

ASCAP

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"Humans are unique animals, he reflected. What other species has man's ability to see the world as he wants it to be, rather than as it actually is?"

Stephan Coonts¹

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Concerning paleobiology, sociophysiology, interpersonal and group relations, and psychopathology

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ASCAP Society Mission Statement:

The ASCAP Society represents a group of people who view forms of psychopathology in the context of evolutionary biology and who wish to mobilize the resources of various disciplines and individuals potentially involved so as to enhance the further investigation and study of the conceptual and research questions involved.

This scientific society is concerned with the basic plans of behavior that have evolved over millions of years and that have resulted in psychopathologically related states. We are interested in the integration of various methods of study ranging from cellular processes to individuals in groups.

ASCAP Newsletter Aims:

- ◆ A free exchange of letters, notes, articles, essays or ideas in brief format.
- ◆ Elaboration of others' ideas.
- ◆ Keeping up with productions, events, and other news.
- ◆ Proposals for new initiatives, joint research endeavors, etc.

The ASCAP Newsletter is a function of the ASCAP Society.

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The WWW address for the European ASCAP Home Page is:

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ADDRESSED TO & FROM

Report on Annual ASCAP Society Business Meeting - June 4, 1997 Plaza Hotel, Tucson, Arizona

By Russell Gardner, Jr.
Secretary

The meeting was called to order by President Kent Bailey, at 5:00 p.m. following a full day symposium on evolutionary psychotherapy organized by him and proclaimed by those present as an outstanding success. The plenary session set a tone for future meetings.

The minutes were approved of the 1996 meeting in New York City as previously published in the June issue of *The ASCAP A/ews/effer*, 1996;9(6):2-3.

Announcement: In his capacity as Chairman of the Psychotherapy Section of the World Psychiatry Association, Dr. John Price reminded members of the next meeting of that group. This will occur in Hamburg, Germany, August 6-10, 1999. Dr. Ferdo Knobloch (present at the ASCAP meeting) had been the previous chair of that committee and gave way to Dr. Price at the Madrid meeting of the WPA in 1996. Dr. Price noted that most of the section at this time are evolutionarily inclined (indeed, the majority were ASCAP Society members). He further reported on the results

on informal discussions that he had had with other people that involved the planning for an associated meeting either before or after the Hamburg one. Ivor Jones mentioned that one candidate site would feature Moravia (near where Gregor Mendel discovered Mendelian genetics and from where Ferdo Knobloch stems). Russell Gardner pointed out that there could easily be two ASCAP Society meetings that year, one as usual just prior to the HBES meeting in May or June, and the other temporarily associated with the WPA in August. This might include new European members and all were encouraged to attend.

Beck Award: The Beck ASCAP Award given for the third time was continuingly an outstanding success, thanks in part to Thomas Joiner's excellent chairmanship of the selection committee. This year's winner, Edward H. Hagen, was selected from a greater pool of submissions thanks in part to Dr. Joiner's efforts. He has agreed to continue as next year's chairman as well.

Appreciations: The group expressed enthusiastic appreciation to The Foundation for Cognitive Therapy and Research of Philadelphia for sponsorship of the third Aaron T. Beck

ASCAP Award, John K. Pearce for financial gifts, Frank Carrel for his efforts as Managing Editor, Suzie Gardner for her coordinating efforts at the Annual Meeting, and UTMB for varied support services and assistance.

Membership & Finances: Membership is 119 with an increase in paid numbers. The readership is considerably greater as from informal reports we know that many students in several settings read xeroxed copies. The financial balance is relatively healthy after the renewal subscription drive just completed.

Governance: The organization continues informal with no rules, regulations nor bylaws. Leon Sloman wondered if there should be a two year turn of office for the various officers so there would be a greater opportunity to learn what is involved with the organization and to express leadership. Another opinion held that shorter terms of office would allow greater turnover for younger members who may need officership in international organizations as support for their academic promotions.

The group unanimously approved that the incoming president, Dr. Wilson, appoint a governance committee that

would look into these and other matters involving the manner in which the organization runs. As society membership numbers grow, more formality becomes necessary.

Newsletter & other publications: President Bailey supported the idea that there be a theme issue in which summaries of the day's proceedings each from 4-8 pages long be published (with some in other newsletter issues as required by the vicissitudes of contributions and space). This was endorsed but extensively discussed. Nick Allen pointed out that for him and others in academia, publish and perish is the rule and articles in refereed journals are required. Moreover, he suggested that that other organizations at a like stage of maturation use an annual proceedings. Further discussion followed with the following motion made by Russell Gardner:

Centered around the annual theme chosen by the president in consultation with others should be a "Proceedings" issue. Publication with an independent publisher would be sought. Invited speakers, invited papers without formal presentation, and papers in response to a general notice would be evaluated by reviewers from the society generally organized and managed by the ASCAP Editor-in-Chief.

The motion was seconded by

Daniel Wilson and passed unanimously.

New officers: The nominated slate was unanimously endorsed: Daniel Wilson as President, Mark Erickson as President-Elect, and Russell Gardner as First Vice President. RG asked, however, that they consider an alternative to himself in the First Vice President slot because although he appreciated the honor, he also felt it awkward should he hold too many roles simultaneously.

The nominating committee had not yet had enough time to consider the new second vice president. They will meet during the HBES meeting and put forth candidates for the 2 vice president slots for consideration by the membership.

The figurative gavel was passed to Daniel Wilson who then became the next president.

There being no further business the meeting was adjourned at 5:45 p.m.

Post-meeting committee reports:

The **nominating committee** met but technically their choices have not been endorsed by the membership. Please communicate with the society secretary if there are reservations about these choices which will nevertheless be listed, on the mast-head until a formal decision is made. To follow are the nomi-

nating committee's choices: to replace Russell Gardner as First Vice President: Ivor Jones, M.D., Hobart, Tasmania; Second Vice President: Thomas Joiner, Ph.D., UTMB, Galveston (moving in August to Florida State University, Tallahassee, Florida).

Before the end of the HBES meeting, President Wilson appointed a **governance committee** whose members are Kent Bailey, Chairman, with Ivor Jones and Russell Gardner, Members. Already they have met and decided to recommend to the next year's business meeting a continuation of one-year terms. As it is, becoming a member of the Executive Council involves a five-year commitment: one year each as Second Vice President, First Vice President, President-Elect, President, and Just-Past-President. Increasing the term of office to two years would increase the total commitment to a decade which would be long for most people.

Thanks for the Wonderful Conference!!!

I can hardly describe how much I loved being at the meetings this week and I want to thank you so much for getting me onto the ASCAP program. I found both ASCAP and HBES to be the most intellectually exciting conferences I have ever attended. Obviously I loved the group, the perspective, and I

look forward to future discussions, as well as to research projects related to mutual interests.

We didn't get to discuss this much, but I wonder if there is a sociophysiological aspect to the kind of surpassing/outdoing guilt that we are studying. My guess is that it relates to the serotonin system since it clearly relates to dominance/submissive behavior. And this all of course relates to leadership.

I hooked up with a primate researcher from Tucson who has conducted research on personality in chimpanzees, and is now beginning a project related to psychopathology in chimpanzees.

Already since I returned to San Francisco, many friends who are clinicians have phoned me, wanting to know all about the meetings, and expressing great interest in getting involved with ASCAP, attending next year's meetings in Davis etc. I am passing on the ASCAP name/address, assuming you want to continue expanding, at least your readership.

And I can't wait to read the next issue of the newsletter.

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Editor's Note: Some abstracts in which Ms. O'Connor is featured are on pages 23-24 of the this issue. Her website is featured on page 27 of this issue.

Letter from John Price

Congratulations for laying on another really splendid ASCAP meeting. You and Kent between you did a grand job. It was well worth making the long trip for.

One thought crossed my mind during the presentations, that our vocabulary of terms and concepts is not yet generally recognised or used, and it is up to us to give examples of where they might be helpful. I thought there were two particular instances at the meeting.

One was in Brant Wenegrat's talk on the manifestations of social phobia. You remember he showed students a video of someone whose hand shook when he took a drink of water, and the students rated him as less desirable on several counts than a control person who showed no sign of anxiety.

Here, I think, our concept of the RHP-gap (or face-gap) would have been useful. It would have strengthened Brant's result if he could have found some role for which the students have found the social phobic more desirable. In our scheme, signs of anxiety are signs of low RHP/SAHP, and so we should look for a situation in which the student wants a person of low RHP/SAHP. Such a situation occurs when a person of low RHP is required to have an assistant, whom they would want to have even lower RHP.

Therefore, one would want insecure or neurotic subjects rating the videos for someone who would make a good assistant. I would predict they would choose the hand-shaking person rather than the "cool" person. They would anticipate a potential RHP-gap problem and choose someone with whom it would be avoided.

The other was Andy Thomson's talk on violence. Here one longed for him to use the concepts of the agonistic and hedonic modes. Violence is typical of honor-based cultures, whether these are street gangs or medieval Icelandic chieftains, and these are agonistic cultures, defined by the fact that you are always at risk for being insulted, and if insulted you have to return the insult or lose face. So everyone is always on the verge of fighting each other. See Miller's vivid book on the Icelandic sagas.¹

The people Andy was talking about grew up in agonistic cultures, and learned to protect their "face" with retaliatory violence. Other children grow up in hedonic cultures, and learn that violence is punished by society. Hedonic cultures are successful because they select for cooperativeness, and also they reserve their violence for fighting other groups. Juvenal said of Rome: *"Indeed, it's always a paltry, feeble, tiny mind that takes pleasure in revenge. You can deduce it without further evidence than this, that no one delights more in vengeance than a woman."* This contrasts with the Icelandic code

in which vengeance is seen as something that men do.

It seems to me that these concepts are useful tools; and it is interesting to see when people try to tackle problems without the tools, or use the same tools but call them by different names.

Commentary & Article: Introduction

I have been reading the work of William Calvin. He is surely right to link the Ice Ages (climate) to the evolution of human intelligence. Interestingly, Calvin favours Humphrey's (also Dunbar's) theory that the challenge of social problems was the driving force behind the selection for intelligence. We are not certain who originated the concept that climate is relevant to human evolution. Kathryn remembers the notion being current in the 1970s. Henry, again from memory, believes a Czech, writing in the 1930s, started the idea. Can *The ASCAP Newsletter* readers help?

We were pleased to receive an advance copy of John Price's article comparing Involuntary Subordinate Strategy (ISS) and failsafe. His perceptive and sympathetic commentary was stimulating. ISS and failsafe are intriguing examples of parallel research, with ISS seeing the light of day first. Our attached article, which explores a possible generalization of ISS, was a

product of John's analysis and reflections.

As John rightly observes, ISS and failsafe have much in common. Each theory explains involuntary behaviour on the part of an individual. The involuntary behaviour acts as a strategy to minimize the damaging consequences of stressful circumstances. At least initially, those affected lack any conscious insight into their condition. In both syndromes, the symptoms have no physical origin but resemble other illnesses. Each condition is accepted by sufferers and their companions as sufficient grounds for inaction. Both ISS and failsafe are a result of evolution by natural selection and were adaptive in the EEA. Survival prospects for the individual and group were enhanced.

What aroused our curiosity, and led directly to the attached article, is John's belief that failsafe could be applicable to depression. We had not considered that possibility, although we wondered whether, in some cases, a failsafe may ultimately end in depression. Our first efforts were spent on the amendments that, in our opinion, would be necessary to change failsafe into, like ISS, an explanation of depression.

The next issue that intrigued us was whether depression and climatic variability were connected in any way during the EEA. Reading around the

subject revealed the idea was not unreasonable and had been partly anticipated. Nesse and Williams point out that doing nothing (lethargy) is a sound strategy if nothing useful can be done (during periods of severe hardship).

Semi-starvation creates symptoms of depression. In famines, people become listless and apathetic. Some seasonal depressions, related to day length, occur in winter, when food would be scarce. Hibernation is used as an analogy for depression, as is noted in the paper *The Social Competition Hypothesis of Depression*. The anecdotal evidence accumulated.

The thought then crossed our minds that, perhaps, ISS could be related directly to climate in the EEA. In this way, the theoretical arguments for some aspects of ISS could be strengthened. From our point of view, the evidence amassed by psychiatrists concerning some depressions might become available to test our theory of human behaviour.

As previously mentioned in my *ASCAP Newsletter* articles, genetic and climatic evidence support the view that harsh environments, which resulted in food shortages, were a recurrent feature of the EEA. In this context, the decline in human population from c. 100,000 adults to c. 10,000 during the glacial from 186,000 BP to 128,000 BP is especially significant. Accord-

ingly, the natural starting point (for us) was to identify ISS as a component of the scale, specifically an extreme scarce scale.

Our speculation proceeded on the basis that the original purpose of ISS was a strategy for coping with severe food shortages. At this point of privation, some group members would exhibit lethargy. If the situation were to deteriorate even further and semi-famine or worse materialize, eventually all group members would become listless. In other words, to quote Nesse and Williams, the best action would be inaction.

The gain in postulating the original purpose of ISS as a response to extreme climatic deterioration is that the symptoms are constrained by this scenario. Otherwise, in ISS, the lethargy is not always an explainable consequence of the precipitating events. Thus, a fawning, servile attitude could be argued as a more beneficial and constructive outcome in ISS than a mood of despair. Some other reason (severe food shortages) is required to account for why ISS should take the form of lethargy. Furthermore, the evolutionary origin of some depressions as a reaction to an exceptionally harsh terrain explains the intensity of the mood.

The obvious objection to our thesis is that the increased frequency of depression in present-day Western industrial

countries cannot be ascribed to the danger of famine. However, our initial proposals only specify the environmental origin of ISS in the EEA. Among gatherers and hunters, persistent and increasing food shortages would create profound social unease and tensions. The threat to social harmony would occur at the very time when group cohesion was indispensable. Accordingly, evolutionary pressures could have entailed that ISS was activated by early warning signals, namely the potent anxiety associated with anticipated semi-starvation.

Some individuals, faced with either approaching famine or the concurrent, severe social disruption, would adopt involuntarily a strategy of lethargy to cope with either of these overwhelming adversities. Consequently, ISS could be triggered, both in the EEA and now, by major personal and economic misfortune. Furthermore, linking ISS with excessive social tension or economic uncertainty overcomes an objection to ISS theory, namely that successful people also suffer from depression. The subordinate attitude is not necessarily to a person in authority but could be a response to a situation which could overpower an individual, no matter how prosperous or influential.

The idea, taken from failsafe, that specialist personalities are at greater risk has been incorporated. Some specialists,

notably those with powerful emotions, can plausibly be assumed to be more vulnerable to the distress caused by privation and, therefore, more susceptible to involuntary behaviour.

We have followed our practice of inventing a new term to describe behaviour that forms a pattern within our system, in this case standby. A new name was chosen because standby is more embracing than ISS and does not entail subordination, in the ordinary meaning of that word. Our principal stumbling block with rank theory is that gatherers and hunters were essentially egalitarian. Thus, rank per se is not a necessary feature of standby.

The content and scope of standby, like ISS, is delineated by theory, whereas depression, at the present time, is a collection of empirically similar syndromes. We have an open mind on how much, and what types of, depression are covered by standby. As before, we have eschewed medical terms and make no comment on treatment.

To recapitulate, the substance of our efforts is a generalization of ISS. In times of both severe hardship and social disruption, the group may benefit from some members being lethargic (in standby). At the very least, less food is consumed. Specialist personalities, especially those with intense emotions, would be more prone to foment tensions

and unrest in times of privation, and the group would benefit from their quiescence. Since social friction would become much more pronounced as the environment deteriorated, gains could flow from standby (ISS) being activated in advance of critical food shortage. Consequently, then and now, social disharmony alone would be sufficient to provoke standby (ISS).

As in our book, we only consider patterns of behaviour which relate to social or environmental influences. Syndromes that flow from chemical malfunction of the brain are excluded. Standby or failsafe may cause changes to brain chemistry, but these aspects are outside the scope of our inquiry.

On a different note, archaeologists are doing excellent work. The discovery of three skillfully-crafted wooden spears made c. 400,000 years ago is most welcome news (see Thieme H.: Lower Palaeolithic hunting spears from Germany, *Nature*, 1997; 385:807-810). Hominids of this era, who had been presented as little more than scavengers, were, in reality, sophisticated toolmakers and hunters. Their intelligence, foresight and dexterity can no longer be denied. Humankind's ancestors, c. 100,000 years ago, cannot be dismissed any longer as mindless savages.

Equally helpful to our case, modern human origins are being backdated. Thus, "*the earliest*

modern humans seem to have existed considerably earlier than has been assumed, and a "*basically modern morphology already existed in eastern Africa more than 200,000 years ago and probably as early as 300,000 years ago*" (see Brauer, G. et al: Modern human origins backdated, *Nature*. '97; 386: 337-338). The "out-of-Africa" hypothesis for humankind is strengthened. All the archaeological evidence of the last few years supports the view that human gatherers and hunters, with a wide repertoire of voluntary and involuntary strategies, were highly adapted over the long term to a variable environment.

Michael Davies

Editor's Note: The abstract for the article mentioned in this letter on Lower Palaeolithic hunting spears from Germany, was an abstract featured in the April 1997 issue of the *ASCAP Newsletter*. The Davies' article appears on page 17.

New Book on Adaptation

"*Adaptation*" is the title of a new book from Academic Press edited by Michael Rose and George Lauder that will be of interest to many in HBES and ASCAP. It is not about humans, but it addresses the thorny fundamental problems involved in the study of adaptations. There are 14 Chapters, 511 pages, and the cost is \$34.95. I recommend it.

Randy Nesse
nesse@umich.edu

Announcement for a Special Issue of the ASCAP Newsletter:

At the ASCAP Meeting this year, President Bailey supported the idea that there be a theme issue in which summaries of the day's proceedings each from 4-8 pages long be published (with some in other newsletter issues as required by the vicissitudes of contributions and space). This was endorsed but extensively discussed. This will be in the September issue. Entries for this issue need to be in no later

Please E-mail any contributions to ascap@utmb.edu, or mail hard copy and 3.5" HD diskette to:
Russell Gardner, Jr., c/o Frank Carrel, Department of Psychiatry & Behavioral Sciences, University of Texas Medical Branch, Galveston TX 77555-0428, USA.
WordPerfect, Microsoft Word or ASCII format preferred.
Diskettes will be returned to you.
Thank you.

Report on the 1997 ASCAP and HBES Annual Meetings

The June 4, 1997, ASCAP Annual Meeting on the southern edge of the Catalina Mountains at the Plaza Hotel, Tucson, Arizona, was a splendid success. This conclusion stemmed from my perspective certainly but indeed from all accounts I heard. And I heard many. After most conferences, I attend and leave. But here I and nearly all of us attended the annual meeting of the Human Behavior & Evolution Society (HBES) which immediately followed. Small groups of now well acquainted ASCAP attendees continued our own small intense gathering into the next conference. Indeed, ASCAP augmented HBES attendance. Some from far away had scarcely heard of HBES and had not intended necessarily to stay, but once present found themselves interested in the other program. Not all. One person at least came only for ASCAP. Not that the second meeting wasn't intense also but I believe it was less so for most of us. Many relaxed and took conference-time to see saguaro cactus and the Desert Museum.

Returning to the daylong ASCAP meeting then, 36 people came from the U.S. mostly, but also from Canada, Australia, England, Germany and Norway. President Kent Bailey presided over a program he had planned and arranged, as follows (these are my versions of titles as we had not required these of the speakers, all of whom were invited, but Iver Mysterud writing a summary of our day's work for the Norwegian Medical Association asked that I send them to him so if I've misrepresented you, please let me — and therefore him — know immediately):

1. Kent Bailey: Keynote address. Kinship Theory Applied to Psychotherapy.
2. Russell Gardner: Managing the Unspeakable: Sociophysiological Treatment of Conversion Aphonia.
3. Ferdinand Knobloch: Interpersonal Process Applied to Psychotherapy.

4. John S. Price: Using the Triune Brain for Social Rank Hierarchical Conflict.
5. Andy Thompson: Ten Evolutionary Rules in Forensic Psychiatry.
6. Brant Wenegrat: Minor Social Violations and Interpersonal Standing.
7. Helen Wood: Kinship-like Closeness vs Impersonal Distance Affect Psychotherapy.
8. Edward H. Hagen: Delusions: An Evolutionary Hypothesis (Third Aaron T. Beck ASCAP Award Winning Essay).
9. Lynn O'Connor & Jack Berry: Survivor Guilt and Similar Phenomena in People Needing Psychotherapy.
10. Cornelius Bakker: Territoriality in Humans: Ownership Phenomena and Its Vicissitudes.
11. Randy Nesse: Comments on the idea of Evolutionary Psychotherapy.
12. Leon Sloman: Involuntary Subordinate Strategy: Case Descriptions.
13. Daniel Wilson: Evolutionary Epidemiology in the Case of Bipolar-Mania.

A special enthusiasm pervaded the proceedings from beginning to end. We have acquired vital new blood and we learned of an ASCAP romance. Through Iver Mysterud, we also gaining a historical identity. Near the end of the HBES meeting itself, he presented on the "History, status and education of Darwinian Medicine in Norway." He had asked me about the events leading to the present for a work he has in progress and he pleaded to take a picture of the ASCAP presidents to this date at the end of the plenary session. Only Michael Chance (first) and Paul Gilbert (third) were absent.

By that point, we had sat through a quickly moving day that seemed onerous only when long held

postures reminded us of how physically still we had been. Moves from one interesting issue to another defied a stubborn slide projector that insisted on eating two slides at once. This then often required on-the-spot action with tweezers and various kinds of surgery. Andy Thomson, a new participant from Virginia, immediately assumed leadership responsibility as he somehow seemed to know more than anyone the inner workings of such machinery, always couching his suggestion in a polite, self-esteem preserving, "X told me once that..." I had providentially brought tweezers and we all felt grateful for his knowledge that so expedited the proceedings. We were not so lucky with the tape recorder. Annette Hollander wanted to be with us but had a daughter graduating from Harvard so could not, except, she hoped, via this medium. But the quality of the recording was most disappointing.

We had hoped to circulate the tapes possibly to others who desired coming but could not for varied reasons: Kalman Glantz and Tim Miller have practices to tend in a difficult economic climate on both east and west coasts; Mark Erickson had a family doing. David Paxson sent regrets as planning needs in his job coincided with the meeting date but said "*Long live sociophysiology*" He is especially enamored with the term which enticed him a year ago to join the society. Last year's Aaron T. Beck ASCAP Award winner, Souhir Ben Hamida, recently married. She is now touring North Africa from where her forebears stemmed.

With added maturity and increased size, we ended with a business meeting that has set us upon a new course. A striking proposal stemmed from the first Aaron T. Beck ASCAP Award winner, Nick Allen, whose romance and now marriage has had a distinctive ASCAP flavor stemming from the trip fatal to his single status he made to Santa Barbara two years ago.

Let me elaborate romance before business. Nick, a native of Melbourne now living in Oregon, traveled from Australia to the 1995 meeting in California with the help of that first award. At his side this meeting was an attractive blond woman from Virginia,

Sabura Wood, whose presence was no surprise as she, a graduate student in psychology, had worked in Kent Bailey's program and she like the rest of us had met Nick for the first time at Santa Barbara. But *their* connection took on the intimacy of pair-bonding. After a two year Oregon-Virginia courtship, they married two weeks ago. Driving across the country now, they made sure to attend the current meeting (and HBES as well). We all felt the special aura of honeymooners as they moved about the two meetings in a world of their own, but generously including others in their sphere. Later at the HBES meeting, Nick with co-authors J. Orbell and M. Cooke less romantically presented, "Game theory analysis of depressive interpersonal behaviors: searching for an evolutionarily stable strategy".

But returning now to the ASCAP business meeting, Nick's nicely timed proposal took hold of the group immediately upon his forwarding it. That is, he suggested that each year we put together an "Annual Proceedings" volume of collected papers around a theme. Each paper would be peer-reviewed prior to acceptance. President Bailey noted that we have already pioneered peer-review amongst our group with the Beck Award competition. The volume would be published by an external publisher. This may happen this year, as Paul Gilbert and Kent Bailey are planning a volume named: "*Genes on the Couch: Evolutionary Psychotherapy*". Oxford Press has indicated interest.

Nick noted that something such as this is needed to acquire and maintain the new blood of young academics for the group as the publish-or-perish rule has been never more evident. Another young psychologist, Thomas Joiner, who assumed leadership responsibility through his efforts as the Beck Award Committee chairman this year enjoined with this proposal, making the additional point that the papers should not be limited to those presenting at the annual meeting. Thomas is moving soon to Florida State University in Tallahassee, FL, where he has already fostered data collection on a possible linkage between territoriality and obsessive-compulsive disorder.

Returning now to the plenary sessions of the day, President Bailey had long anticipated that we should have short summaries placed in *The ASCAP Newsletter*. **(We plan this will be the September issue; 4-8 page summaries of contributions are due August 13.)** He initiated the day by propounding its most powerful theme along with Helen Wood, also from Virginia Commonwealth University in Charlottesville, who then provided a late morning data-based complement to Kent's more generally stated thesis.

Briefly, the idea holds that since we relate to kin intimately and powerfully, the successful psychotherapies also demonstrate relatedness components that echo how warm kin feel towards each other. We seem to have a capacity to relate to nonkin as though the other, unrelated, person in fact held that genetic status. There are hazards to this, of course. For instance, enough distance is required that the patient can project his situation onto the treater. Even more, therapists are often tempted to violate boundaries, as shown by prevalence rates of therapist-client/patient sexual relations. But these speakers pointed out there are even greater risks from distance stemming from avoidance of overmuch intimacy. There are hazards to the welfare of a person in need of help who receives impersonal treatment different from that causing him or her to feel like they are receiving the help of a bonded other person. Both difficulties should be avoided by frank discussions of intimacy/distance that need to be taught explicitly and in detail based on trainee frankly disclosed experience, not left to chance or ignored.

As Kent began to speak, our succeeding president, Daniel R. Wilson, arrived slightly late. Sitting next to me, he whispered how he was taken aback; he had expected the same somewhat casual small group brainstorming proceedings of our earliest get-togethers. He had been scheduled as second speaker and I the last, but when I worried about his whereabouts, I had decided prior to his arrival to solve the problem of his possible lateness by moving my presentation up, sure he would eventually show up. When he learned this, he asked that I still proceed as second speaker. I was actually

eager for the opportunity. I had well beforehand prepared a set of slides on some ways I teach medical students that stem from sociophysiological principles, but a dramatic clinical case had developed over a two week period just prior to the conference and I wanted feedback as the day went on. And as it happens, this gave Dan the last word of the day — or something perhaps resembling the *first* word of next meeting — which I believe we all liked and might be an important format for the future.

We're at that exciting stage of a group carrying forward intellectual movement early in its development. Initiatives now new will take on the form of tradition for later stages of how the group does things — I've found this in other settings to be almost like concrete. The current president whose efforts had gone into planning and composing the program has given future holders of the position a nice framework for doing that. He spoke first and set theme and tone. People on the program he chose carried out variations on the melody. Science historian and philosopher Ludwig Fleck has written of the "thought collective" exhibited by groups or movements.¹ I imagine that such traditions, some highly planful as Kent's initiatives were, and some initially accidental, like Dan's slight lateness and my newly wishing to speak earlier than scheduled, may characterize the solidifying characteristics of new groups. If something works well, we will persist in the same arrangements and the exact reasons for the first occurrence may be lost in time unless someone inspects the archives and comes upon a comment such as this one you are reading this very moment. What will happen next year in early July at Davis, California, site of the next meeting? Glenn Co-chran, one of ASCAP's poets, who is just now moving from Berkeley to Nevada City, promised to check out possible hotels for the ASCAP meeting along with his spouse, Yvonne Howell.

Returning now to the second talk (mine), Vickie Butler, a medical student, co-authored as she had participated in each of the dramatic patient's sessions and worked on the writeup. He couldn't speak after a blow to the head, but not for neuro-

logical damage. I had used recently acquired mastery of PowerPoint software to make new slides quickly. The patient was a man deeply devoted to his wife (this intense relationship, Vickie and I conjectured, kept him from the prison and alcoholism fates of two brothers). But he lost her to suicide two years before and he had been unable to get over that. More details await the September summary. But audience reactions did happen and I was pleased for the unanticipated ideas that emerged in after-discussions both formal and informal.

Other stories of people we help pervaded the day. We are mostly clinicians after all. Kent had partly made his point with a large potentially aggressive man who warmed to a sense of family. But John Price on the other hand illustrated his points about three levels of escalation or de-escalation (MacLean's reptilian, paleomammalian and neomammalian) from a novel and the *Book of Job*. From him we learned that the definition of good health amounts to a capacity to line the levels up together as either de-escalating or escalating. Mixtures cause trouble. Problems emerge when the paleomammalian (for instance) is escalating even as, for instance, the neomammalian are de-escalating. This had happened with my patient whose resentment of a tyrannical boss pervaded his being so that though he "knew his place" he persistently gave the man defiant stares. That was Job's problem too, directing defiant attitudes to God.

J. Anderson Thomson, not only slide-machine-repairman but forensic psychiatrist, presented ten rules or principles emerging from writings on evolutionary biology for why people behave criminally for adaptive reasons, detailing case histories of his own as illustrations. Later at the HBES meeting, he elaborated discussions on serotonin and the bearing this might have on theories of depression as an evolved state. Unfortunately I had to leave on Sunday before I could hear what he said so I anticipate with interest what he might contribute to these pages on that topic. But, I was grateful to him for help after my own HBES presentation when I responded to questions from the audience. One featured what are the problems with the selective

serotonin reuptake inhibitors (SSRIs). Andy aptly added something that I had forgotten for the moment: that these drugs can precipitate mania in bipolar patients.

Returning to the ASCAP meeting, others in the morning included the pioneering Ferdinand Knobloch once from Moravia and now from Vancouver who has achieved recognition for integrative approaches to psychotherapy, therapeutic community work, and for his demonstration of interpersonal themes in response to music. Recently he has worked on a metaselection theory which he presented to us in part only, in part because he had so much to say. Brant Wenegrat and colleagues have worked on the subtleties of minor deviations from social norms, making videos that differed only in that some norm had been violated, such as putting one's finger in one's ear, and then having the clips rated on dimensions such as attractiveness by Stanford undergraduates. In other work he evaluated the effects of appearing nervous. Does being nervous diminish attractiveness? If you don't already know the answer, I won't give it away here so that you can anticipate his September piece. Later at HBES, he and colleagues E. Castillo-Yee, L. Abrams, and L. Kinoshita presented data on conformity. One can "hide" in a group by displaying conformity.

Ed Hagen presented his prize winning essay (see June *ASCAP*) after lunch and responded to questions both immediately afterwards and in a discussion period that ended the day.² His superb documentation and mastery of his subject more than vindicated the committee's choice.

Following him, Lynn O'Connor turned out to have been well acquainted from her childhood with comparisons of animals to people as daughter of I. Arthur Mirsky of the University of Pittsburgh, famed pioneer in psychosomatic medicine known to a number of us by reputation. She is now a clinician-researcher in the Weiss tradition in San Francisco. She collaborates well and corresponded with ASCAP's third president, English psychologist Paul Gilbert, who initially pointed her in our direction. Earlier Paulie had done the same with Kent Bailey.

In her paper, she pointed out the prevalence in her patients of survivor guilt, of what happens, for instance, when a sibling has a disadvantaged brother or sister, or a parent restrains a natural exuberance. Jack Berry, her number-cruncher collaborator, illustrated her conclusions with data-based results. With other co-authors, V. Morgan (a graduate student who also attended ASCAP) and J. Weiss, she additionally presented a poster at the HBES meeting, entitled "Guilt-based and fear-based submissive behavior: an evolutionary perspective."

Thanks to Lynn, I had the privilege after the meeting of examining Joseph Weiss's book, *How Psychotherapy Works*.³ In it, he notes, "Psychopathology is rooted in pathogenetic beliefs: these are compelling, grim, and maladaptive." The San Francisco model of psychotherapy focuses on countering such beliefs (as do other methods, of course, but less explicitly). Drs. Weiss and Sampson have a long and distinguished history of not only reconceptualizing psychotherapy but also studying it with assiduously collected data. I haven't completed the summary work written by Dr. Weiss yet but recommend it from what I have read for sensibility and clarity of expression. I found the approach exciting not only because it feels right as something that I do, but because beliefs can be seen as a subset of stories. My pitch these days involves people as story-telling animals, for example, the title for my own HBES presentation was "Did alpha state evolve to self-leadership in the story-telling animal?"

Cornelius Bakker from Washington told the story of how he and his spouse, Marianne, developed conceptual and training materials on territoriality or ownership over the past thirty years. Theirs has been a powerful metaphor for helping people increase their sense of control and self esteem. Queries from the audience helped distinguish the approach from that of Robert Ardrey. Cor pointed to ownership as the center of their theory more than literal territory. Ownership can include ideas and metaphoric sense of place. Randy Nesse and Leon Sloman having arrived noontime also made their contributions in the afternoon. Randy bravely

challenged that there should be any such thing as "evolutionary" psychotherapy as somehow distinguished from any other kind. All forms should encompass evolutionary principles for best work. I envisioned Kalman Glantz bristling to the challenge, but then relaxing with the discussion as he has made a similar point. Randy told some wonderful patient stories, but only a few as we had to move on (he was not the only one to be cut off for timing reasons but didn't himself seem to resent it; however, several people wished they could have heard his other anecdotes).

Leon presented on the involuntary subordinate strategy (ISS) on which concept he has made other fruitful contributions. He too told a patient story, a person whose ISS, Leon asserted, had "escalated". This, however, is a flashpoint expression, and he and John Price at odd times and in various venues throughout the HBES meeting debated the suitability of this word usage. John feels the expression "escalation" should be reserved for social rank hierarchical issues (one escalates in rank), whereas Leon meant it as intensification or worsening of the state. Neither easily gave way, but since Cor Bakker is the expert on "ownership", including that of ideas or words, he led a debate over lunch in which I, Ivor Jones and Suzie Gardner were interested observers. No resolution took place by the conclusion of lunch, but I was told that an intellectual reconciliation did eventually get worked out.

I didn't hear all the debate at this lunch, however, because I spotted the name-tag and face of a passer-by as that of a long ago acquaintance, Horacio (Peter) Fabrega from Pittsburgh, well known cultural psychiatrist and historian whose new book on the history of sickness and healing I had noted on conference exhibition shelves (and resolved to acquire. Regrettably I have lost the information sheet describing the book including publisher etc. so I can't reference it here). It turns out that Peter was at HBES to search out information on a new book he is writing on the evolution of mental illness. He told me he had just read with interest Kent Bailey's *Human Paleopsychology*⁴ and showed me in his hands, Anthony Stevens and John S. Price's colorful paperback, *Evolutionary*

Psychiatry.⁵ We-all had dinner. He met John directly. He decided to become an ASCAP member. We trust he will let us-all know later the order information for his just published work.

Our new ASCAP president Dan Wilson ended the ASCAP day by deviating from the psychotherapy theme, reflecting instead on mania, noting that he believes it to be an adaptation because its epidemiology shows that its prevalence greatly exceeds what would be expected were it based on mutation or genetic drift alone. He lamented we don't have modern studies of mania and depression in primitive peoples. At HBES later, I suggested he talk to Napoleon Chagnon (NC), anthropologist student of the Yanamamo in Amazonia for an impression of prevalence rates from NC's 35 years of study. Moments later I found them conversing: Dan creatively suggested to NC that they visit the Yanamamd who are not yet acculturated in order to use a standard diagnostic instrument for estimating existence and prevalence of bipolar disorder. No dice, the topic wasn't important for the anthropologist. But the persuasive Dr. Dan persisted and NC then, with an aha expression, made it clear that should funds be raised, he would with alacrity go, as for instance, if there were enough to use a Sikorsky helicopter. The project would not come cheaply! What will happen? I sensed Dan to leave Tucson with not only more developed ideas, but allies and plans he hadn't anticipated on arrival there. And he told me he may have funding sources. Some of us problem-solved on the issue later (Andy Thomson wondered if Dan needed an assistant whereas John Price regreted implying he might himself go for two weeks to Amazonia, a prospect dreaded the morning after). This all may be the subject of future ASCAP communiques.

For me personally, besides NC's presentation (which told how intensely related genetically the Yanamamo are to each other in unacculturated tribal communities compared to any others), one of the most interesting contributions of the HBES meeting was that of Dave Evans, a literature teacher from Brookings, South Dakota, who wrote a self-disclosing essay entitled "Darwin and the dirt-mover". He told his personal reaction to being treated badly by

the owner of a dirt moving company. Their interaction was complex and not one-sidedly difficult, but DE had had to work out some peace for himself in resolving things because despite promises, the dirt-man didn't return. The two could not talk and reconcile. Beautifully written, the dilemma also caught me as it reflected the manifestly very different dilemma of my aphonic patient who had had to come to grips with his wife never returning because she died. From another vantage point, he illustrated a point that my own presentation at HBES had entailed: good self esteem reflects achieving alpha status over one's; self components via metaphor. John Price complemented DE on the reconciliation, but I go: them to agree finally that there was no reconciliation but a resolution in DE's own head alone, independent of an *actual* reconciliation which have required both protagonists to participate.

Our linguist member who heads the Language Origins Society based in Holland, Bernard J. Bichakjian, presented an instructive paper on "Efficiency in language and writing: an evolutionary approach." Regarding writing, he showed that when written on paper, nearly all languages move from left to right even though many started in the opposite direction. None have ever moved over time to right-left. Traditional languages still moving right to left, such as Hebrew and Chinese, show left to right movement within symbols. From lesion studies by neuroimagists Posner and Rachle, BJB found a neurophysiological reason for this: movement from one cortical hemisphere seems to the other less quick than the opposite. But the *earliest* versions of written languages moved right to left, apparently because that was how the stone masons who wrote hieroglyphics did it. They moved vertically from top-down, then from right to left for ergonomic reasons, holding the chisel with the left hand and pounding with the right. Imagine being right handed and how it would be easier to stand over a blank wall chiseling than moving back for the next column of symbols. How counter-intuitive to cover over what you had already done when working on the next column.

Informally we met during HBES with Frank Sullo-way. His friend, John K. Pearce, the fourth ASCAP president, had commented enthusiastically throughout the ASCAP meeting. In his well known and extensively reviewed book, *Born to Rebel*⁶ (summarized by Beverly Sutton in these pages February 1997 issue⁷), Frank tells that JKP was an especially valuable colleague (page 455), "*Over the past eight years, John read every chapter of this book, draft after draft, and advised me on content and style. My discussions with him about Darwinian theory and family dynamics have greatly enriched my understanding of these topics.*" Also in the book, Frank documented with hypothesis-testing applied to history that later borns support revolutionary ideas. He feels strongly that history should become a hypothesis-testing and scientific discipline and talked of resistances to this in the field. We also discussed the dilemma of William Harvey, who though first-born, was also the first to capture the new idea of circulation. This topic naturally led eventually to listening to Catherine Salman's HBES presentation this year on middle-borns. Last year I recalled how she had found that those neither last nor first are significantly less interested in family histories, genealogies and the like. This year in a clever experiment, she examined the effects of kinship appeals in political speeches and found that middle-borns are least likely to be swayed.

Well, there were many many more presentations. The HBES conference numbered 10 times the size of ASCAP and often had 3 or 4 tracks running simultaneously. I'll end with my reactions to two plenary addresses (meaning longer invited talks for the entire group). These two stood out for me personally of the eight of the nine scheduled that I heard at least in part (of course, I shouldn't omit mention of Frans de Waals who after the banquet spoke of bonobos and their sex life). But, Daniel Perusse spoke on a critical analysis of genetic vs. environmental contributions to offspring behavior and John Alcock amusingly took on that clever enemy of adaptationists, Stephen J. Gould.

Perusse from Montreal noted how data-based statements in the past two decades seem to infer

that parental genetic material seems to contribute to offspring outcomes much more than does parental behavior. He cited a 1987 Plomin and Daniels comment, for example. Based on how the results are turning out showing that genes are more important, Plomin and Daniels held that books need to be rewritten about rearing's non-importance; needs for interventions need to be rethought because they may make little contribution to outcome. Perusse, however, provided thoughtful alternatives to this thinking. He noted that offspring actively organize their new acquisition of information, making it parallel to the way that genetic information is acquired (one way only). My interpretation of this includes early child behaviors and their impact on the parents, recalling a story of many years ago from Everett Dulit. A shy, bookish, librarian couple adopted a child who turned out to be muscular, physical and dominating. His domination over them augmented his conduct disorder, because, they couldn't tame his drive and push. I don't know if this is exactly what Perusse meant, but his conceptualization provided him with predictive hypotheses for data sets much more refined than those so far gathered.

And he has put action to words. He and colleagues in Quebec are gathering data in a huge project involving about 600 monozygotic (MZ) and dizygotic (DZ) twins, an inclusive sample of all those born in the province between April, 1996, and September, 1997. He reported on only the first data collected but these showed results that promise challenges to the probably oversimplified previous conclusions. They collect genetic information (MZ vs DZ status), environmental factors (measured by parental risk and other factors), multimodal measurements (behavioral and physiological) made longitudinally (at 5, 15 and 24 months of age). He illustrated with measures of infant cognition that parent behaviors make a difference. The work is early. I await more results with anticipation of not only for what they show but for their methodological implications in understanding past studies as well.

Finally, I will end my discussion of the Tucson meetings with a summary of the six standard

features of Stephen J. Gould's rhetoric. Gould is famous for his ability to slice opponents up, but University of Arizona's John Alcock provided some cutting finesse as well (I have on my shelves his 4th edition of *Animal Behavior*⁸ published long ago in 1989 so I suspect there are more editions). Alcock reviewed Gould's essays from over 2 decades in the monthly magazine, *Natural History* (they're also in multiple collected works). He also described how these very popular writings have strongly affected the general educated public as well as his own graduate students (the basic reason on how the project got started). He concludes that little has changed over the years in Gould's tactics and essential message. His earliest essays resemble the present counterparts and the message now as it was then holds that adaptationist hypotheses are not to be pursued. [Standard Feature=SF]

- SF I. Display of erudition. Extraordinary knowledge may be demonstrated by untranslated phrases in another language, making the reader feel not quite, but nearly, as cultured as the erudite writer. In Paul Gilbert's language, "Follow me and you too will have augmented Social Attention Holding Potential/Power (SAHP)."
- SF II. Identify people with opposite views as uncultured and as advocates of unculture (sample epithets include pop science, pop psychology, pop or cardboard Darwinism)
- SF III. Caricature the opposing view as "genetic determinism" implying a sympathy with eugenics and negative authoritarian or xenophobic attitudes to underprivileged.
- SF IV. Covering of SJG's behind with insincere caveats.
- SF V. Claim the moral highground (non-authoritarian, non-xenophobic, against eugenics and their, proponents, non-researcher on adaptationist hypotheses).
- SF VI. Claim that a trait of interest cannot/should not be studied from an adaptationist viewpoint.

Gould discourages doing such research. Moreover, he goes beyond human behavior to claim that nonhuman animal behavior also should not be studied from adaptationist perspectives.

John Alcock underlined the large impact that Gould has had but did it with great humor including that he was glad that SJG was not in the room. Yet, I sensed that most of us felt that John Alcock would do well enough in a resulting bloody debate had SJG or anyone else of that ilk indeed been there. He left a signature writ large.

In the audience discussion that followed, graduate students demonstrated in classic intergenerational clash that they were not as anti-Gouldian as was their teacher (JA listened but didn't back down to them either). Some suggested that SJG's rhetoric has been important to counter the creationists. Also curiously, nearly all the other articles in *Natural History* are written by obvious and dedicated adaptationists!

We heard more on the issue after Tucson from our University of Arizona host, A.J. Figuerado (who by the way with his staff did an excellent job with arrangements for the HBES meeting). He wrote an impassioned email after the conference in which he tells of having viewed Gould with hero worship over many years, accumulating with care and pleasure; an entire collection of *Natural History* issues. But now in growing disgust with SJG's catathesis which he knows now to be character assassination, he has destroyed them all. He cancelled his remaining subscription in a scathing letter. I too have in the past read Gould with enjoyment. No-one denies that he writes well and interestingly. At times, I've appreciated his message because he hasn't neglected conserved features and basic plan biology as population biologists tend to do. But even before hearing John Alcock, I discovered that apparently my *Natural History* subscription had run out without my noticing. How curious to discover a self-revelation in the form of inattention. c8



An Involuntary Strategy for Climatic Deterioration in the EEA

Some mammals survive winter scarcity by hibernation. If nothing useful can be done, the best strategy is to do nothing. This option was ignored by three Canadian fur trappers who were caught by winter weather on the Dawson Divide. All perished because precious energy was wasted in a vain and doomed attempt to escape. If the party had remained in their hut, kept warm and done nothing except drink water, rescuers would have arrived in ample time.

Exceptional, perhaps unique, climatic variability has typified the last half million years.¹ The effects on humankind were dramatic. For example, genetic evidence suggests that human population fell from c. 100,000 adults to c. 10,000 during the glacial which persisted from 186,000 BP to 128,000 BP.² Consequently, the capacity to cope with recurrent bouts of severe food shortage or even semi-starvation is a key behavioural trait. As one component, humankind is posited to have an involuntary strategy for dealing with severe scarcity. This involuntary element comprises a passive state which conserves some food resources. Henceforth, the condition is described as standby.

In the EEA, standby was probably brought on by either extreme physical hardship, short of semi-starvation, or the concomitant social disharmony. Both facets, together or separately, could engender a mood of listless despondency. Thus, group members who were susceptible to this syndrome could become inactive. As long as sustenance was being shared equally, the physical condition of passive members might be even better than active food-seekers. When those in standby resumed a normal life, their contribution to gathering and hunting could recommence. In this way, the collective foraging window could be extended. Thus, contrary to initial impressions, lethargy, gloom and despair may increase survival prospects

in an era of prolonged, severe food shortage. Indeed, valuable group members are maintained at a reduced cost and, when times improve, are able to motivate their colleagues and participate again in decision-making.

Fit, working members of a group might be tempted to abandon lethargic companions, unless a strong compulsion was felt to support weaker colleagues. Moreover, to reduce the likelihood of being deserted, those in standby would maintain social contacts and be most persistent in demanding their share of attention and resources.³

The characteristics of standby have to entail a minimization of energy usage. Accordingly, those affected would be rendered listless. One means of attaining this outcome would be by a combination of physical symptoms and a mental state. The physical symptoms can be hypothesized, for example, as persistent tiredness or lethargy combined with reduced appetite, which would be aggravated by lack of sleep, troublesome aches and pains, conviction of serious illness, anxiety attacks which discourage social mixing and lack of libido. Overall, the ability to concentrate would be impeded.

The mental state would be a lack of any desire for positive action. The overwhelming mood would be an extraordinarily gloomy view of the future which entailed that all endeavour was pointless. The intense pessimism of those in standby would prevent an excessive feeling of individual failure for their inaction and the resultant destruction of self-esteem. In the eyes of others, their passivity would be excused by their mental and physical state. The dire situation had overwhelmed them.

Those in standby would be impervious to argument and stimulation, otherwise the function of standby

would be undermined. On the contrary, any encouragement would be counterproductive and a waste of time. The effect of this negative feedback would be a discontinuance of any further social pressure for greater exertion. Standby could be expected to cease in the face of a marked improvement in environmental resources and concurrent recovery in social harmony.

Personality plays a pivotal role in standby, and those with certain specialist traits would be more susceptible. Among humans, the same events elicit disparate emotional responses. The key factors are the scope and intensity of an individual's emotions.⁴ (see Table A)

Emotional Traits	Emotional Range	
	<i>From</i>	<i>To</i>
Strength	Placid	Intense
Scope	Broad	Narrow

The strength trait, as the name suggests, measures the intensity of emotions, while the scope trait identifies those towards whom emotions are felt. Within the scope trait, the broad is stimulated principally by those matters that affect the community at large, while the narrow is primarily concerned only with a few close family and friends.

In the context of standby, the hypothesis is that those with intense emotions would be especially vulnerable in times of extreme difficulty because of the danger of overreacting to any setback. However, the variety of events which precipitate standby would be diverse, reflecting the broad-narrow trait. Thus, for example, a narrow would endeavour to help a dearly-beloved close relative even when any enterprise would be doomed to failure. On the other hand, a broad would engage in similar fruitless tasks on behalf of the whole group. The onset of standby would prevent this pointless waste of energy.

The criteria by which people judge their actions may be also significant to standby. Some individuals

(intense) demand the highest standards, while others (placid) are satisfied with the minimum. Both attitudes have their advantages and disadvantages. A senior pilot, who happened to be an airline passenger when an engine was lost, was instrumental in saving 150 lives. On being told the good news, he cried for three days on account of his perceived failure to rescue the remaining 100 passengers.

Other personality types which could also be prone to standby are intuitives and planners.⁵ Intuitives are guided primarily by their feelings and may attempt tasks which have no rational chance of success. Planners seek to carry out pre-arranged strategies for which the practical justification may have disappeared. A combination of these personalities with intense emotions would magnify the chances of standby. In other circumstances, intense personalities, either intuitive or planner, would be indispensable to group motivation and decision-making. Their death would hinder future success. The importance of personality in involuntary behaviour has been noted already by researchers. Thus, those relying on either "a small number of relationships" (narrow) or "their own achievement for their self-esteem" (intense) are particularly susceptible.⁶

Human problem-solving gains from a variety of inputs. A cautious or pessimistic outlook is of real value. The dangers and drawbacks of any proposal are rigorously exposed and aired. If one of the Canadian trappers had been sufficiently cautious, the others might have been persuaded that escape was impossible and stayed put. Those of a pessimistic outlook can be expected to react more severely to misfortune and disappointments than those of a more carefree frame of mind.

A troubled childhood may predispose some adults to standby. In evolutionary terms, this tendency could be adaptive. A child reared in times of hardship and emotional disturbance might continue to be exposed to these exigences as an adult. Accordingly, the priming of an involuntary strategy could be beneficial.

In the EEA, failsafe^{7,8} would rescue individuals from an undertaking which exceeded their abilities, whereas standby would shutdown susceptible people in the face of social disharmony and environmental privation. A comparison of standby and failsafe is detailed in **Table B**. Thus, the syndromes are generic, and, in marginal cases, may be difficult to distinguish from each other. Standby is equivalent to failsafe plus mood, appetite, sleeping and memory disorders which affect feelings and reduce self-esteem. In Western industrial society, standby could be activated by the experiences of loss which follow from an absence of, or breakdown in, social relationships (divorce or bereavement) or significant economic uncertainty (demotion or unemployment). Women in these communities have suffered proportionally more involuntary behaviour than men. Greater tension was experienced by women as a result of economic dependence upon men, isolation when at home with young children, sexual regulation and the absence of a meaningful role after the children had left home.⁹ However, some preliminary evidence has indicated that when women attain "equal opportunities, the incidence of depression among them ceases to be greater than for men".¹⁰

Humankind is profoundly social and, in the EEA, lived exclusively in groups. Therefore, the loneliness inherent in Western industrial societies, to which

specialists are vulnerable, plays a significant role in involuntary strategies. Standby and failsafe are both aggravated and lengthened by isolation, which should not be viewed necessarily in terms of individuals living alone. Since standby is a reaction to social and environmental adversity, the incidence of the syndrome would not be uniform but would increase as the social fabric weakens and economic uncertainty increases. Accordingly, the theory of standby is empirically testable. The frequency of standby among personality types, social groups and societies also supplies ample material with which to refute the hypothesis.

The foregoing exposition again illustrates the fruitfulness and refutability of hypotheses that can be derived if humankind is posited to have the behaviour patterns of our gatherer-hunter forebears. If the relevance of our gatherer-hunter origins to present-day behaviour were more widely recognized, progress could be made with problems that, hitherto, have proved intractable. Acknowledgements by the authors: The article is based upon, and attempts a further generalization of, the Involuntary Subordinate Strategy (ISS) originated by Price, J. S., Sloman, L, Gardner, R., Gilbert P. and Rohde, P.¹¹ The ideas explored in this article were stimulated by the commentary *The Failsafe Mechanism and the ISS*⁶ by John S. Price. c8

Table B A Comparison of Standby and Failsafe^{7,8}

Standby	Failsafe
a) Involuntary strategy	Involuntary strategy
b) In contact with reality	In contact with reality
c) Incapacitating	Incapacitating
d) Lethargy	Lethargy
e) Specialist susceptible	Specialist susceptible
f) Symptoms of physical illness	Symptoms of physical illness
g) Impervious to encouragement	Impervious to encouragement
h) Demands attention	Demands attention
i) Mood of overwhelming pessimism	Concern over health
j) Reduced appetite and disturbed sleeping	Normal eating and sleeping
k) Loss of some self-esteem	Retains self-esteem
k) Impaired memory and feelings	Normal memory and feelings
l) Recovery in response to social and environmental improvement	Recovery with growing self-knowledge and environmental improvement

Manifesto for a New Psychological Science

My collaborators and I propose the establishment of a new discipline: paleo-bio-socio-psychology or "paleopsychology" for short. Each of us has already taken initial steps toward creating a corpus of paleopsychological knowledge. We welcome those who would like to join us.

Standard paleontology has done a magnificent job of recreating the morphology of creatures ranging from the first life forms 3.85 billion years ago to the early humans of comparatively recent times. In the case of the majority of prehistoric species, however, paleontology has left us with a considerable problem. How did these creatures behave? What, if any, were their social patterns? What cognitive and problem-solving abilities did they possess? What was the bio-evolutionary sequence which led to learning, imitation, herding, information sharing, and to what John Tyler Bonner has called animal culture?

Primate fossil evidence has often been looked at with an eye to inferring the origins of campsites, tools, migratory patterns, "mental modules," and some of the subject matter of which paleopsychology is made. Similarly, dinosaur remains have been scrutinized for signs of maternal nurturance and other indicators of social attachment and of the ability to tell one conspecific from another. But what of the social interactions and reactive powers of the earliest bacteria, the first eukaryotes, the recently-discovered Precambrian clams, and the Cambrian profusion of phyletic representatives—from trilobites to eurypterids?

What about the first insects of 350 mya -- were they initially solitary, as E.O. Wilson and numerous others assume, or were they social, as one of us suspects? Was individuality or sociality the original state of living beings? If the latter, how did the anomaly of solitary existence emerge? If the

former, where does sociality begin in the fossil record, and why?

The tools with which these questions can be probed are few today, but will surely expand as more minds join the quest. Mass-behavior-specialist Howard Bloom has used data on bacterial social behavior along with fossil evidence to postulate that the cyanobacteria of 3.5 billion years ago were not only extraordinarily social, but that their colonies exhibited what physicist-turned-microbiologist Eshel ben Jacob calls a collective "creative" intelligence.

Extrapolating from the work of Sorin Sonea and Maurice Panisset (1983), Bloom has gone on to make the case that the Pre-cambrian system of prokaryotic information exchange was literally worldwide. In addition, Bloom has penned four papers for Germany's Telepolis tracing the history of the cooperative impulse and of cognitive development from the first 10(-32) second of the Big Bang to 35 million b.p. Combined with the data of ben Jacob and of the University of Chicago's James Shapiro, Bloom's published views call into question fundamental axioms of neo-Darwinist evolutionary theory.

Invertebrate zoologist Kerry B. Clark, creator of the definitive teaching CD-ROM *Metazoa*, has applied the rules of his field to the fossil record, tentatively recreating Cambrian social behavior. Among other things, he hypothesizes that *Anomalocaris canadensis* swam in feeding herds. "*The largest animals in most ecosystems are typically herding herbivores,*" he notes, "*and I see nothing about Anomalocaris that precludes this.*"

Paleontologist Kevin Brett, who spent five years working at the Burgess Shale for the Royal Ontario Museum and National Geographic Magazine,

disagrees about *Anomalocaris*, but cites evidence that trilobites may well have been sexually dimorphic, and that many trilobites were, in his words, "quite ornate." Brett also points to the well-known observation that, "*Trilobites are often found in mass associations of monospecific gatherings of complete individuals. This suggests mating and/or moulting gatherings such as those observed in modern marine arthropods such as Limulus (Horseshoe crabs). Evidence has been found for multi-specific gatherings as well as physical processes such as wave and current transport.*"

From this and the positioning of trilobites in fossil beds, he proposes that trilobite sexual gatherings may not have been entirely promiscuous. Modern "toads," he points out, "*will mate with just about anything--so they don't necessarily recognize members of even their own species.*" Brett suspects that Cambrian arthropods were more discerning.

Entomologist Christine Nalepa cites an understudied source of data, trace fossils. From fecal remains in chambers carved in dead Carboniferous tree ferns, she infers that the earliest proto-cockroaches (Cryptocercidae-like insects) may have shown active social behavior 300 million years ago--over 160 million years before even the most extreme dates hypothesized for the emergence of eusociality.

As Brett points out, "*All animals are social. We have the opportunity to trace the degrees of sociality in the fossil record using burrow and hive traces, mass associations, nests, etc'* Adds Clark, "*The chemical transmitters in the most advanced organisms have their precursors in the simple biochemically-mediated behavioral responses of bacteria and protists, indicating a continuity of mechanisms between these extremes.*"

" *The basic organizational features of the most advanced nervous systems - ganglionation, condensation of diffuse sensors into discrete organs, and interneuronal processing - that we*

associate with intelligent behavior, are expressed in all but the simplest animals, and it is reasonable to look for, and expect, some expression of intelligent behaviors in 'lower'¹ animals. Social behaviors, by assembling superorganisms, facilitate 'emergent properties' that can assemble intelligent behaviors not found in solitary forms, optimizing exploitation of their environments, and may or may not be associated with fossil evidence of the superorganism. The two prime correlates of intelligence, organism size and complexity, can arise both in big, complex individuals and in smaller organisms that communally form large, complex units of biomass. Our knowledge and recognition of such social interactions is still at an early stage."

Bloom, Clark, Brett and Nalepa are all members of our group. But we have illustrious forebears. Charles Darwin hinted at a psychology of the creatures which preceded us in his *Expression of Emotions in Man and Animals* (1872). With Darwin's blessings, George Romanes took the query a step further in his 1884 *Mental Evolution In Animals*.

Lynn Margulis has done a masterful job of reconstructing the lives of what she calls "*microbial communities in the Archean and Proterozoic Eons.*" Margulis credits as other predecessors Schimper (in his work of 1833), Famintzyn (1891), Mereschkovsky (1909), Portier (1918) and **Wallin** (1927) -- all concerned, as is Margulis, with evolutionary cell biology. In addition, B. Moore has worked recently on reconstructing the evolution of imitative learning.

Yet the area explored by these pioneers has often been forgotten once the researchers responsible have gone. It is time to end this periodic amnesia. The tools exist. The evidence exists. And the need to know is there. The evolution of behavior, sociality, and the physiology of proto-mentation finally deserve a discipline of their own. c8

Editor's Note: For more information on Howard Bloom and his collaborators, go to page 27.

ABSTRACTS & EXTRACTS

Green, M.L.; Kraus, S.K.; & Green, R.G.:
Pupillary responses to pictures and descriptions of sex-stereotyped stimuli. *Perceptual & Motor Skills*, 1979;49(3):759-64.

Abstract: An attempt was made to replicate Hess and Polt's (1960) report of sex differences in pupillary responses to sex-stereotyped pictures. Some methodological refinements were used that seem desirable for future studies. College men and women were either shown or told they would be shown pictures of a semi-nude man, a semi-nude woman, a baby, and a landscape. With resting pupil size as covariate, a three-factor analysis of covariance did not show sex differences in response to visually presented stimuli. Men responded more to verbal than visual mode of presentation and more than women to verbal stimuli. Contrary to previous results, men responded as much or more than women to verbal or visual presentation of baby stimuli. The verbal or anticipatory mode seems to be at least as sensitive as the visual and eliminates problems of control of visual materials.

Garrett, J.C.; Harrison, D.W.; & Kelly, P.L.:
Pupillometric assessment of arousal to sexual stimuli: novelty effects or preference? *Archives of Sexual Behavior*, 1989; 18(3):191 -201.

Abstract: The pupillary response of male and female subjects to various sexual stimuli was examined. Change in pupil size was compared using light and dark control slides and nude male and female, heterosexual, and homosexual stimulus slides. Attempts were made to control for the many confounds inherent in pupillometric research. Pupil size was measured using video-recording techniques that magnified pupils to an easily measured size. Greater pupil change was found when the stimulus slide was preceded by a relatively lighter control slide. In addition, pupil change was related to familiarity with the stimulus slide and the relative pupil response changed as subjects gained experi-

ence with the stimulus material. Explanations and implications for further research are discussed.

Maldonado, P.E.; Godecke, I.; Gray, C.M.; & Bonhoeffer, T.:
Orientation selectivity in pinwheel centers in cat striate cortex. *Science*, 1997;276:1551-1555.

Abstract: In primary visual cortex of higher mammals neurons are grouped according to their orientation preference, forming "pinwheels" around "orientation centers." Although the general structure of orientation maps is largely resolved, the microscopic arrangement of neuronal response properties in the orientation centers has remained elusive. The tetrode technique, enabling multiple single-unit recordings, in combination with intrinsic signal imaging was used to reveal the fine-grain structure of orientation maps in these locations. The results show that orientation centers represent locations where orientation columns converge containing normal, sharply tuned neurons of different orientation preference lying in close proximity.

McCleam, G.E.; Johansson, B.; Berg, S.; Pedersen, N.L.; Ahem, F.; Petrill, S.A.; & Plomin, R.:
Substantial genetic influence on cognitive abilities in twins 80 or more years old. *Science*, 1997;276:1560-1563.

Abstract: General and specific cognitive abilities were studied in intact Swedish same-sex twin pairs, 80 or more years old for whom neither twin had major cognitive, sensory, or motor impairment. Resemblance for 110 identical twin pairs significantly exceeded resemblance for 130 fraternal same-sex twin pairs for all abilities. Maximum-likelihood model-fitting estimates of heritability were 62% for general cognitive ability, 55% for verbal ability, 32% for spatial ability, 62% for speed of processing, and 52% for memory. There was also evidence for the significant influence of idiosyncratic experience as the environmental component that most determines individual differences in cognitive abilities late in life.

O'Connor, L.E.; Berry, J.W.; Inaba, D.; Weiss, J.; & Morrison, A.: Shame, guilt, and depression in men and women in recovery from addiction. *Journal of Substance Abuse Treatment*, 1994;11(6):503-510.

Abstract: Men and women in recovery from addiction were compared on levels of depression and self-conscious affect including proneness to shame, guilt, externalization, detachment, and pride. The sample consisted of 130 subject (88 men and 42 women; mean age 33.04), 90 of whom were active participants in a 12-step recovery program, and 40 of whom were in a residential treatment community. Subjects completed The Beck Depression Inventory and the Test of Self-Conscious Affect. Significant differences between the sexes were found for proneness to shame, detachment, and depression. Women were significantly higher on shame and depression; men were significantly higher on detachment. The subjects were compared to subjects who were not chemically dependent. It was found that these recovering drug-addicted subjects scored significantly higher in proneness to shame and externalization and significantly lower on proneness to guilt. Treatment implications on proneness to shame in the drug-addicted population, and particularly in women, are discussed. The use of confrontational drug treatment strategies may be contra-indicated.

O'Connor, L.E.; Berry, J.W.; Weiss, J.; Bush, M.; & Sampson, H.: Interpersonal guilt: The development of a new measure. *Journal of Clinical Psychology*, 1997;53(1):73-89.

Abstract: We describe the development of a new measure to assess guilt related to concern about harming others. The 2 versions of the Interpersonal Guilt Questionnaire, a 45-item and the 67-item version, include theoretically-based and clinically relevant categories of guilt: survivor guilt, separation/disloyalty guilt, omnipotent responsibility guilt, and self-hate guilt. Preliminary reliability and

validity studies for both versions are presented, based on clinical and non-clinical samples of subjects. Subscales on both versions show good internal consistency: however, the second version, which expanded on the first, is more psychometrically sound overall. Both versions demonstrated predicted correlations with previously published measures of guilt and related affects, such as shame and depression, and with attributional style. Differences between clinical and non-clinical samples are reported and the relevance of survivor guilt and shame to psychopathology is noted.

O'Connor, L.E. & Weiss, J.: Individual psychotherapy for addicted clients: An application of control mastery theory. *Journal of Psychoactive Drugs*, 1993;25(4):283-291.

Abstract: This article presents an overview of Control Mastery Theory, developed by Joseph Weiss, and applies this theory to the treatment of alcohol-addicted and other drug-addicted clients. The article proposes that individual psychotherapy, in conjunction with self-help and other chemical dependency treatment programs, may be significant component of the treatment of addicted clients. According to Weiss's theory, addicted clients are suffering not only from the direct effects of addictive disease, but are also often suffering from unconscious pathogenic beliefs acquired from childhood experiences. Pathogenic beliefs result in shame, guilt, fear, and inhibitions that predate the development of addiction. Addicted clients are highly motivated unconsciously to recover from their addiction and to pursue normal goals. They are hindered by their pathogenic beliefs and by the effects of their addiction. They enter treatment with an unconscious plan to stop using drugs and to disprove their pathogenic beliefs. They test their pathogenic beliefs in relation to the therapist, with the hope of obtaining evidence against these beliefs. As the therapist passes the client's tests, these beliefs are modified and the client is helped to recover.

Meehan, W.; O'Connor, L.E.; Berry, J.W.; Weiss, J.; Morrison, A.; & Acampora, A.: Guilt, shame, and depression in clients in recovery from addiction. *Journal of Psychoactive Drugs*, 1996;28(2):125-134.

Abstract: Men and women in recovery from addiction were compared on levels of depression, guilt, and shame. The measurement of guilt, included subscales of Survivor Guilt, Separation Guilt, Omnipotent Responsibility Guilt, Trait Guilt, State Guilt, and Adaptive Guilt. The sample included 75 men and 33 women in treatment in a residential treatment community. It was found that women were significantly higher than men in depression. The recovering subjects were compared to non-addicted subjects and established norms, and it was found that the recovering people were higher on depression, shame, and the subscales of maladaptive guilt. Both men and women in recovery were significantly lower than norms in adaptive guilt.

O'Connor, L.E.; Edelstein, S.; & Berry, J.W.: Changes in the patient's level of insight in brief psychotherapy: Two pilot studies. *Psychotherapy*, 1994;31:533-543.

Abstract: In a pilot study of four brief psychotherapies the level of insight in each session was determined. Patients initially demonstrated insight but during the course of therapy their insight decreased, and toward the end, again increased. The pattern that emerged in each case was fit by a quadratic (parabolic) curve, and was statistically significant. The average level of insight across each therapy was found to be related to outcome. In a second pilot study, a fifth case was found to have a similar pattern of insight, fit by a parabolic curve that approached significance, after the data were smoothed. Based on Control Mastery Theory, the results were interpreted as reflecting patients' unconscious plans for working in therapy • by testing their pathogenic beliefs in order to change them.

Wexler, Alice: *Mapping Fate: A Memoir of Family, Risk, and Genetic Research*. New York, New York: Times Books, Random House, 1995.

Summary & Extract: This book describes the gene search for the DNA that goes awry to cause Huntington's Disease. The search had been fostered strongly by the family of author Alice (AW), sister Nancy Wexler and their psychologist-psychoanalyst father. The author's mother died of the disease and Nancy, the sister, a psychologist at the NIH, led the investigation of a kindred of thousands in Venezuela who lived around Lake Maracaibo which in turn allowed the crucial investigation of people who had inherited the gene from both mother and father.

The gene was finally discovered by the Huntington's Disease Collaborative Research Group on February 24, 1993, about nine years after a significant marker gene was found on chromosome 4 and the search for the gene was enjoined in earnest. The protein it makes was named huntingtin and it exhibits deleterious effects because it has long strings of base pair triplet repeats similar to what happens to fragile X mental retardation.

This very effective narrative considers a core issue for The ASCAP Newsletter, the genomics of basic plan on page 254. In 1992, within six months before the Huntington's Disease Collaborative Research Group actually discovered the gene, it "had cloned all the DNA within... some 2.2 million base pairs of DNA, an awesome achievement in itself. They had homed in on a stretch of some 500,000 base pairs, which everyone now accepted as the most likely.... They were using a variety of techniques, some of them newly developed in the... collaboration and others that had been around for awhile, like zoo blots, for example. Zoo blots depend on the fact that any gene with an important function tends to be conserved through the evolutionary process; some critical human genes can also be found in simpler organisms, like mice or fruit flies or yeast. And if a human gene is roughly homologous to that of a mouse, for

example, then a single strand of human DNA will hybridize to its complementary segment from the mouse. The resulting zoo blots are a means of pulling out unknown genes from other organisms. They also give important clues to genes that are functionally significant." AW teaches us about zoo blots which in turn nicely describe basic plan genes that don't change over evolutionary time.

More quotes from the same book describe the other end of the sociophysiological spectrum, the involvement of people in groups. Ms Wexler's training is that of a writer so that she paid special attention to describing interactions at this level, especially the then unusual experience for biologists of working together in large collaborative groups. She began her chapter with a quote from Francis Crick on evolution as a tinkerer meaning at the DNA level, but, I would like to think that her discussion of groups should be included too: our group-relatedness genes too have been tinkered with over evolutionary time.

From page 243-244: *"The foundation agreed to supply [money] to each participating lab... Three or four times a year they would meet to map out progress in an informal setting. The cooperative arrangement and the spontaneous way in which it came about impressed some members of the foundation's Scientific Advisory Board as extremely novel... even unnatural... At first, relations were somewhat tense, as people slowly got to know each other."* Jim Gusella, one of the leaders of the gene-quest, noted to AW that scientists are willing to relinquish control on a one-to-one basis, but that they are less willing to do so for a group. He noted that not until 2 years later when people could talk of actual data did greater comfort come.

Six years later when the search remained fruitless (page 248), *"A certain amount of exhaustion ...in Jim Gusella's wry view facilitated the teamwork."* Actually they achieved considerable progress in deciphering large amounts of genome in a way that they readily admitted could not have been done by any single person or group alone. The initially skeptical James Wasmuth said (page 249): *'The*

frequent meetings were invaluable... "You have to face these people two or three times per year, and if you're not doing what you're supposed to be doing, it's hard. At the same time it's really great to sit down and talk to them because the enthusiasm and excitement go from one person to another."

The most difficult problems to resolve involved the question of authorship, finally resolved by using a collective signature with members of each lab listed separately (order determined by each lab's principal investigator). Noted geneticist Francis Collins suggested they had developed a culture of collaboration that helped morale. AW noted that the most self-confident were the most cooperative, both willing to open up to scrutiny and to give up individual fame for group achievement. Scientists initially skeptical agreed that this collaborative method was what must be used for the genome project. The Huntington's Disease Collaborative Research Group turned out to have been a paradigm for how this could be done.

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¹ Coonts, S.: *The Minotaur*. Thorndike, Maine, USA: Thorndike-Magna, 1989, p. 374.

To and From the Editor - Letter from John Price - page 5

¹ Miller. I.M.: *Humiliation and Other Essays on Honor, Social Discomfort and Violence*. Ithaca: Cornell University Press, 1993.

Report on the 1997 ASCAP and HBES Annual Meetings - page 8

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Involuntary Strategy for Climatic Deterioration in the EEA - page 17

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Politics and the Life Sciences (PLS) Journal: <http://www.issu.edu/pls>

Politics and the Life Sciences (PLS) is the journal of the Association for Politics and the Life Sciences (APLS), an international and interdisciplinary association of scholars, scientists, and policymakers concerned with problems or issues that involve both politics or public policy and one or more of the life sciences. Published semi-annually in March and September, PLS is a peer-reviewed journal with readers in more than 20 countries. Inquiries about PLS should be directed to Gary R. Johnson, Ph.D., Editor, Politics and the Life Sciences, Lake Superior State University, 650 West Easterday Avenue, Sault Ste. Marie, Michigan 49783-1626, USA; Tel:+1-906-635-2757; Fax: +1-906-635-2111; E-Mail: gjohnson@lakers.issu.edu.

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Also, by Howard Bloom: *The Lucifer Principle: A Scientific Expedition Into the Forces of History*, see: <http://www.bookworld.com/lucifer>. For further data on the participants and a taste of their accomplishments, see: www.bookworld.com/lucifer.

See: <http://users.aol.com/kbclark/cambrian> and <http://users.aol.com/kbclark/metahome> (Dr. Kerry B. Clark); www.ualberta.ca/~kbrett/Trilobites.html and www.ualberta.ca/~kbrett/index.html [re: Kevin Brett]; and Nalepa, Christine (1994)]. "Nourishment and the Origin of Termite Eusociality," in *Nourishment and Evolution in Insect Societies*, edited by James H. Hunt and Christine A. Nalepa, 1994, Boulder, Colorado: Westview Press: 57-96.

San Francisco Psychotherapy Research Group

<http://www.behavior.net/orgs/sfprg>

The SFPRG co-directed and co-founded by Joseph Weiss, M.D. and Harold Sampson, Ph.D. was formed in 1972 (as the Mt. Zion Psychotherapy Research Group) and then incorporated in 1989 as a non-profit educational and research organization.

Over 100 researchers and clinicians worldwide now participate in the ongoing work of the research group. Well over 100 papers have been published which present research or explore new directions for study of Weiss's theory. In 1986, much of this research was collected and presented in a ground breaking volume entitled, *The Psychoanalytic Process: Theory, Clinical Observation and Empirical Research*, authored by Weiss, Sampson and the Mt. Zion Research Group (Guilford Press). In the fall of 1993, Weiss published an important new contribution to psychotherapy and psychoanalysis entitled, *How Psychotherapy Works: Process and Technique* (Guilford Press). In this volume, Weiss extends his powerful theory and focuses on its clinical applications.

The research group currently offers weekly research group meetings where members collaborate on the formulation and clarification of hypotheses, design of studies and interpretation of research findings. Clinical case conferences are held weekly to provide professionals the opportunity to explore and understand clinical case material. Classes and colloquia are offered each semester to allow for in depth study of the basic theory and its application to special populations. Annual conferences provide a forum for discussion with esteemed colleagues on special interest topics. Lastly a yearly week long workshop is offered the 1 st week in March, for intensive survey of the theory, research methods, and clinical applications.

The goals of the group are:

- To provide continuing education for clinicians around the world.
- To conduct ongoing empirical research into mental functioning, psychopathology and the psychotherapeutic process.
- To test new concepts and theories about the development and treatment of psychopathology.
- To improve existing treatment evaluation methods and develop new measures to assess mental functioning, emotions and treatment effectiveness.
- To disseminate the findings of the research group through the publication of scientific papers, books and articles.



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