

## ***Psychoanalyst Overview***

The central issue in this game—whether it be voiced in the selection of experiments to be run via the grants committee or in the classification of mental illness in the nomenclature committee—is the nature of the scientific investigation of the human mind. For the psychoanalysts, as opposed to the behaviorists, the science of the mind is not about predicting and controlling behavior. It is about discovering the true things about our minds. Thus, a treatment or theory is judged as 'good' or 'working' not if it changes the behavior of a person, but whether or not that person gains insight into their own mind.

When practicing a technique like free association or transference, a psychoanalyst does not seek to discover what a given symbol means *to everyone*, as a matter of a law-like generalization. Rather, a psychoanalyst seeks to discover what a given symbol means to *the person being analyzed*. It follows that a given discovery may not generalize over individuals. But that does not mean that that discovery is wrong or false. It stands to reason, then, that the truths of psychoanalysis are fundamentally individualistic, and as a result, one does not have the ground to criticize psychoanalysis until one has experienced psychoanalysis first hand.

The central task for this game will be to create a coherent notion of 'mental illness' or 'mental disorder' — homosexuality is only the tip of the iceberg. When the game reaches that point, all psychoanalysts must work together to preserve a psychoanalytic understanding of mental order and mental disorder in terms of the dynamic hypothesis (see the game book for a definition). The proposed definition should be something like:

A person is mentally ill when he or she suffers from internal conflicts that may be subconscious or unconscious, manifesting behavior that is unwanted or disturbing to the individual or the society.

## ***John Spiegel, MD***

### **Your Biography**

You are John P. Spiegel, MD. You were born in 1911 in Chicago. You graduated from Dartmouth College and went to Medical school at Northwestern. You are a former president of the American Academy of Psychoanalysis.

During WWII, you were a medical officer in the army, where you became friends with Dr. Roy Grinker. The two of you co-authored a hugely influential book at the end of the war titled *Men Under Stress*, in which you argued that combat fatigue (now called 'post traumatic stress

disorder') was not a character flaw, but could happen to anyone.

Since the end of the war, you've taught at the University of Chicago and Harvard. You were offered the directorship of the Lemberg Center for the Study of Violence at Brandeis in 1966, and you took it. You've been there ever since.

## Objectives

You are a member of the secret faction 'The Young Turks' with Judd Marmor. This is a group of politically progressive psychiatrists founded in 1970, after the events in San Francisco, dedicated to changing the direction psychiatry for the future. You have a connection to the 'Group for the Advancement of Psychiatry,' which has been advocating for progressive causes—specifically, limiting the use of electroshock therapy, ending the persecution of homosexuals by the US Military, desegregating the American south, etc—in psychiatry since the end of WWII.

As a first step, the Young Turks will propose to the Board of Directors that homosexuality be removed from the next edition of the DSM during the 1971 conference. You'll notice that you start the game on the nomenclature committee with Spitzer. Thus, the task of making the proposal will fall to Marmor, but you'll be there on nomenclature when it comes to your committee for discussion. It is your responsibility to convince Spitzer and Albee to support the proposal.

You should participate on the task force to report on the treatment of homosexuality with George Albee between 1971-1972. That task force should provide the historical background necessary for the nomenclature board to make its decision.

Once that is passed, you will work closely with Robert Spitzer on the formation of his task force. You should run for vice president in 1974 / 1975, so that you will be president when Spitzer's report is due. If elected for 1975, your presidential address should endorse and defend the new form of the DSM taxonomy. Your ideology here is pragmatic. You want homosexuality removed, but are willing to make compromises on other issues. It is far more important to you that homosexuality is removed from the nomenclature and a theoretically-neutral DSM is created than any specific item of classification.

**When, and if, the game reaches a point of trying to define mental illness**, you must pass a psychoanalytic interpretation of mental disorder / illness.

## Specific Assignments

Working with R. Green (if he is a character in your gam), petition the Board of Directors in 1971 to create a task force to conduct a historical survey and literature review on the Psychiatric and Psychological treatment of homosexuality. The task force should be be balanced between psychologists and psychiatrists, so you need a psychiatrist to support the effort – E. Hooker and G. Albee are a good choices. Prepared to turn in a report by 1972.

Your report (due in 1972) should be titled “Homosexuality as Mental Illness,”<sup>1</sup> and it should summarize the issues at stake in forthcoming debate, as well as cover the history of the

classification of homosexuality by the psychological sciences. R. Green and you should co-author the report. You should invite responses to your paper from Socarides & Beiber and Judd Marmor.

## **Must Read**

Grinker, R. & Spiegel, J. P. (1945) *Men Under Stress* American Psychological Association. Was once available print-on-demand, but is not currently: [www.apa.org/pubs/books/4320127.aspx](http://www.apa.org/pubs/books/4320127.aspx)

---

<sup>1</sup> Richard Green's actual paper of the same title was published in 1972 (see 'Must Read').