ASCAP NEWSLETTER

Across-Species Comparisons And Psychiatry Newsletter
Volume 4, No. 9, 15 Sep 1991

"...the Darwinian trinity of mutation, adaptation, and natural selection represents a fundamental structure of relationships that acts as a criterion in evaluating the course of biological changes over time. So powerful has this dynamic theory proven to be that it stands as a challenge to all the other disciplines involving the role of man in nature." Seymour Itzkoff[1]

The ASCAP Newsletter[2]
is
a function of the

International Association
for the Study of
Comparative Psychopathology
(IASCAP)[3]

Newsletter aims; 1. A free exchange of letters, notes, articles, essays or ideas in whatever brief format.
2. Elaboration of others' ideas.
3. Keeping up with productions, events, and other news.
4. Proposals for new initiatives, joint research endeavors, etc.

IASCAP Mission Statement; The 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 that focusing on cellular processes to that focusing on individuals to that of individuals in groups.

The EXECUTIVE COUNCIL of **IASCAP** feels that SUBSCRIBERS of the ASCAP Newsletter should be invited to become members and that non-subscribers be nominated by a current member. Join up. Help participate in the decision-making. What other functions should **IASCAP** have? How should it develop? There are no dues.

Let R Gardner (secretary) know of your interest:
Send form at end of issue
or call (409) 772-3474
or FAX: (409) 772-4288

Features;

NEXT ISSUE features IASCAP's president and president-elect, Michael Chance and John Price, who spent additional time at Odintune to produce a consensus statement about Michael Chance's two modes of social relating, hedonic and agonic.

Minutes **IASCAP** Executive Council 23 Aug 1991. (J Price, L Sloman and R Gardner in attendance).

The minutes (in Aug ASCAP Newsletter) were reviewed and approved as written. The narrative accurately recorded what happened 9 July 1991.

1. Organizational goals and purpose. The goals are lofty (see Mission Statement) but purposes modest: **IASCAP** members need a vehicle to further our aims and an official designation that helps us interface with the world. Also ASCAP needs a group.

2. Recruitment. Just before RG left Galveston for Toronto, Dan Wilson called from Boston within minutes of receiving the Aug ASCAP to enlist as a charter member of **IASCAP.** He commented that he felt it to be an organization complementary, not competitive, with HBES. He strongly approved the mission statement.

3. Council and officers. The council (a better name than committee) does not now have a vice president. We decided to construct such an office and to inquire of Paul Gilbert whether he would accept the responsibility. J Price was requested to contact M Chance and P Gilbert to determine approval of these changes.

4. Name. While all agreed that the initials of the organization should remain the same, a problem with the name at present is that an association is of people, not of an abstract concept. A new name was therefore proposed by John Price: "International Association for the Study of Comparative Psychopathology." The assembled council members approved this tentatively. J Price will contact M Chance and P Gilbert for approval.

5. Stationery. Samples of stationery designed by D Dodson at UTMB were reviewed and one chosen. A new version will be drafted according to the decisions of the council members present and will be sent to each council member for their use. Cost will be absorbed by ASCAP.

Letters: August *3, 1991*

...Interest in [the] sociobiological approach to incest avoidance seems to be building (I hope). I've given talks at the San Diego Psychoanalytic Institute, the UCSD Dept. of Anthropology, and to the psychiatry residents at UCSD. Considerable discussion was generated on each occasion. Most recently I was, out of the blue, invited to talk to the American Anthropological Association meetings taking place this fall in Chicago.

I'm very much looking forward to hearing about your trip to England and the work done at the Basic Plan Group meeting. The ASCAP Newsletter is a pleasure - very interesting exchanges - and the first thing I open in the mail. If it is possible I would like to obtain back issues from vol. 1&2 and especially reprints of your publications that have been cited in ASCAP.

I will see you in Hamilton. ...
Mark Erickson, UCSD, La Jolla, CA

Congratulations on the invitations!
The back issues and reprints are on their way to you.

Clarke Institute of Psychiatry Panel on Evolutionary Basis of Depression, 21 Aug 1991, Toronto. Canada by RG

Leon Sloman brought Michael McGuire, John Price, Randy Nesse, and me together for a early evening panel presentation at the Clarke Institute on Aug 21, 1991, just before the HBES meetings in Hamilton, Ontario. The meeting had both formal and informal components. Michael was the lead speaker to a general audience at the Clarke with brief responses from the rest of us. Then Valerie and Heather Sloman as members of Leon's energized family joined him in facilitating continuing interactions over a relaxed and generous dinner that evening. Brad Bowins, a Clarke Institute resi-

dent in psychiatry, participated. Discussion continued nonstop over breakfast the next day in Leon's spacious Toronto house. Michael told of three mood-related activities in his vervet monkeys: confident, opportunistic-nervous, and playful.

Conversation on the way to Hamilton gave way to our rapt listening on the car radio to Gorbachev describe his experience of the coup attempt in Russia (traffic in Toronto paled in comparison) as issues of victory, defeat, depression, suicide, and other consequences of change in social rank hierarchy came into our foreground. The coup leaders seemed *very* nervous opportunists 1

HBES Report by RG

The third annual meeting of the Human Behavior and Evolution Society from 22 to 25 Aug 1991 succeeded as measured by this observer's sense of interest and excitement generated by information exchange and colleagiality both within and between disciplinary groupings.

Martin Daly, the new president, vigorously sounded his positivist intent to foster biology in the social sciences. His quiet on-scene and behind-the-scene facilitations of the conference was excelled only by those of Margo Wilson. They were the best of cohosts in Hamilton, Ontario, at a wonderful time of its year with sun, crisp air, northern grass, trees and water: McMaster University at its most hospitable.

On my way to the plenary sessions of the last day, someone asked me what my meeting high-point was and I said without hesitation that the four plenary sessions so far heard were co-equal, three on animal behavior and a fourth on a path analysis model for measuring characteristics of fathers and how these had influence over the generations. Jane Lancaster and Hillard Kaplan told of their model and displayed their multiple regression statistics with great clarity. I found their method exciting for approaching complex sequential interrelated phenomena.

Robert Montgomerie described how DNA fingerprinting shows that territory holders amongst several species of birds are in fact often not the fathers of the offspring in their nests. He made the case most strikingly that molecular techniques must supplement top-down approaches for learning what actually happens.

David Sherry showed that bird memories for food caches are distinctly different from memories for characteristic bird songs and arise from different neural mechanisms. He suggested that various kinds of memories have varied mechanisms in humans as well. Again the power of merging two levels of analysis was demonstrated: (1) top-down via measurement of memory as a whole-animal characteristic, and (2) bottom-up in the form of manipulating parts of the brain to determine the importance of hippocampus in remembering food stores. He also showed us his use of strong inference, ruling out competing hypotheses that could account for his phenomena.

Bennett Galef showed the remarkable importance for rats of odor on their neighbor's breath for determining food preference; apparently even unconscious (anesthetized) rats can carry a food-safety message. Even vinegar and cayenne powder can take on interest if ingested first by one's fellow rat. Galef demonstrated that complex flavors are deciphered and that taste aversion learning — a most powerful form of memory acquisition in rats (and other animals) — can be overcome even quite quickly in his subjects! Like the other animal workers, he demonstrated that ruling out competing hypotheses and being willing to go with the results is a very different science than when one

believes strongly in one's theory and acquires evidence (one assumes) only to support it.

The last plenary session I heard (leaving after it to catch a plane) was by Randy Nesse, outgoing HBES president. With GC Williams, Randy is proposing "The Dawn of Darwinian Medicine."

One well published audience member was afterwards filled with admiration for the clarity of the talk explaining that Randy displayed a knack for enlisting enthusiasm and information palatable even for Reader's Digest consumers which in my opinion is not only true but a compliment, and one with which I agreed. This listener noted that a teenager in the audience had demonstrated rapt attention. Randy would do well at fund-raising and an Institute for Darwinian Medicine should be created at some medical school with him as director.

So I asked myself for what reasons had I taken less pleasure in his talk, despite personal reasons for wanting to: I had seen Randy at breakfast when he had asked me how I was; honest to a fault that morning, I said I had slept poorly, concerned about a family member. He showed exactly the noncondescending concern that a consummate doctor shows to a colleague; I was grateful.

His talk also demonstrated him to be a wonderful doctor. He was practiced and confident, telling us like a family physician how the world worked. He told us that we all should believe — and he seemed comfortable that we all did in contrast to a world that had yet to be convinced — in "adaptationism." When medicine adopts this model, doctors and their specialty organizations would do fewer damaging things such as x-raying thymuses (giving rise to later thyroid cancer) or treating uncomfortable body defense-mechanisms such as fever, cough, low blood iron and anxiety so that afflictions may be more quickly combated by the body itself. I learned from his points and believe, to a degree, in the advice.

My less than fully positive reaction was mirrored, however, by the reactions of another of the plenary speakers, one sitting just in front of me. When listening, he did so actively, shaking his head on occasions when his own area was touched on; he whispered (I thought skeptically) to his neighbor; afterwards, he clapped only the polite minimum. *His* style of presentation had (to me) contrasted dramatically with that of Randy.

Randy's message was "Believe in adaptationism and all will be better." The story-telling method of the head-shaker in the audience was quite different despite ultimately similar ideas. The researcher had no trouble with the idea of adaptations — but he seemed led to his conclusion by evidence, even as we too, at the end of his talk, found ourselves arriving at it too, not presuming it to be true before he/we ever started.

Much besides the plenary sessions went on at HBES of course. In a group of presentations organized by Leon Sloman, a number of speakers presented material on psychotherapy. A number of us have been stimulated by the power of Leon's discovery that telling patients about resolving agonistic conflicts. It helps: if you have a good percentage of still winning, then fight; if you cannot, give up and go onto other things. Not that the message is always easily accepted by our patients of course, but getting it across eventually is the art of any psychotherapy.

Two would-be graduate students asked about training programs in "evolutionary psychotherapy." In later discussions, another active audience participant, Dan Kriegman, whose new book with Mel Slavin will emerge in the coming months, told of their work being a potential text for such a program. But most of all excit-

ing for me personally was the discussion afterwards with Brant Wenegrat who during the symposium thought of methods for gathering research data.

Another arousing group of presentations challenged the gene as the basic unit of comparison. Dan Freedman organized superstars in his assault on the selfish gene. As leadoff John Paul Scott presented "Gene combinations are not the same as genes." D Wilson though not on the program made it very clear in extemporaneous remarks that the excoriations of Wynne-Edwards a generation ago were unwarranted. D Walton showed that Hamilton's formula for inclusive fitness was in fact not restricted to the case Hamilton assumed, but instead was more general: he talked of "exclusive fitness."

Returning to issues of psychopathology, MC Jones suggested that schizophrenia may stem from a highly conserved system of vertebrate development. His "evolutionary neuroendocrinologic model" sees schizophrenia as a "developmental polymorphism" and prolactin is the hormone on which he focused. He proposes that "emotional stimuli from the social environment have superseded analogous effects of pheromones and other simple stimuli in other species." We look forward to learning more of this proposal and lines of data-acquisition that might result.

Another view of schizophrenia that stemmed less from sociophysiology proceeded from R Rosse who suggests that the interruption of smooth eye movements and other motor symptoms that schizophrenics (and family members) exhibit may index pathology of a distinct system evolved in early humans as they perfected projectile throwing when hunting. He referred to WH Calvin's work on the possible human evolution of serial order sequencing and muscular coordination.

Returning to communicative processes, John Beahrs noted that studying hypnotic transactions might figure in the study of the evolution of interpersonal influence. Claudette Beahrs suggested that competition in a person might be important even in the context of cooperation. Don Symons entered the sleep-dream arena and revived old data on dream experiences and conjecturally connected these to phasic-tonic components of REM sleep. Nigel Barber focused upon characteristics of attractiveness that keeps us from labeling little humans as sexually attractive, a potential confusion that has interested Mark Erickson in his distinction between familial and sexual bonding. Also Karen Norberg provided data on gender differences in parental valuing or devaluing of children with developmental insecurities.

John Wylie has studied dominance-subordination patterns in prisons and in marital interactions. For future issues of ASCAP he has promised several contributions, including provision of a longitudinal history of prisoners that he noted over a four year period of watching them and their adaptations to social rank hierarchies savagely implemented.

John Birtchnell's spatial model for interpersonal relationships by RG

This summarizes Dr Birtchnell's presentation at Odintune Place on July 8, 1991, which I noted soon afterwards. At the end, I add some thoughts about why his work seems important. In the informal small group settings, I tasted the luxury of multiple episodes of interactive learning. These educative experiences were aided by two manuscripts by him.

In a companion piece (not included here), "X-Y plotting can be used in Birtchnell's spatial model," I note that a practical elaboration of Dr Birtchnell's scheme allows us to

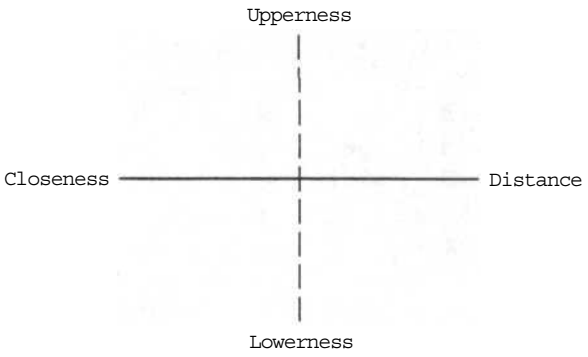
graph transient states by using Cartesian plots (x=horizontal axis, y=vertical axis) and quantifications.

The examples that illustrate his concept are largely my own. I thought that if my own examples work, I will have more adequately mastered the subject matter. As this goes to press, Dr Birtchnell responded with some modifications that have improved the exposition. He also formally replied.

Circumplex and spatial models.

To describe desires, responses, needs or tendencies such as these further, an earlier scheme known as the circumplex model, featured the dimensions of love *vs* hate and dominance vs submission. That these are loaded words reduced the value of the model. The introspective quality of hate may create distance, but to be more interpersonally distant is not necessarily motivated by hate. People who are close can hate each other. Moreover, one can describe distance by observation, but hate requires more information that is hard to both derive and assess objectively. Another example: to state a wish for security in connection with employment may not be accurately defined as submission.

Fig 1. Spatial Model of Interpersonal Desires



To remedy these and other problems of the circumplex model and to extend a model like it to assessing and measuring relationships amongst animals other than humans, Dr Birtchnell constructed an alternative two-dimensional, bipolar scheme using readily understood spatial imagery. These include a closeness-distance dimension on the horizontal axis and a upperness-lowerness dimension on the vertical axis (see Fig 1). Using combinations of these polar dimensions, many actual situations may be characterized in detail.

An important facet of this scheme is that otherwise negative states (hate, submission) can be subsumed positively: all people actively desire distance or lowerness with no opprobrium attached to such desires. Anthony Storr tells of the importance of solitude in creativity. Assuming a lower position (lowerness) when one is a child or a student is necessary in human (and other animal) existence for good adaptation.

More examples of the four dimensions: we know that parents are motivated to attend to their children and that babies from their first days can pull adults with cries or attract them with smiles. Adults may wish parental or sexual love and to be attached securely in other ways. These illustrate closeness.

Or a person may feel like getting away from others at times and indeed such distancing may be a trend for that person (distance).

Some people desire telling others what to do as in guiding them in the conduct of projects or perhaps in assuming a superior attitude to convey higher status (upperness).

Contrariwise, people may desire good instructions from a superior in order to accomplish a task. Children or adults are often uncomfortable with too much responsibility and desire lower status, as when a parent, teacher or employer supervises (lowerness).

Interpersonal needs as commodities.

Dr Birtchnell underlined a quantitative component to the spatial scheme. The four polar dimensions of connecting interpersonally can be compared

to a commodity. For this, the metaphor is volumetric, eg, the person's desires are a container to be filled. This illustrates a "positive" state of no problems. Thus, if one is satisfactorily close to another person, a closeness bucket nears filling. Another person comfortably in charge of a group may have an upperness cup at capacity.

Closeness and upperness are often positive. But an interesting improvement that Dr Birtchnell's scheme entails is that one's distance or lowerness containers can also be desired and filled. One may want to be alone to read or paint (distance) or one can want to study at the feet of a mentor (lowerness).

In an overflow image, if experienced for too long, a satisfied state may become a fatigue state, eg, lovers may weary over time when intensely in love (fatigue state for closeness); lonely persons may be fatigued by distance from other people; leaders in charge may become fatigued by upperness and thereby need lowerness (the boss who enjoys being told by his wife what to do when he arrives home). An example of lowerness fatigue includes a wife tired of being told what to do who wants now to make her own decisions.

Using quantities implies that not only can one have one's container filled and that too much of the quantity can result in overmuch, but that there are deficit states, ie, too little closeness, distance, lowerness, and upperness. In Dr Birtchnell's thinking, the dimensional component of his schemata is best utilized here. Deficit states are perhaps best and most efficiently phrased as fatigue states of the opposite. Thus, too little distance may be a fatigue or overflow state of closeness, as with the satiated lovers. Loneliness, too little closeness, is best described as a fatigue state of distance.

Disrespectful and other negative interpersonal relations.

In addition to the quantitative descriptions of planned and then achieved or unachieved distance (or other dimensions) to other people, there are other forms of relatedness: "negative" realization of the four dimensions also four in number; disrespectful, imposed, insecure, and desperate. Fig 2 (p.8) provides examples of the polar dimensions.

In addition to the polar dimensions described here, Dr Birtchnell has thought considerably about examples of mixed states, such as the personality or role definition implied by dimensions such as "upperness-distance."

Statement of the problem.

Dr Birtchnell's spatial model is the answer to what problem? For me the principal issue relates to how phenomena in the realm of behavior and mentation can be classified and measured for correlation with information from the genome and neural-brain functions. Methods that were used in the past have presumed that psychiatric illnesses will function in this way. That is, investigators have hoped that clear-cut brain function differences or genetic correlates (as with distinctive markers that co-inherit with the illness) will be evident. Unfortunately, no clear genomic nor brain changes are correlated with particular psychiatric disorders. Yet modular functions exist in the brain as shown by split brain and other neuropsychological work. Genetic accidents, e.g, deletions on known regions of particular chromosomes, that cause specific deficits as in mental retardation syndromes, may be other methods of understanding how behavior might be classified for future best study.

The stage seems clearly set for investigating normal phenomena that are manifestly important for humans and

Figure 2. Negative examples of interpersonal spatial dimensions

	Disrespectful	Imposed	Insecure	Desperate
Closeness	Unwanted seduction	Uninvited intrusive visitor	Spouse may bolt	Clutching on to another
Distance	Dismissive store clerk	Offspring never telephones	Worries that family may intrude	Door barricaded against intruders
Lowerness	Insubordinate servant	Forced resignation of a leader	Employer may discharge employee	Employee pleads for retention
Upperness	Haughty superior snubs a subordinate	Forced promotion	Nervous about responsibility	Boss anxiously pulls rank

that relate to brain activities as this organ has evolved in functioning organisms. Basic plan/parts thinking has been a major thrust of ASCAP conceptually. Now a method to implement this might recognize that animal behavior and human behavior need comparable dimensions of investigation.

Most animals and humans are intensely social. How to simplify the complexity of both in some tentative common denominators should be a high priority for the basic sciences of psychiatry. We need methods to investigate actual phenomena that interdigitate with these concepts, keeping in mind that functions may stay more stable than the structures that carry them out. Consider the ingestive functions of the mouth: despite a wide variety of mouth structures in different species, the ingestive function has stayed very constant.

This dovetails with a major question in investigating interpersonal relationships which has asked: what is the best methodology for schematizing a person's desires for, and responses to, other people. Such desires and responses do, of course, account for much of what happens within the person as well as between people. Families, workplace and other social situations determine much of any person's psychology, even the most isolated among us. How can the researcher simplify and make approximations on interpersonal dimensions that can be reduced to simplest common denominators, 1/2 not 236/472?

As mentioned, people are intensely gregarious and we seem to have considerable genomic-neuronal-brain machinery for accomplishing this. Even very retarded people initiate signals and respond to others with considerable subtle competence. I've mentioned before in ASCAP that a basic science for psychiatry might be "sociophysiology" wherein such communicative processes are studied in the individual organism.

To best investigate "inherent mechanisms" and "genomic-neuronal-brain machinery," we should examine not only humans but other animals to determine how they resemble and differ from humans. How to do this so

that across-species comparisons can be made is an important consideration for any scheme derived to characterize and classify relations among members of a same species. Here, of course, we deal with humans.

I suggest that eventually the actual genomic-neuronal-brain mechanisms of these dimensions will be discovered. However, I doubt that our view of the dimensions will necessarily stay exactly the same. Cellular and molecular processes are hard to predict before the investigation has occurred. No doubt when the findings come our way, we will want to realign how we understand the whole-organism processes they mediate which may in turn reconfigure how we examine the molecular correlates, and so on. This is what we mean by top-down and bottom-up reciprocity as research progresses.

To begin with, however, it makes sense at this early stage of things to assume provisionally that the lowest common denominator in humans is the same as in animals. Let the work begin, even in the human animal. Actually, the human animal has certain advantages so long as unwarranted assumptions are not made. For example, the behavioral source of information that is the only possible avenue of information in other animals can be reviewed critically with respect to that available in humans where introspection and other indirect means of gathering data are also possible.

In summary, Dr Birtchnell has provided a simple, value-free method of understanding and cataloging attitudes that individuals experience towards others.

Interpersonal attitudes assume an orientation to the future.

In this section, I interpolate what I believe to be some assumptions core to the scheme. Dr Birtchnell's ideas implicitly assume that a great amount of planning goes on in the brain at varied levels of awareness at all times. The following represents an amalgam of our discussion and my subsequent elaboration.

We attend consistently to our interpersonal needs and engage in efforts that we estimate will best meet those needs, even at very early stages of life and without adultomorphic cognition. A newborn baby smiles or cries to enhance closeness; later, closeness-needs satisfied, the baby averts its gaze to enhance distance.

Implicit in this thinking is the assumption that inherent error-detecting and correction mechanisms determine match-mismatches on how earlier plans turned out. Match examples: Someone desiring a "close" love relationship may be pleased at the result or being a "lowered" student may feel as good in the doing as had been anticipated. Mismatch examples: a person wished to be in charge but later felt needs for more supervision (more lowerness) than were now possible. An adult wished to be a student but found the consequent lowered status hard.

In an interesting twist, Dr Birtchnell pointed out that matches with desired states may involve inanimate objects: desiring upperness may be satisfied by weeding a garden. Or closeness via a relationship with a houseplant. Driving while "controlled" by traffic lights may satisfy a need for lowerness, of being supervised, protected from gridlock and other intrusive drivers.

A person's plans may involve pushes towards closeness, distance, upperness, and lowerness and many combinations result from admixtures. Different attitudes towards various figures and objects are determined by inborn and developmental factors as well as by body state and concurrent circumstances. Body states may be influenced by satisfaction and frustration experiences and may be influenced by physical exhaustion, a

psychiatric disorder, or other illness. Concurrent circumstances may include encountering someone who was obnoxious on a previous occasion vs someone else who was pleasant.

In summary, desires, responses, needs, tendencies and match-mismatches between desires and results represent various realizations of planning functions in the brain of the organism expressing or exhibiting these qualities.

Note with respect to "planning" functions, negative realizations of the various dimensions may represent realizations of mismatches with desires and perceived needs. The negativity may relate to the "result" which differs from the "desire." An anticipated date resulted in date-rape (disrespectful and imposed closeness); a famed teacher with whom one planned to work dies (imposed distance); a wished-for high prestige leadership position turns out to carry with it no resources (insecure upperness).

Does an interest in personality issues preclude interest in transient states?

Registration of transient states contrasts to Dr Birtchnell's interest in personality description and evaluation: persons tend to be more one way than another and this can be better understood using the spatial model dimensions; he has been interested in the person's consistency, in traits more than states.

But perhaps these are not mutually exclusive. Indeed, in my elaboration, personality dimensions may eventually be denoted as sums or averages of point ratings.

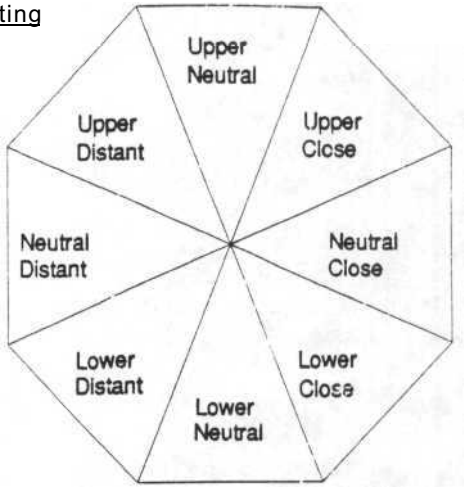
I await with interest his reaction to these thoughts on his work. I hope that in a response essay he might feel free to respond to questions and issues raised here. *John Birtchnell's reply arrived and most of it will be published in a future issue of ASCAP. Here, however, is his beginning:*

John Birtchnell's reply to R Gardner

I would like briefly to describe how I arrived at my present position. I was interested in the close association between depression and psychological dependence and concluded that dependence must have two components: one concerned with closeness-seeking and one concerned with relating from a position of relative weakness. That's where the two dimensions came from. It was only after the first version of the theory was published that its resemblance to Leary's interpersonal circle was pointed out to me (by Maurice Lorr). I then wrote a paper contrasting the theory with interpersonal psychology.[4a] Russell Gardner's comparison of circumplex and spatial models draws upon this. The theory took on an evolutionary character after I read an article by Paul Gilbert which referred to the paper which John Price and Leon Slowman (1987) had written on depression as yielding behaviour. The paper fitted in well with my ideas. I made contact with John Price and had a number of fruitful discussions with him. He put me onto the book, edited by Michael Chance (1988) Social Fabrics of the Mind, which contained chapters by Michael Chance, John Price and Russell Gardner. Paul Gilbert's book (1989) Human Nature and Suffering, pushed me further in the direction of evolutionary thinking. His concept of innate dispositions was particularly relevant to my theoretical position. I have since become well acquainted with Paul. I believe that his four dispositions of competing, cooperating, care-eliciting and care giving can be absorbed into my system, but he disagrees. At Odintune Place, I met Leon Sloman and Russell Gardner for the first time and had long discussions with each of them. I pointed out the similarity between the eight

positions of my system (Fig 3) and the eight psalics which Russell had described in Michael Chance's book. This established a point of contact.

Fig 3. Circular ordering of the eight categories of relating



Theories come into being because they are found to be useful and are sustained by being used by different people for different purposes. Whilst I am responsible for introducing my theory, once it is made public it ceases to be my personal property and becomes available for anyone to adopt and modify as s/he sees fit. My own version of the theory remains relevant to my particular interests (the relating of psychiatric patients and of marital partners), but it becomes buttressed by others developing different versions of it to meet their needs. Russell's priorities are different from mine and it is reasonable that he might wish to adopt it to correspond better with them. It was not written from an across-species perspective, but I can see how well it fits into one. From the outset, the idea was that the four poles of the two dimensions should be neutral, general, equally essential and value free. This way they could accommodate a broad range of attitudes and forms of behaviour. Because they are general they can be applied to the relating of all animals and are useful therefore for examining how the complex relating of humans has evolved from the relating of animals which came before. This provides a basis for making sense of human relating, which perhaps is what ASCAP is all about.

Some features of the theory.

It is necessary to emphasise that, in man, the four states of closeness, distance, upperness and lowerness are extremely complex and incorporate a broad range of attitudes and forms of behaviour. This is linked with Russell's point about distinguishing between literal and metaphorical interpretation of the terms. People on the opposite sides of the world can be very close to each other, not just having a telephone conversation; they may be deeply in love. A woman being raped by a stranger, is physically close to him but distant in terms of relating to him. These discrepancies can be overcome by using the terms internal relating and external relating. In this brief communication, there is no space to go into this further. Besides, from an across-species point of view, it must be reassuring that there are reasons for believing that human complex relating behavior can be compressed into these four, simple packages.

I call the theory a theory of relating. An assumption is that relating is so essential a part of our being that we never stop doing it (just as our hearts never stop beating). We not only do it to other people, we also do it to animals, plants and inanimate objects. Any person, animal, plant or object we come into contact with we begin relating to in one or more of the four ways. We also experience animals, plants and objects as relating to us, which is the basis of primitive religion. We make complex machines with which to relate and we use machines to help us relate to other people, animals, plants or objects. *[To be continued.]*

1. Itzkoff SW: The Making of the Civilized Hind NY, Bern, Frankfurt am Main, Paris: Peter Lang, 1989, p 67

2. c/o R Gardner, 1.200 Graves Building (D29), University of Texas Medical Branch, Galveston, TX 77550 FAX: 409-772-4288. For ASCAP Newsletter Volume 4 (Jan through Dec, 1991) please send $18 (or equivalent) for the 12 issues. For subscription to the ASCAP Newsletter, make checks or money orders out to "Department of Psychiatry and Behavioral Sciences, UTMB."

3. EXECUTIVE COUNSEL:
President: Michael R A Chance
President-Elect: John S Price
Vice President: Paul Gilbert
Secretary & Newsletter Editor: Russell Gardner, Jr
Treasurer: Leon Sloman

At this time the organization has no official budget. The treasurer's function is therefore to raise funds for meetings or other functions that are fiscally independent of IASCAP.

4. a. Birtchnell J: Interpersonal theory: criticism, modification, and elaboration. Human Relations 1990,-43:1183-1201.
b. Birtchnell J: Towards a theory of relating. Manuscript submitted for publication.

5. Birtchnell J: Attachment-detachment, directiveness-receptiveness: A system for classifying interpersonal attitudes and behaviour. Brit J Med Psychol 1987;60:17-27.

6. Leary T: Interpersonal Diagnosis of Personality NY: Ronald Press, 1957.

To: EXECUTIVE COMMITTEE, **IASCAP** **Date:**_____/_____/_____
c/o Russell Gardner, Secretary, 1.200 Graves Building (D29), UTMB, Galveston, TX 77550-2777. FAX: (409) 772-4288.

From: (First Name)_____ **(Last Name)** _____

*Address:*_____ *Highest degree:* _____

_____ *Occupation*: _____

_____ *Interests*: _____
(Use reverse side as needed)

Subject: I am interested in becoming a charter member of **IASCAP:**
(check one)

____(1) to which I am invited by being a subscriber to the ASCAP Newsletter during the calendar year 1991.

____(2) to which I am nominated by **IASCAP** member: _____
(BLOCK LETTERS)

IASCAP member signature: _____