

March 11, 1983

Aaron T. Beck, M.D.
406 Wynmere Road
Wynnewood, PA 19096

Dear Aaron,

Congratulations, again, on your award from the American Psychopathological Association.

As I listened to your presentation, and the sense of the sessions enquiring into the relations between drug therapy and psychotherapy, I was mindful of the linguistic studies of the 1950's. The work of Riach, Weinstein and Kahn, and Sapir, sought to define behavioral change in measures of language. Many authors (Jaffe, Birdwhistle, Strupp, among others) went into microlinguistics, speech pauses, type-token-ratios and mechanical aspects of speech, but others sought to measure definable entities like first and third person speech, denial, minimization, and displacement. I found these ideas useful as I sought to define the behavioral changes of patients undergoing ECT and drug therapies. In one study, Jaffe (1) sought to define the type of psychotherapy that would be enhanced during ECT. I reviewed that work in a presentation to the APPA in 1974 (2). I commend it, and the interesting work of Weinstein and Kahn (3), as complements to your present thoughts.

My regards.

Sincerely yours,

Max Fink, M.D.
Professor of Psychiatry

- (1) Jaffe, J. An objective study of communication in psychiatric interviews. J. Hillside Hosp. 6: 207-216, 1957.
Jaffe, J., Esecover, H., Kahn, R.L. and Fink, M. Modification of psychotherapeutic transactions by altered brain function. Am. J. Psychother. 15: 46-55, 1961.
- (2) Fink, M. Brain function, verbal behavior, and psychotherapy. Comprehens. Psychiat. 15: 257-266, 1974.
- (3) Weinstein, E.A. and Kahn, R.L. Denial of Illness. C. C Thomas, Springfield, Ill., 1955.