



columns

- (a) challenge their perceptions of mental health problems
- (b) increase their knowledge of mental health problems and mental health issues
- (c) provide help on what to do if they are worried about themselves or a friend.

'HEADstuff' was piloted with groups of teenagers from different backgrounds to ensure that this new resource was designed and written in a form acceptable and challenging enough for this age group.

The researchers discovered that many 14 to 17 year-olds are ill-informed about mental health issues and tend to base their perceptions on portrayals of mental

illness in horror films. Some other key findings include:

- (a) nearly all the interviewees knew someone who had self-harmed
- (b) girls were keener to understand a mental health problem and solve it, while boys felt uncomfortable talking about it
- (c) young people were ignorant of the language to use when talking about people with mental health problems
- (d) mental health difficulties were acceptable only if associated with stress or family problems
- (e) schizophrenia was mistakenly seen as split personality and was associated with violent behaviour.

'HEADstuff' provides information about schizophrenia, depression, deliberate self-

harm and eating disorders. It addresses the 'facts' and the 'fictions' in relation to mental health in general, and offers practical tips on what young people can do to help themselves or others.

Individual copies of this resource are free on receipt of a stamped addressed envelope from 'Headstuff', The Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG.

Details for bulk orders are available from [www.changingminds.co.uk](http://www.changingminds.co.uk) or by e-mail: [lhulse@rcpsych.ac.uk](mailto:lhulse@rcpsych.ac.uk).

The Campaign is very grateful to the following organisations, without whom this resource would not have been possible: Allied Zurich plc, The Cairns Charitable Trust, Pharmacia & Upjohn, Priory Healthcare, Sanofi Synthelabo and Wyeth Laboratories.

## obituaries



### Joseph Henri Rey

Formerly Consultant Psychiatrist,  
Bethlem Royal and Maudsley  
Hospitals  
1912–2000

Henri Rey, as he preferred to be called, was a psychoanalyst who worked at the Maudsley Hospital for 32 years, he was an inspiring and much loved teacher who had a profound influence on a succession of psychiatrists who trained under him. They recognised his great intelligence and breadth, his sympathy and warmth for his patients and appreciated his generous and friendly attitude towards his students. He was able to help them to understand what was going on in the minds of the patients they were confronted with. It was often a source of relief when he

could begin to make sense of the confusing and frightening phenomena manifested by borderline and psychotic patients. His application of psychoanalytical ideas, particularly those derived from the work of Melanie Klein and Herbert Rosenfeld, introduced the young psychiatrists to the peculiar and fascinating logic of these ill patients. His individual and group supervision sessions were a pleasure and a privilege to participate in.

Rey had profound sympathy for the suffering of the patients he encountered. Following Freud's pioneering work on mourning and melancholia, and Klein's subsequent elaboration of our understanding of the nature of the internal world in states of depression, Rey recognised the degree of internal damage or devastation many patients have to struggle with. He began to explore, in an original and creative way, the nature of the internal work that has to take place for the patient to be able to achieve some degree of reparation of this damaged world for which he or she feels responsible. He argued that until such internal reparation can begin to take place, the patient will continue to be burdened by feelings of guilt and persecution, never feeling entitled to achieve satisfaction in their own lives.

Henri Rey was born in 1912 at Curepipe on the island of Mauritius. He first studied agricultural chemistry and worked on a sugar plantation for a few years. Eventually, he decided to change course, and left for England to study medicine at Barts, where he graduated MB, BS in 1943. He was awarded the MD (Lon) in 1949. During the war he worked in

different hospitals and served in the fire service during the Blitz.

Rey had a lifelong fascination with the interaction of the mind and the body, and his particular interest in the workings of his own mind and that of others led him to turn to psychiatry. In 1945 he joined the Maudsley Hospital, where Sir Aubrey Lewis was attracting talented and enthusiastic staff with interesting and varied backgrounds. Rey's early researches focused on epilepsy and endocrine functions, but increasingly he was drawn to a more profound study of the mind, and decided to train at the Institute of Psychoanalysis. He qualified as a psychoanalyst in 1958 and was appointed as a consultant psychotherapist in the psychotherapy unit at the Maudsley. He also began practising part time as a psychoanalyst.

Many of Rey's more important psychoanalytical papers were eventually collected in *Universals of Psychoanalysis* (1994). In them he illustrates his unique understanding of borderline and psychotic patients, who often seem to alternate between severe claustrophobic fears of being trapped and fears of disintegration if they escape into what feels like empty space. There is thus no place of safety, and no figure, either internally or externally, that can be trusted or relied upon.

Rey's retirement in 1977 was a significant loss to the Maudsley. Rey himself greatly regretted leaving the institution for which he had a special affection. He left behind him a generation of psychiatrists, psychotherapists and psychoanalysts for whom he was an unforgettable mentor and friend. In retirement he was in

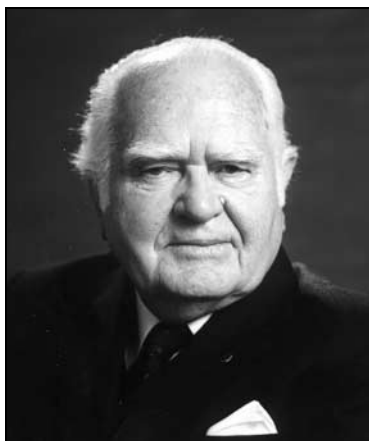


great demand as a visiting professor, and spent extended periods teaching in South Africa, Australia and Canada.

In 1966 he married Nastioch Stahovich. He died in France on 12 January 2000, and he is survived by his wife and three step sons.

REY, H. (1994) *Universals of Psychoanalysis in the Treatment of Psychotic and Borderline States. Factors of Space-time and Language* (ed. J. Magagna). London: Free Association Books.

Michael Feldman



## Joze Jancar

Formerly Honorary Consultant Psychiatrist, Stoke Park Hospital, Bristol

Joze Jancar was one of the greatest figures in the field of the care of those with learning disability in the latter half of the last century.

Joze was born near Ljubljana, in Slovenia, then part of Yugoslavia, on 23 May 1920. While at school, at Christmas 1939, he was a guest of King Peter II of Yugoslavia as one of the 40 best students from that country. He was awarded the King Peter II Medallion.

In 1942 Joze became a medical student at the University of Ljubljana, but his studies were interrupted when the Italians invaded Yugoslavia and he and his wife-to-be, Marija, a fellow medical student, were interned. They were held in a room with about 18 other internees, from whom a number were called out each day and shot, depending on how many Italians had been killed by partisans the previous night. Fortunately, Joze and Marija were among the lucky survivors and, in due course, found themselves in a displaced persons' camp in Lienz in Austria, where they married in October 1945. Working at the camp was Iris Murdoch, the novelist, who became godmother to their daughter, Sonja. As a confirmed Royalist, Joze was *persona non grata* with

President Tito and it was not safe for him to visit his native land again until after Tito's death.

At the end of the war Joze and Marija arrived in England, via Eire. They spoke very little English, and were employed as nurses in Bristol, on the wards of Hortham Colony (as it was then called) and the Bristol Royal Infirmary. Eventually, through the good offices of the late Dr John Lyons, medical superintendent of Hortham Colony, Joze was able to resume his medical studies at University College, Galway. Still with very little command of English, his interview for acceptance at the College was conducted in Latin.

Joze qualified MB, BCh, BAO in 1952 and entered the field of mental health as an assistant medical officer at Ballinasloe Mental Hospital, Galway. He obtained his specialist qualification, the Diploma in Psychological Medicine in 1955, becoming a registrar at Mercers Hospital, Dublin, before being appointed junior hospital medical officer in the Stoke Park Mental Handicap Hospital Group, Bristol, in 1956: this at a time when learning disabilities was the least glamorous, fashionable or respected branch of medicine, surviving on shoe-string budgets, with very little known of the causes and prevention of the condition. Joze rose through the rank of senior hospital medical officer, to be appointed consultant psychiatrist in 1962.

Joze was to play an immense part in transforming the Stoke Park Hospital Group from a predominantly custodial institution into one with an open therapeutic philosophy, and into becoming a Department of Mental Handicap of Bristol University. To the end, Joze always referred to his patients as people 'with mental handicap' rather than using the politically correct euphemism, 'learning disabilities', which he regarded as projecting too limited an image of the real problem.

Joze observed with ever-increasing sadness and bitterness the destruction and dismemberment of the comprehensive hospital-based service for people with learning disabilities and their families (in the development of which he had played such an important part) without the provision, in its place, of an adequate caring community service.

In the face of the general public's unrealistic expectations of psychiatry, one of Joze's favourite sayings was 'We are physicians not magicians!'

Throughout his career, and after his retirement in 1985, Joze continued the long tradition of research at Stoke Park, established by Professor Berry, Dr Ronald Norman and Dr John Fraser Roberts. Apart from his joint authorship with the consultant pathologist, Dr Robert Eastham, of the major textbook, *Clinical Pathology in Mental Retardation*, he published over 100 papers, many of which

he presented at 26 International Conferences all over the world. Joze was awarded the Burden Research Gold Medal and Prize in 1971, was Blake Marsh Lecturer of the Royal College of Psychiatrists in 1974 and, in 1985, received the prestigious Distinguished Achievement Award for Scientific Literature, of the IASSMD (The International Association for the Scientific Study of Mental Deficiency), of which he was a Fellow. Just prior to his death, Joze had been nominated for the Scientific Research Award of the Kennedy 2000 International Awards in Mental Retardation, the recipient of which has yet to be announced.

Among the many other well-deserved honours, of which Joze was justly proud, were his appointment in 1979 as Liveryman and Freeman of the City of London, his Vice Presidency of the Royal College of Psychiatrists in 1981 and his election in 1998 as an Honorary Fellow of the College.

As a young man he was a cross-country ski champion and continued to take an active interest in all sports, but particularly rugby football, and was a member of Bristol Savages. He was devoted to his closely-knit family of Marija and their children Sonja, Joseph and Martin.

Joze was a most loyal colleague and friend, a warm, compassionate man, with a deep concern for those less fortunate than himself. His keen sense of humour lightened the burden of all those with whom he came in contact. This was very apparent in the last few painful weeks of his life, even though he was fully aware of the inevitable outcome of his illness. At this time he was sustained by his deep Roman Catholic faith. He died on 14 March 2000.

A Service of Thanksgiving was held at Clifton Cathedral, Bristol, at 12 noon on Tuesday 23 May.

His irreplaceable presence will be especially missed at the annual dinner given for Honorary Fellows of the College, an event due largely to his inspired suggestion made in 1991.

W. Alan Heaton-Ward

## Joseph Vincent Glass

Formerly Resident Medical Superintendent at St Davet's Hospital, Monaghan, Eire

Dr Glass died, aged 92, on 3 March 2000. He was born in 1908 in Dublin and read medicine at University College, Dublin, graduating MB, BCh, BAO in 1932. At the university he was an outstanding athlete, particularly at rugby – a game he