

Book Reviews

Abbott, M. (Ed.) (1989).
Refugee resettlement and well-being.
Auckland: Mental Health Foundation of New Zealand, 353 pp.
\$54.00 0-908727-80-1 (paper)

Reviewed by Colleen Ward,
Department of Psychology,
Canterbury University,
Private Bag, Christchurch, New Zealand.

In May, 1988, the First National Conference on Refugee Mental Health was held in New Zealand. The conference brought together clinicians, academics, voluntary workers, language teachers, legal consultants, government officials, representatives of international organizations such as the Inter-Church Commission on Immigration and Refugee Settlement, the United Nations High Commissioner for Refugees and the World Federation for Mental Health, and refugees themselves, for the discussion of refugee resettlement and wellbeing. In his introduction to the volume of conference proceedings, editor Max Abbott cites six objectives of the meeting. These broadly pertain to the examination of psychological and social adjustment of refugees in New Zealand, the identification of obstacles to adjustment and gaps in service provision, the enhancement of effective skills in community mental health work, consciousness raising in the wider community about the needs and contributions of refugees, networking among individuals and organizations dealing with refugee resettlement, and advocacy and policy recommendations for the improvement of refugee services. The book, a heavily edited compilation of conference presentations, focuses on these and related issues, although by the editor's own admission, the text does not capture much of what unfolded during the discussions and participatory workshops. Nevertheless, the volume represents the most comprehensive work on refugee resettlement in New Zealand.

The book contains 25 chapters and is divided into seven parts which include refugee resettlement in a global context, refugees' experiences in New Zealand, the legal status of refugees, the role of government departments (health, education, welfare, labour) and vol-

untary agencies, refugee education, refugee mental health, and a collection of poetic works by Southeast Asian refugees resident in New Zealand. The volume incorporates a multidisciplinary approach and encompasses legal, medical, educational, cultural and sociopolitical perspectives as well as mental health issues. The picture painted of refugee resettlement in New Zealand, however, by these scholars and practitioners from diverse professional and cultural backgrounds, is not a bright one. Lack of funding and financial support is a commonly cited problem. The importance of language training as a basic need and the inadequacy of services provided are highlighted. The legal procedures for determination of refugee status are heavily criticized, and the requirement for independent and impartial tribunals, which is lacking in New Zealand though demanded by the United Nations Convention, is emphasized. The host culture's openness to incoming refugees is also closely scrutinized. Sadly, though perhaps not surprisingly, New Zealanders' attitudes toward immigrants and refugees are described by Palmer-Orovwuje as "at best non-committal, and at worse hostile and suspicious" (p. 134). Even well-meaning refugee sponsors are often limited in the assistance they can provide due to a lack of cultural awareness and sensitivity. Along these lines Abbott notes that New Zealand is less pluralistic than many other developed countries and that there is considerable pressure for refugees to conform — despite research which indicates that the greater the demand for assimilation by the host culture, the greater discrepancy in illness rates between migrants and native borns.

For psychologists, Part III on Refugee Mental Health is of primary interest. The paper by Nguyen Duy San on the successful resettlement of refugees provides an excellent resource for both academics and practitioners. Contrary to the commonly cited argument that research on refugees is rare, Nguyen relies on a bibliography of over 1000 papers pertaining to research on refugee and immigrant mental health. He then identifies three broad categories of variables which predict refugee well-being: characteristics of the refugee, circumstances relating to migration and characteristics of the host society. Age, sex, education and language ability

are highlighted as salient individual traits, while premigration stress, the migratory unit, refugee placement and expectations are cited as significant migratory factors. Macro factors in the host culture such as availability of employment, as well as immigration policies and host culture attitudes, are also acknowledged as substantial influences on refugee adjustment. Nguyen goes on to provide examples of his own research, to supplement the paper with case studies and to furnish specific suggestions for working with refugees. His paper presents an excellent blend of theory, research and practical application.

The contributions by Maurice Eisenbruch and Richard Mollica hold particular interest for cross-cultural psychologists. Eisenbruch considers the characteristics of depression in Southeast Asian refugees and provides carefully selected case studies for illustrative purposes. Mollica presents a thoughtful discussion of post-traumatic stress disorder, arguing against biomedical reductionism and emphasizing the importance of cultural dimensions in psychiatric diagnoses. His description of cultural differences in the meaning of trauma and the phenomenology of depression are particularly fascinating. Mollica recounts an incident when he asked a cultural informant the correct expression for "depression" in the Mung language. The reply was "In our culture depression is when you are trapped in a small house where you can't move. It has an open window at the top, looking up at a cloudy sky" (p. 94).

On the whole the other chapters in Part III are somewhat less impressive. While the authors have important points to make, their presentations do not often extend beyond basic descriptions. Tony Taylor, for example, parallels refugee trauma with that of natural disaster victims, but limits his comments to broad, descriptive generalizations and provides neither substantive theory nor practical advice on intervention. Gillian Green describes, but does not critically analyze, economic and social pressures on refugees, including intergenerational conflict, but stops short of offering solutions other than "careful and sensitive treatment." Pazminda Parker addresses issues in multicultural counselling, but her general points would have appeared more substantive with concrete case examples.

In conclusion, the editor and contributors to *Refugee Resettlement and Wellbeing* should be congratulated on initiating this project on refugee welfare. The book, however, makes but a small step on the long journey of understanding and assisting refugees during the resettlement process. Certainly the volume offers basic information which would be useful to individuals embarking upon refugee work; an overview of services is provided, and common problems are described. Yet while a large number of issues are identified, fewer concrete solutions are offered. There is obviously a long way to go in terms of theory development and remedial and therapeutic applications.

Closure on a Gestaltist

Ronald Ley (1990).
A Whisper of Espionage.
New York: Avery Publishing, pp. 264.

Reviewed by Ken Strongman,
Department of Psychology,
Canterbury University,
Private Bag, Christchurch, New Zealand.

It is simultaneously deeply disturbing and curiously satisfying to discover that majestic figures have feet of clay. The sceptical world of scholarship naturally has no heroes, but it does have what people call "influential figures". When these are found to have rotting pedestals, whispers ripple through common rooms. This is a context which C. P. Snow used to effect in "The Affair" and in which, for psychologists, the name of Sir Cyril Burt will always be bandied about. Now, there is another, of sorts.

In "A Whisper of Espionage", Ronald Ley, Professor of Psychology at the State University of New York at Albany, describes a sequence of historical detection concerning the early life of Wolfgang Kohler. To come straight to the point, on a trip to Kohler's original ape laboratory on the island of Tenerife, Ley was told by Kohler's aged animal handler that Kohler had been a spy for the Germans in World War I. And what is more, the research station had evidently acted as a cover for the spying. In his spare time, Ley then spent the next three years attempting to establish the truth of this. It should perhaps be pointed out that he did not harbour a grudge against Gestalt psychologists,

nor German psychologists, nor even apes. He merely followed his nose in a serendipitous type of mild mid-life crisis.

The book is readable for a number of reasons. It puts a little flesh onto the bones of some of the relatively recent history of psychology. It makes a significant figure of the textbooks into an actual person. It demonstrates that the perseverance, attention to detail and logical thought that characterise scientific method can be usefully applied to historical research by a non-historian. And, not least, it makes a welcome change from reading about psychology in text books.

Although "A Whisper of Espionage" is well-crafted and reflects the work of a keen mind, it is wanting in one respect. There is a little too much of the author in it, a danger to which academics are frequently prone. While it is easy to be interested in the motives, desires, values, beliefs and attitudes of Kohler, with the best will in the world, Ley's have less fascination. This, though, is a minor quibble. The book is worth reading and provides a satisfactory sense of closure on a Gestaltist.

Folk Emotions

Zoltan Kövecses (1990)

Emotion Concepts.

Heidelberg: Springer-Verlag. pp. 230.
ISBN 0-387-97115-7

Reviewed by Ken Strongman,
Department of Psychology,
Canterbury University,
Private Bag, Christchurch, New Zealand.

Emotion Concepts offers a folk psychology theory of emotion via a detailed conceptual analysis of anger, fear, pride, respect and romantic love. The methodology is simple. Kövecses takes everyday phrases used to refer to these and other emotions, or to one's own or another's experiences of them, explicates their meaning and then looks for patterns in the result. So, the book becomes an analysis of notions of emotion that make what some people refer to as intuitive sense to speakers of American English (though the author is Hungarian, he clearly knows which side of the academic bread is buttered).

Kövecses' basic thesis, or conclusion, is that

some emotion concepts (one suspects that he believes that this is really *all* emotion concepts) have four parts: 1) a system of conceptual metonymies, 2) a system of conceptual metaphors, 3) a set of related concepts, and 4) a set of cognitive models. Thus, metonymically, one might shake with fear, metaphorically, one's anger might well up or explode, one's love is related to sex, devotion, affection, and so on; all of which leads such emotion concepts to be organised round highly complex cognitive prototypes. So, the folk view of an emotion is of a system of interwoven ideas concerning causes, existence and controlling forces.

This analysis leads Kövecses to a more general analysis of emotional meaning and to particular categorisations of the types of metonymies and metaphors that pervade everyday thought about emotion. For example, he finds that some of the principle metaphors for anger are heat, (breathing fire), insanity (crazy with anger), an opponent (struggling with anger) and dangerous animals (monstrous temper). To take another example, the major metonymies of fear either refer to physiological responses (heart pounding, turning pale) or behavioural reactions (speechless, screaming). Amongst other things, it is the author's belief that this type of analysis permits a ready way of differentiating the emotions. There are of course already a number of ways to do this, however Kövecses' approach is not without interest.

Emotion Concepts is a hard book to evaluate. It is interesting, well-argued, well-constructed, thoughtful, and above all, it appears to be sensitive to the nuances of everyday language. Moreover, if one believes in the usefulness of the folk psychology approach it embraces, it has far-reaching ramifications — to other areas of psychology and to other languages (even English English). There could be thousands of Ph.D. topics here.

But does one believe in the merits of this approach? To do so carries some weighty implications, not the least of which is that it puts one squarely in the Wharfian camp where concepts/language determine world view/behaviour (at least, I think that it does). Also, it suggests that it is important to know how "folk" articulate what they do, and think, and feel, as well as to know what they actually do, think and feel. The problem is that by and large, "folk" are not that articulate, particularly in the

domain of emotion, where there is not much everyday encouragement to reveal all, or indeed, anything. It might be, then, that analyses of "folk" concepts of emotion may trivialise the complexity of how folk actually emote.

It seems to me to be perfectly proper for philosophers to make fine-grained conceptual analyses of words and their meanings as ways of testing the adequacy of their theories. In addition, it is reasonable for the psychologist to take the folk psychology approach in order to provide one line of evidence in a theoretical context. However, simply to explicate how concepts (emotional or otherwise) are used in an everyday context, does not, in its own right, seem to go very far. There is not even a guarantee that the type of analysis made by Kövecses of the emotional phrases used by "folk" is actually representative of how they think.

Perhaps there is a balance to be struck here. It might behoove psychologists not to impose too much of their rarified conceptual analysis onto everyday emotional experiences, but, in my view, neither should they confine their studies to "folk". A useful compromise might be to take concepts from everyday usage and employ these in more sophisticated studies rather than to deal with concepts which make no intuitive sense. Kövecses' *Emotion Concepts* clearly has the merit of prompting a consideration of this type of issue.

No Flight of Fantasy

David O'Hare & Stanley Roscoe (1990).
Flightdeck performance: The human factor
Ames, Iowa, U.S.A.: Iowa State University
Press. Pp. 295, \$50. 50 ISBN 0-8138-0161-3

Reviewed by Dean H. Owen,
Department of Psychology,
Canterbury University, Private Bag,
Christchurch, New Zealand.

Aviation Psychology has a unique status within the field of Ergonomics/Human Factors. We have no corresponding emphasis for automotive psychology or railway psychology, although some researchers confine their interest to these areas of transport psychology as well. Aviation Psychology has specialized postgraduate training programs, a

biennial international conference, and soon, an international journal. Well grounded in both the research literature and the side of real-world flight that can make passengers apprehensive, the O'Hare and Roscoe volume is one of several recent books covering this specialization. As both psychologists and pilots, the authors are in a position to provide a knowledgeable and insightful assessment of the field.

The book opens with two chapters on the senses that provide some background on information useful to a pilot in guiding flight, mainly to emphasize the role of misperception in mishaps. The traditional arbitrary distinction is made between vision and "the spatial senses," however, rather than the more functional consideration of the visual and vestibular sensitivities of a single system for acquiring information about orientation, direction, and speed. An examination of training principles follows, with thorough coverage of current flight simulation technology. In contrast, the otherwise complete chapter on design ignores the use of simulators to evaluate new versions of controls, displays, and flightdeck layout. A two-chapter section on performance covers ergonomics in navigation and communication, and the negative effects of stress and fatigue.

Accidents, of course, play a major role in motivating human factors research, hence the book's emphasis on a systems approach to errors, design problems, workload, and decision making. As might be expected from news media coverage, New Zealand provides its share of examples. Descriptions of actual accidents are used liberally throughout the book to illustrate the variety of factors involved in achieving safe commercial and general aviation. These examples keep the reader aware that the consequences of poor design, inadequate experience, and even the social psychology of the flightdeck are of more than academic interest. The book concludes with a chapter integrating many of the topics treated earlier to illustrate the multiple contributions to system failure, and ends with the disconcerting proposal by Perrow (1984) that accidents are normal in interactively complicated, tightly coupled systems like modern aviation. System reliability improves as technology improves, but a larger proportion of the remaining failures are due to human error. There are, of course, two levels of human error, operator errors and failures of designers who might have

prevented the former. For those of us who do not want to gamble when we fly, the authors close with the optimism that applied researchers must have: Accidents are avoidable, and a better understanding of the role of human factors in the causes of accidents can have a major impact on their reduction.

There is a glossary of aviation terms which reveals how far technology has progressed from the early days of knobs and dials. The modern "flightdeck" may, however, leave some nostalgic for the cockpit and white scarf. The authors discuss the replacement of mechanical and hydraulic control systems with computerized "fly-by-wire" systems and the introduction of the "glass cockpit," with its video displays, in place of the traditional array of instruments. With these advances come new problems and new opportunities for the ergonomist to optimize the fit between the pilot and flight environment. As further evidence that the book is up to date, over 90% of the references are from the past two decades, and over 60% of them are from the 1980s. The subject index seems adequately detailed, but there is neither an author index nor text page citations for the references.

Flightdeck Performance is very readable and deserves a broad audience. In addition to identifying a variety of research problems, it is an appropriate text for a course in aviation psychology and provides important material for a general course in ergonomics/human factors. The book should be equally valuable for increasing the aviation community's awareness of the need for attention to the reciprocal problems of human performance and system design. Among those who could benefit are the managers and the operators of the aviation system — including the pilots and air traffic controllers.

Reference

- Perrow, C. (1984). *Normal accidents*. New York: Basic Books.