authors. Each summary includes a description, a brief commentary, and citation of the original reference. Chapters end with lists of additional readings.

Included are chapters on assessment, treatment techniques, patient compliance, adult disorders, and childhood disorders. Chapters are divided into subsections, giving the book good organization. An adequate index makes the volume useful as a reference for clinical practice.

The variety in behavioral medicine cannot be fully surveyed in a book of 357 pages. Accordingly, the authors acknowledge the book is more accurately viewed as a sampling of therapeutic practice. The authors have done a magnificent job of sampling and describing representative literature. Descriptions of procedures are concise but contain sufficient information for clinical application without necessitating reference to the original sources. Clinicians practicing in behavioral medicine will profit from this book.

Anger and Hostility in Cardiovascular and Behavioral Disorders is an edited volume with chapters by many leading researchers. Despite the title, the volume focuses much more on cardiovascular disorders than behavioral. Thus, the subject is very narrow, resulting in overlap from chapter to chapter. Structurally, the book is divided into three sections: definitions and assessment, health consequences, and intervention. The first section introduces research on two new assessment instruments authored by Charles Spielberger et al. and Judith Siegel. Reviewing research is the main focus of the second section. A valuable chapter by Stephen Manuck et al. presents a heuristic model for integrating personality and psychophysiological factors in understanding cardiovascular risk. The final section is perhaps the most valuable with useful chapters on diagnosis, child abuse, and pharmaceutical intervention.

Because of the fascinating theoretical implications, *Languages of the Heart* is recommended for clinicians and academicians involved in

behavioral medicine. *Therapeutic Practice* . . . is very practical and serves as an excellent reference text for all clinicians, not just those working exclusively in behavioral medicine. These two books are good choices for academic libraries, especially for those schools with graduate programs in psychology. *Anger and Hostility* . . . is probably too narrow to be useful for clinical generalists. It might be appropriate as a text for a graduate-level course in behavioral medicine, but its specificity would necessitate additional texts. Large university libraries would profit from having this volume since its primary value will be as a reference source.