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DEPARTMENT OF PSYCHIATRY

25 November 1969

Dr. Joshua Lederberg,
Department of Genetics,
Stanford University School of Medicine,
300 Pasteur Drive,
Palo Alto, California 94304.

Dear Dr. Lederberg,

I enjoyed your commentary on science and man.

I enclose a reprint of the paper you asked for. As you probably noticed it is somewhat of a potboiler. However, we are involved in a number of studies on psychotherapy including one comparing psychoanalytic therapy to behavior therapy and both to wait-listed minimal treatment groups. As you point out, however, we will probably be left with a certain amount of the "art" of psychotherapy. However, I am optimistic that 'art' in that it relates to the therapist's style, may be analyzed further. Certainly your comment "exploiting the expectations of the doctor and patient as part of healing" is susceptible to experimental ways of increasing or decreasing this expectation.

However, I think we are now moving away from the study of how psychotherapy works more toward whether it does, in fact, work and what it accomplishes. The 'how' approach always stood the danger of spending a long time in discovering why the wrong horse lost the race. In particular our group and others are looking to better methods of the assessment of outcome. Certainly at the moment the claim of objective statistical evidence for the effectiveness of one therapy, whether it is behavioral versus another, is quite invalid.

With regards.

Yours sincerely,

A handwritten signature, appearing to be 'R. Bruce Sloane', written in ink.

R. Bruce Sloane, M.D.

RBS/jp

Enclosure