

History of Science 177

Stories Under the Skin: The Mind-Body Connection in Modern Medicine

Fall, 2000
Anne Harrington, Professor

*Time: T., Th. at 11,
with an additional section, to be arranged*

This course offers an historical and contemporary-critical overview of the "making" of mind-body medicine as a scientific and cultural phenomenon of modern Western society. The course does not move in a straightforward chronological sequence, but rather sees the modern landscape of mind-body medicine as a patchwork of some six "core" stories that we have learned to tell as a society about the effects of our minds on our bodies. Many of these stories are intellectually persuasive in no small part because they appear to be grounded in the authority of science. At the same time, they matter because they appear to have something to tell us about how we might enhance our well-being, what personal meaning there might be in our suffering, and what kind of control we may be able to gain over our own mortality. Some of the stories emphasize our power. Others emphasize our vulnerability. They are not always neatly integrated. They sometimes are even mutually inconsistent. Yet, unless we appreciate the extent to which scientists, clinicians, cultural critics, and patients alike all tend to operate within and across the templates of one or more of these stories, very little about the high moral

and cultural urgency that clearly animates this venture will make much sense.

Course Material

Available for purchase in the basement of the Science Center:

Stories under the Skin, The Mind-Body Connection in Modern Medicine: An Historical Sourcebook

--this collection contains the heart of the reading matter for this course

Available for purchase at the Coop:

Benson, Herbert, *The Relaxation Response*. New York: Avon Books, 1975.

Siegel, Bernie, *Love, Medicine, Miracles*. Reissue edition (June 1990) Harper Perennial Library; 1983.

Harrington, Anne, ed. *The Placebo Effect: An Interdisciplinary Exploration*. Cambridge: Harvard University Press, 1997.

Books on order at the Coop will also be on reserve at Lamont and Hilles Libraries

In addition to the readings above, we will distribute photocopied excerpts from several out-of-print books that could not be ordered for purchase. We will also distribute background material for each of our four guest lectures in advance.

.The formal requirements of the course consist of:

- An in-class mid-term, on October 25 (20%)
- Source analysis paper, 8-10 pages, due December 5 (30%),
- Assigned section response papers and oral participation in section (15%).
- Final exam, time and venue TBA (35%)

Schedule of Lectures

Th, Sept. 19

Minds, bodies, stories: orientation to the course

Rosenberg, Charles E. "Body and Mind in Nineteenth-Century Medicine: Some Clinical Origins of the Neurosis Construct," in: *Explaining Epidemics: and Other Studies in the History of Medicine* (Cambridge; New York: Cambridge University Press, 1992), pp. 74-89.

Story One: "Altered States"

Th, Sept. 21

The mesmerized mind and body

Ellenberger, Henri, "The Emergence of Dynamic Psychiatry," in: *The Discovery of the Unconscious*, (New York: Basic Books, 1970) [excerpts to be distributed]

Winter, Alison, "Making Mesmerism," in *Mesmerized: Powers of Mind in Victorian Britain*. (Chicago, IL: University of Chicago Press, 1998), pp. 12-130. [excerpt also available on: <http://www.press.uchicago.edu/Misc/Chicago/902196.html>]

Tu. Sept. 26

Hypnosis between mind and brain

Ellenberger, Henri, "The Dawn and Rise of the New Dynamic Psychiatry," *The Discovery of the Unconscious* [excerpts to be distributed].

Babinski, J., "Hypnotism and Hysteria," *The Journal of Nervous and Mental Diseases* 19(1892): 383-511, 584-598.

Bernheim, Hippolyte, *Suggestive Therapeutics: A Treatise on the Nature and Uses of Hypnotism*, trans. C.A. Herter (New York; London: G.P. Putnam's Sons, the Knickerbocker Press, 1890), pp. vii-xi, 192-217.

Th., Sept. 28

Hypnosis after Freud: a "special state" or nothing special?

White, Robert W. "A Preface to the Theory of Hypnotism," *Journal of Abnormal and Social Psychology*, 36 (1941): 477-505.

Sargant, William, *The Mind Possessed: A Physiology of Possession, Mysticism and Faith Healing* (Ashford, Kent: Headley Brothers Limited, The Invicta Press, 1973), pp.13-30, 48-59.

Sarbin, Theodore and William Coe, "Role Theory: Hypnosis from a Dramaturgical and Narrational Perspective" in: *Theories of Hypnosis: Current Models and Perspectives*, Steven Jay Lynn and Judith W. Rhue, eds., (New York; London: The Guilford Press, 1991), pp. 303-323.

Hilgard, Ernest R. *Divided Consciousness: Multiple Controls in Human Thought and Action* (New York: John Wiley and Sons, 1977), pp. 1-5, 163-165, 204-215.

Tu., Oct 3

GUEST LECTURE:

What do we think hypnosis is today?

Professor David Spiegel, Stanford University

Readings: to be distributed

Story Two: "The Body on the Couch "

Th., Oct 5

Making hysteria "talk": from Anna O. to shellshock

Breuer, Josef and Sigmund Freud, "Case Histories. Case 1. Anna O. (Breuer), Case 4. Katharina (Freud)." In, Freud, S., *The Complete Psychological Works*, James Strachey, Ed., (London: Hogarth Press, 1962 [1955]), pp. 21-47, 125-134.

Freud, Sigmund, "The Origin and Development of Psychoanalysis," *A General Selection from the Works of Sigmund Freud*, ed. John Rickman (New York: Doubleday, 1989 [1937]), pp. 3-36.

Showalter, Elaine, "Male Hysteria: W.H.R. Rivers and the Lessons of Shell Shock" in: *The Female Malady. Women, Madness, and English Culture, 1830-1980*. (New York: Pantheon Books, 1985), pp.168-194.

Tu., Oct. 10

From Freud to physiology: the making of psychosomatic medicine

Groddeck, Georg, "Psychical treatment of Organic Disease," *The British Journal of Medical Psychology* 9 (1929), pp. 179-186.

Deutsch, Felix, "The Choice of Organ in Organ Neuroses," *International Journal of Psychoanalysis*, 1939, Vol. 20, pp. 252-262.

Dunbar, H. Flanders, "Character and Symptom Formation: Some Preliminary Notes with Special Reference to Patients with Hypertension, Rheumatic and Coronary Disease," *The Psychoanalytic Quarterly*, 1939, Vol. 8, pp. 18-47.

Alexander, Franz, "Psychological Aspects of Medicine," *Psychosomatic Medicine*, January 1939, Vol., 1, No. 1, pp. 7-18.

Brown, Theodore, "Alan Gregg and the Rockefeller Foundation's Support of Franz Alexander's Psychosomatic Research," *Bull. Hist. Med.*, 1987, Vol. 61, pp. 155-182.

Alexander, Franz, *Psychosomatic Medicine: Its Principles and Applications* (New York: W.W. Norton & Company, 1950), pp. 142-155..

Th., Oct. 12

"The body on the couch" today: the case of the "Type C" personality

Auden, W.H., "Miss Gee" in: *Collected Poems*, E. Mendelson, ed. (London: Faber & Faber, 1976), pp. 158-161.

Siegel, Bernie *Love, Medicine, Miracles* [excerpts, to be assigned]

Temoshok Lydia, Henry Dreher *The Type C Connection : The Behavioral Links to Cancer and Your Health* (Random House, 1992) [excerpts to be distributed]

Story Three: "The Power of Belief"

Tu., Oct. 17

Healing by faith, part one: the power above

Harris, Ruth. "Religion and Science in the Third Republic," in: *Lourdes: Body and Spirit in the Secular Age*, (London: The Penguin Press, 1999), pp. 320-331, 339-356.

<http://www.lourdes-france.com/bonjour.htm> [official website of Lourdes today—includes "webcam" of the healing grotto]

Th., Oct. 19

Healing by faith, part two: the power within

James, William, "The Religion of Healthy-Mindedness," in: *The Varieties of Human Experience: A Study in Human Nature* (New York: Longmans, Green & Co., 19115), pp. 94-126.

Dresser, Horatio, "The New Thought Movement," in: *A History of the New Thought Movement*, (New York: Thomas Cromwell Co.), pp. 1-18.

Eddy, Mary Baker, *Science, Theology, and Medicine*, (Boston, MA: The First Church of Christ Scientist, 1994[1875]), pp. 107-164.

Tu., Oct. 24

The secularization of healing by faith: can "attitude" make us sick or well?

Angell, Marcia, "Disease as a Reflection of the Psyche," *The New England Journal of Medicine*, Vol. 312, No. 24 (13 June 1985), pp. 1570-1572.

Peterson, C., M. E. P. Seligman, and G. E. Valliant, "Pessimistic Explanatory Style is a Risk Factor for Physical Illness: A Thirty-five Year Longitudinal study," *Journal of Personality and Social Psychology* 55 (1988): 23-27.

Cousins, Norman, "Anatomy of an Illness (As Perceived by the Patient)" *The New England Journal of Medicine* (December 23, 1976), pp. 1458-1463.

Bruckbauer, Elizabeth, Sandra E. Ward, "Positive Mental Attitude and Health: What the Public Believes," *Image: Journal of Nursing Scholarship* 25 (Winter 1993), pp. 311-315.

Th., Oct. 26

MID-TERM

Tu., Oct. 31

Faith in medicine: the placebo effect

The Uses of Placebos in Therapy," *Cornell Conference on Therapy*, vol. 2 (1949), pp. 1-27.

Bok, Sissela, "The Ethics of Giving Placebos," *Scientific American* (November 1974) 231: 17-23.

Harrington, Anne, ed., *The Placebo Effect: An Interdisciplinary Exploration* (Cambridge, MA: Harvard University Press, 1997), selections.

Th., Nov. 2

GUEST LECTURE

Reflections on the placebo effect "from the field"

Dr. Howard Spiro, Yale University

Readings: to be distributed

Story Four: "Broken by Modern Life"

Tu., Nov. 7

The making of stress

Cannon, Walter, B., "The Role of Emotions in Disease," *Annals of Internal Medicine* (May, 1936) Vol. 11, pp. 1453-1465.

Selye, Hans, *Stress* (Montreal: ACTA, 1959), pp. 1-4

Selye, Hans, "Implications of the Stress Concept," *New York State Journal of Medicine* (October 1975): 2139-2145.

Grinker, Roy, John Spiegel, "Introduction" and "The neurotic reaction to severe combat stress", *Men Under Stress*. (Philadelphia; Blakiston Co., 1945), pp. vii-viii, 82-89, 101-114.

Brady, J. V., "Ulcers in 'Executive Monkeys'," *Scientific American* 199 (1958), pp. 95-100.

Th., Nov. 9

Broken-hearted in America: chronic stress and heart disease

Friedman, Meyer and Ray Rosenman, "Association of Specific Overt Behavior Pattern with Blood and Cardiovascular Findings," *Journal of the American Medical Association*, Vol. 169, No. 12 (21 March 1959), pp. 96-106 (1286-1296).

Rosenman, Ray, "Role of Type A Behavior Pattern in the Pathogenesis of Heart Disease and Modification for Prevention," *Advances in Cardiology*, Vol. 25 (1978), pp. 35-46.

Raymond, Chris, "Distrust, rage may be toxic core that puts 'type A' person at risk," *JAMA*, 261 (Feb 10, 1989), 813.

Tu., Nov. 14

Stress and the immune system: a new twist on an old story

Ader, Robert and Nicholas Cohen, "Behaviorally Conditioned Immunosuppression," *Psychosomatic Medicine*, Vol. 37, No. 4 (July-August 1975), pp. 333-340.

Ader, Robert, "Psychosomatic and Psychoimmunologic Research," *Psychosomatic Medicine*, Vol. 42, No. 3 (May 1980), pp. 307-321.

Kiecolt-Glaser, J. K., & R. Glaser, "Stress and immune function in humans" In R. Ader, D. L. Felten, & N. Cohen (Eds.), *Psychoneuroimmunology*, 2nd ed. (New York: Academic Press, 1991), pp. 849-867.

Temoshok, Lydia & A. Baum, "Psychosocial Aspects of Acquired Immunodeficiency Syndrome," in: *Psychosocial Perspectives on AIDS*. L. Temoshok and A. Baum, eds. (Hillsdale, NJ : Lawrence Erlbaum, 1990), pp. 1-16.

Th., Nov., 16

GUEST LECTURE

Reflections on stress, mind, and immunity today

Dr. Esther Sternberg, NIMH

Readings to be distributed

Story Five: "Eastward Journeys"

Tu., Nov. 21

Meditation between East and West

Peimer, Meg, "Transcendental meditation: A Prototype for the Translation of Spirituality into Science in the 1970's," (Honors thesis in the History of Science, Harvard University, 1997), pp. 15-42, 61-87.

Houshmand, Zara, Anne Harrington, C. Saron, et al. "Training the Mind First Steps in a Cross-Cultural Collaboration in Neuroscientific Research," *Science and Compassion: Dialogues between Tibetan Buddhism and Biobehavioral Science*. New York: Oxford University Press, in press.

Benson, Herbert, *The Relaxation Response* (New York: Avon Books, 1976), selections.

THANKSGIVING BREAK!!

Tu., Nov. 28

VIDEO: "Field Studies on Qigong"

Rothschild, Nina, "The Power of Qi: An Ancient Chinese Healing Technique Spreads West," in: *The Utne Reader* (Nov-Dec, 1994, 66). pp. 28-9.

Sampson, Wallace and Barry L. Beyerstein, Traditional Medicine and Pseudoscience in China: A Report of the Second CSICOP Delegation (part 2), Committee for the Scientific Investigation of Claims of the Paranormal), *Skeptical Inquirer* 20 (Sept-Oct, 1996), pp. 27-34.

Th., Nov. 30

Qigong between East and West

Eisenberg, David, "The Mystery of Chi," in: *Healing and the Mind*, Bill Moyers, ed., (New York: Doubleday Books, 1993), pp. 251-314.

Miura, Kunio, "The Revival of Qi: Qigong in Contemporary China," In Livia, K., & Yoshinobu, S. eds. *Taoist Meditation and Longevity Techniques*. (Ann Arbor: Center for Chinese Studies, The University of Michigan, 1989), pp 331-363.

Story Six: "Love as Medicine"

Tu., Dec. 5

NO CLASS

SOURCE ANALYSIS PAPERS MUST BE DROPPED OFF BY 5PM TODAY IN A DESIGNATED BOX, LOCATED IN THE DEPARTMENT FOR THE HISTORY OF SCIENCE, SCIENCE CENTER 235.

Note: An additional class will be scheduled during Reading Period

Th., Dec. 7

Can you die from loneliness?

Berkman, LF, Syme, SL, (1979) "Social Networks, Host Resistance and Mortality: A Nine Year Follow-Up Study of Alameda County Residents," *American Journal of Epidemiology*, (109) pp. 186-204.

Wolf, S., "Predictors of myocardial infarction over a span of 30 years in Roseto, Pennsylvania," *Integrative Physiological and Behavioral Science*, 1992 27 (3): 246-257.

House, J. S., K. R. Landis, and D. Umberson, "Social Relationships and Health," *Science* 241 (1988): 540-545.

Cannon, Walter B, "'Voodoo' death," *American Anthropologist*, Vol. 44, No. 2 (April-June, 1942): 169-181.

Cohen, Sanford I., "Voodoo death, the stress response, and AIDS," *Psychological, Neuropsychiatric, and Substance Abuse Aspects of AIDS*, ed. T. Peter Bridge et al, (New York: Raven Press, 1988), pp. 95-107.

Green, Wayne, Magda Campbell, Raphael David, "Psychosocial Dwarfism: A Critical review of the Evidence," *Journal of the American Academy of Child Psychiatry* 23 (1984): 39-48.

Tu., Dec. 12

Can you be healed by love?

Cassel, Eric J., "The Nature of Suffering and the Goals of Medicine," *The New England Journal of Medicine* (March 18, 1982), pp. 639-645.

Spiegel, David, Helena C. Kraemer, Joan R. Bloom, and Ellen Gottheil, "Effect of Psychosocial Treatment on Survival of Patients with Metastatic Breast Cancer," *The Lancet* (October 14, 1989), pp. 888-891, [letters to the editor responding to article, November 18, 1989], pp. 1209-1210.

Spiegel, David, Unpublished summaries of breast cancer support group sessions.

Siegel, Bernie, *Love, Medicine, Miracles* (finish book)

SPECIAL CLASS:

Wed., Dec 13 (evening)

VIDEO: "model" breast cancer support group session from David Spiegel's Stanford study.

This special class, with time for discussion, will last about 90 minutes; time and venue TBA

Th., Dec. 14

GUEST LECTURE

Love and loneliness today: reflections from the field

Lisa Berkman, Harvard School of Public Health

Readings: to be distributed

Tu., Dec. 19

When love is not enough: death and dying in the worlds of mind-body medicine; with final reflections

Last class: No new readings

READING PERIOD CLASS: Review and stock-taking

Time and venue TBA