

# Michigan Law Review

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Volume 67 | Issue 7

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1969

## Watson: Psychiatry for Lawyers

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### Recommended Citation

Herbert C. Modlin M.D., *Watson: Psychiatry for Lawyers*, 67 MICH. L. REV. 1468 (1969).

Available at: <https://repository.law.umich.edu/mlr/vol67/iss7/10>

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PSYCHIATRY FOR LAWYERS. By *Andrew S. Watson*. New York: International Universities Press. 1968. Pp. 326. \$10.

Dr. Watson has produced, in textbook form, an excellent primer on psychoanalytic psychology. The quality of the book reflects the ten years of care and attention he gave to its preparation. Since it arises from his long and extensive work in forensic psychiatry, particularly in his teaching of law students, it is an authoritative presentation of those facets of dynamic psychiatry that he has found most helpful to the developing lawyer.

The title is broad and is likely to be interpreted by some as promise of more than the book contains. In his preface, however, Dr. Watson states: "[I]t was decided that, instead of dealing with psychiatry from the standpoint of specific mental problems in relation to law (the traditional approach of most forensic psychiatry

texts), an attempt would be made to present an outline of human behavior and development, and to relate this to some of the problems of the law." Consequently, the reader will not find many specific medicolegal issues elucidated.

The opening chapter comprises a sober, persuasive plea for the importance and the dignity of the lawyer-client relationship, and emphasizes the attorney's impact as a counsellor to troubled people. The next three sections succinctly outline a frame of reference for understanding man's behavior, and introduce the all-important concept of the irrational and its force in human affairs. The core chapters, five through ten, explain the unfolding phases of man's development from birth to death. Dr. Watson's major thesis in these chapters is that life is a continuum—that every individual is constantly in the process of living his own biography and that the past both influences the present and illuminates the future. Life is not merely a series of accidental happenings or of buffetings by fate. It is also an inexorable progression in clearly definable steps, each contributing to the ultimate psychological health or illness of the mature organism.

In a sense this is not a book on psychiatry for lawyers. It does not describe the practice of psychiatry, the value of sending legal clients to a psychiatrist, the kinds of psychosocial maladaptation usually labeled mental illness, the current theories of treatment, or complex human problems which mutually concern law and psychiatry. Instead, it is mostly about how people grow and why they behave as they do. The emphasis is on normal growth, development, and psychological functioning although there are plentiful explanations of certain deviations from the norm.

Because it is about people, then, it is about clients—and lawyers, too. Appended to each chapter is an ingenious set of legal questions, problems, and case vignettes which help the reader to test his comprehension of the text and to recognize the applicability of its content to the daily work of the practicing attorney. Some of these would be good mental exercise for psychiatrists. The style of the book is clear, the exposition thorough, and the word choice economical and free from pedantry. In sum, it has the inherent appeal of a treatise on the human comedy? Who is not interested in people?

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