

1. Now, Dr. Berne, before we talk about some of the interesting things you have to say about people and what makes them tick, let's fill in with a little of the background of your book, What was your original purpose in writing THE MIND IN ACTION?
2. Well, Dr. Berne, just what do you mean by psychiatry and how do psychiatrists differ from other doctors in training and practice?
3. I notice that in the first part of your book, that you call Normal Development, that you divide people, broadly, into three types, according to their body structure. What are these three types, Dr. Berne, in the language of the layman, and why is it important for us to know and recognize them as classifications of people?
4. I thought that in Chapter Two, in which you discuss, "What People Are Trying to Do" that you described a human being in balance by using a comparison with an automobile. Can you explain briefly, Dr. Berne, just how this comparison is true?
5. Then, to follow the point further, when a human being's urges and tensions become too great for him to handle, he then may develop one or more of the mental illnesses which you discuss in that part of your book called "Abnormal Development." In order to avoid confusion, Dr. Berne, could you distinguish between "neuroses" and "psychoses"?
6. I notice that you also list alcoholism and drug addiction among the abnormal developments of a human being. What can we learn from psychiatry in the treatment of these sicknesses?
7. Speaking of sickness, you talk about the effect the emotions may have in causing certain physical diseases. Would you mind explaining this?
8. We still haven't mentioned anything about the "unconscious" which seems to be a confusing term to many people. How would you define the "unconscious," Dr. Berne, and what is its

importance to us?

9. Now, we come to the third part of "The Mind in Action" which is concerned, properly enough, with treatment. I think that you could clear away a few misconceptions by explaining the difference between the various methods used in psychiatric treatment and the true psycho-analysis.
10. I was interested in the section you call "Foot-notes for Philosophers" at the end of each chapter. Is it your idea, Dr. Berne, that the person who has not done any reading in this field, could use "The Mind in Action" as a beginning and then progress by following the references you give throughout the book?

....."The Mind in Action".

1. I wrote it ^{Mr. Carnahan,} because almost everyone seems to be interested in knowing something about the human mind, but there doesn't seem to be any book on the subject which everyone can understand. In talking and lecturing to various groups of people, I found that it was possible to talk about the mind in rather simple language and that people appreciated this and found it helpful. So I wrote down these ideas about the mind very much as I had been talking about them, trying to avoid long words, and to approach a complicated ^{matter} ~~subject~~ in a simple way. People want to understand the subject, and I think should try to understand it, for three main reasons: either because they have emotional problems of their own, or, as one way to approach the problems of war and peace, or, simply as part of the general education of a modern man or woman.

....."training and practice".

2. The title of the book was chosen because that's just what psychiatry is: the study of the mind in action. I think it's much more important to understand what the mind is likely to do when it's moving than what it looks like when it's standing still. Well, ^{Mr. Carnahan, I would say that} a psychiatrist is a physician who uses his knowledge of the mind to help, advise, and treat people who suffer from emotional difficulties, fears, poor judgment, and other similar handicaps, either mild or severe.

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A psychiatrist has exactly the same training as any other physician. He goes through medical school and a general internship, and then he begins to study his specialty, just as his friends do who are planning to study obstetrics, surgery, or some other special branch of medicine. When he has had a period of training, ranging usually from five to eight years, he may if he wishes take some special examinations so that he can become a certified psychiatrist, just as his colleagues may take special examinations in surgery, obstetrics, and so on.

People often confuse psychiatrists and psychologists. Psychiatrists are doctors of medicine, while psychologists are not, except in rare or special cases. A psychiatrist practices within the medical profession and is consulted when the need arises just like any other medical specialist.

....."classifications of people"

3. People have been dividing other people into ~~classes~~ ^{types} ~~for a long time.~~ ^{since the beginning of time.} Theophrastus, a friend of Aristotle, ^{more} ~~than~~ two thousand years ago, wrote a very entertaining book on the subject when he was 99 years old, and I remember reading his account of what he calls "the impure man". This, he says, is the type of man who belches loudly at critical moments in the theatre, steals apples from the peddlers cart, makes fun of people who have just paid a fine in court, stands at the tavern door and proclaims that he is about to get drunk, hums the tune loudly at concerts, and so on. It's easy to see that Theophrastus's

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classification still has its uses to-day. A more modern classification is described in the book because it is more useful psychiatrically, and because it has some bearing on the way people actually grow before they're born. The little egg from which human beings develop has three layers, and it looks as though some people get more of their physical characteristics from one layer of the egg than from the others. Some seem to be mostly skin and brain, which are tissues that grow from the outside layer; others seem to be mostly muscle and brawn, which grow from the middle layer; while still others seem to be mostly digestive systems, which grows from the inner layer. Such people have varying interests in life, which usually have some connection with their physical build. It's easy to see that brainy ones, muscular ones, and digestive ones may have different ways of getting satisfaction from their surroundings, and it's often useful to know what a man's nature is likely to lead him to.

....."neurosis and psychoses"

5. That is not so easy to do. We might say that a neurosis is characterized by excessive use of mental energy for unproductive purposes, so that personality growth is hindered or stopped. An individual full of fear, revenge, or an urge to repeat useless activities, can hope for little happiness or emotional growth *in the long run.* These are examples of neuroses. Psychosis is the medical word

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roughly corresponding to the legal word "insanity", which implies that the individual is a danger to himself or others or is likely to cause a public scandal, and that he is of unsound mind and judgment for making important decisions.

....."of these sicknesses"

6. The main problem here is to find out why the individual is less interested in everything else than he is in alcohol or drugs. The cure is to get him or her more interested in something else than in alcohol or drugs. It might be compared to curing a man of being in love with one woman, and getting him interested in falling in love with another woman. Sometimes it can be done.

....."mind explaining this"

7. I'll try to give this idea some meaning in as few sentences as possible, ^{Mr. Carnahan.} Most diseases ^{involve} ~~result mainly from~~ changes in the small blood vessels, whatever may cause the change. Emotions can cause such changes just as germs can. Appendicitis, ^{for example,} means inflammation of the appendix, which can be most simply explained as a change in the calibre of the small blood vessels of the appendix caused by germs. Blushing results from changes in the small blood vessels of the face, ^{due to an emotion.} ~~So does eczema of the face.~~ A heart attack is the result of a change in the blood vessels of the heart. This may be caused by a clot, by germs, or by ~~an~~ emotion, and all three can ^{lead up to} ~~cause~~ "heart attacks" of equal severity. ^{usually both} ~~Often~~ emotions and physical factors work together to cause a disease and that's where the complications come in.

..... "importance to us?"

8. We might say that the unconscious is a reservoir of feelings and energy that the individual is not aware of. As a brief example: An individual may be afraid of some one for ten, twenty, or thirty years without knowing it. The individual may not know it, but his heart may, and so he may have pounding of the heart at night for ten, twenty, or thirty years without knowing why he should have it. That's one reason the unconscious is important: it may make life difficult for ~~us~~ ^{some people}.

..... "and the true psychoanalysis".

9. According to a formal statement of the British Medical Association in 1929, and I think there is a corresponding feeling in this country, ^{Mr. Carnahan,} the term psychoanalysis can legitimately be applied only to the method of psychiatric treatment evolved by Sigmund Freud and to the theories derived from the use of this method. A legitimate psychoanalyst, then, is a psychiatrist who treats his patients by the method of Freudian psychoanalysis. A psychiatrist may use any method he chooses to discuss and handle his patients difficulties, as the case requires, and the doctor sees fit. Among these methods are hypnosis, shock treatment, discussion of the individual's life problems, and so on, but only one method is psychoanalysis in the officially accepted sense of the word. I'm not authorized to speak for psychoanalysts or any other group of doctors, but I've quoted an official statement and I personally am quite in accord with it. (10 minutes to here)

..... "throughout the book"

10. Yes. The foot-notes were put in separate sections at the end of each chapter so that they wouldn't be in anybody's way. Many people find foot-notes at the foot of the page disturbing, although some people read them avidly. For example, to my mind, reading Rabelais with copious foot-notes is a liberal education in itself, while Rabelais without foot-notes is not very interesting. I think Sir William Osler felt the same way, since he had over a hundred different editions of Rabelais in his collection, mostly with foot-notes.

Anyone who is interested in any particular topic covered in this book can find suggestions for further reading at the end of each chapter, and in the suggested books there are other suggestions, and so on ad infinitum. It seems like a good way to get started.