

Textbook of

Homosexuality

and

Mental Health

Edited by
Robert P. Cabaj, M.D.
Terry S. Stein, M.D.



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**American
Psychiatric
Press, Inc.**

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Manufactured in the United States of America on acid-free paper

99 98 97 96 4 3 2 1

American Psychiatric Press, Inc.

1400 K Street, N.W., Washington, DC 20005

Library of Congress Cataloging-in-Publication Data

Textbook of homosexuality and mental health / edited by Robert P. Cabaj, Terry S. Stein.

p. cm.

Includes bibliographical references and index.

ISBN: 978-1-58562-448-5

1. Gays—Mental health. 2. Bisexuals—Mental health.
3. Psychotherapy. 4. Homosexuality. 5. Bisexuality. I. Cabaj,
Robert P., 1948– . II. Stein, Terry S., 1945– .
RC451.4.G39G656 1996

616.89'008'664—dc20

95-47271

CIP

British Library Cataloguing in Publication Data

A CIP record is available from the British Library.

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Contributors

D. Lanette Atkins, M.D., D.V.M., is the Medical Director of New Hope Midlands Psychiatric Residential Treatment Center in West Columbia, South Carolina, and Clinical Assistant Professor of Psychiatry for the Department of Neuropsychiatry and Behavioral Science, University of South Carolina School of Medicine, Columbia, South Carolina.

Amy Banks, M.D., is a Clinical Instructor in Psychiatry at Harvard Medical School and McLean Hospital. She is the Psychiatrist-in-Charge of the Women's Treatment Network at McLean Hospital and a psychiatrist at The Fenway Community Health Center in Boston, Massachusetts.

Raymond M. Berger, Ph.D., author of *Gay and Gray: The Older Homosexual Man*, is Professor (Ret.), California State University, Long Beach, California.

Laura S. Brown, Ph.D., A.B.P.P., has practiced feminist clinical and forensic psychology in Seattle, Washington, since 1979 and is Clinical Professor of Psychology at the University of Washington. Her extensive writings have focused on theory, ethics, and practice in feminist therapy, and she has taught at the pre- and postdoctoral levels on matters of ethics and boundaries in psychotherapy, with a special emphasis on the dilemmas faced by lesbian psychotherapists. She is a Diplomate in Clinical Psychology of the American Board of Professional Psychology and a Fellow of both the American Psychological Association and the American Psychological Society.

Bonnie K. Burg, L.C.S.W., B.C.D., is in private practice in Chicago, Illinois. Formerly Clinical Assistant Professor at the University of Illinois at Chicago, she is now a lecturer in the Psychiatry Department at the University of Chicago at the Evelyn Hooker Center for the Study of Gay and Lesbian Mental Health.

William Byne, M.D., Ph.D., is Director of the Neuroanatomy Laboratory of Neuropsychiatric Disease in the Department of Psychiatry at the Mount Sinai School of Medicine in New York and a Research Psychiatrist with Pilgrim State Psychiatric Hospital in Brentwood, New York. His research focuses on correlations between brain structure and brain function in health as well as in psychiatric illness.

Robert P. Cabaj, M.D., is an Associate Clinical Professor of Psychiatry at the University of California, San Francisco, Medical Director of Mental Health Services for the County of San Mateo, California, and in private practice in San Francisco. A Past President of both the Association of Gay and Lesbian Psychiatrists and the Gay and Lesbian Medical Association, he has worked extensively on many components of the American Psychiatric Association. He writes and lectures widely on gay, lesbian, and bisexual issues; the mental health aspects of HIV and AIDS; substance abuse; and the delivery of mental health services to underserved populations.

Vivienne Cass, Ph.D., is a clinical psychologist in private practice in Perth, Western Australia. She has published several articles and book chapters on the topic of lesbian and gay identity formation.

Raymond W. Chan is a doctoral student in developmental psychology at the University of Virginia, Charlottesville, Virginia. His research interests include the study of ethnicity and sexual orientation in couples and families.

Yim H. Chan, M.D., is Assistant Clinical Professor in the Department of Psychiatry at the University of California, San Francisco, San Francisco, California, Associate Medical Director of the Geriatric Psychiatric Unit at Davies Medical Center, San Francisco, and in private practice in San Francisco. His interests include cross-cultural issues among the Asian Pacific Islanders.

Bertram J. Cohler, Ph.D., is the William Rainey Harper Professor of Social Sciences, University of Chicago, and on the faculty of the Institute for Psychoanalysis in Chicago, Illinois.

Eli Coleman, Ph.D., is a professor and director of the Program in Human Sexuality, Department of Family Practice and Community Health, University of Minnesota Medical School in Minneapolis, Minnesota. Dr. Coleman is author of numerous articles about sexual orientation, gender dysphoria, chemical dependency, family intimacy, and the psychological and pharmacological treatment of sexual disorders. He was editor of *Psychotherapy with Homosexual Men and Women: Integrated Identity Approaches for Clinical Practice* in 1988 and is the founding and current editor of the *Journal of Psychology and Human Sexuality*.

Anthony R. D'Augelli, Ph.D., is Professor of Human Development in the Department of Human Development and Family Studies at the Pennsylvania State University, University Park, Pennsylvania. A community psychologist, he has completed several research reports on lesbian, gay, and bisexual youth. He is also coeditor, with Charlotte J. Patterson, Ph.D., of *Lesbian, Gay, and Bisexual Identities Across the Lifespan*.

Jennifer I. Downey, M.D., is Associate Clinical Professor of Psychiatry at Columbia University College of Physicians and Surgeons/New York State Psychiatric Institute, Consultant to the Department of Obstetrics and Gynecology at Columbia, and a member of the faculty of the Columbia Center for Psychoanalytic Training and Research, New York, New York.

Jack Drescher, M.D., a Fellow of the American Psychiatric Association and the American Academy of Psychoanalysis, is a member of the Group for the Advancement of Psychiatry's Committee on Human Sexuality. He is a Faculty Member at the William Alanson White Psychoanalytic Institute, New York, New York. He is also a Clinical Assistant Professor of Psychiatry at SUNY-Downstate in Brooklyn, New York. He is board member of Gay and Lesbian Psychiatrists of New York, and a founding board member of both Gay and Lesbian Analysts and New York Gay and Lesbian Physicians. He is author of the forthcoming book, *Psychoanalytic Psychotherapy and the Gay Man*. He maintains a private practice in New York City.

Oliva M. Espín, Ph.D., is a Professor of Women's Studies at San Diego State University and part-time faculty at the California School of Professional Psychology, San Diego, California. She is a Past President of Division 44 of the American Psychological Association, the Society for the Psychological Study of Gay and Lesbian Issues, at the Department of Psychology, University of California, San Diego. From Cuban origins, she writes, lectures, and has a therapeutic practice focused on Latina lesbians.

Kristine L. Falco, Psy.D., is a clinical psychologist who lives in Portland, Oregon, where she maintains a psychotherapy practice. She provides consultation, writes, trains, and lectures widely on the topics of lesbian psychology and medical psychology.

Eugene W. Farber, Ph.D., is Assistant Professor of Psychiatry and Behavioral Sciences and Clinical Psychologist at the Grady Health System Infectious Disease Program, Emory University School of Medicine, Atlanta, Georgia.

Ronald C. Fox, Ph.D., is a Psychotherapist in private practice in San Francisco, California. He is Cochair of the Task Force on Bisexual Issues in Psychology of the Society for the Psychological Study of Lesbian and Gay Issues, American Psychological Association Division 44. He is the author of an empirical study of bisexual identity development and is currently working on a volume on bisexuality research and an annotated historical bibliography on bisexuality in the social sciences.

Richard C. Friedman, M.D., is Professor of Research Psychology at the Derner Institute, Adelphi University, and Lecturer in Psychiatry at Columbia University College of Physicians and Surgeons, New York, New York. He is a member of the faculty of the Columbia Center for Psychoanalytic Training and Research and the author of *Male Homosexuality: A Contemporary Psychoanalytic Perspective*.

Robert Galatzer-Levy, M.D., is a lecturer in the Department of Psychiatry, University of Chicago, and is on the faculty of the Institute for Psychoanalysis in Chicago, Illinois, where he is a Training and Supervising Analyst.

Nanette K. Gartrell, M.D., is Associate Clinical Professor of Psychiatry at the University of California, San Francisco, California, where she teaches ethics and feminist theory. She is the editor of the recently published book, *Bringing Ethics Alive*.

Francisco J. González, M.D., is a Clinical Instructor in Psychiatry, Department of Psychiatry, University of California, San Francisco. He is a team leader on the HIV-focused inpatient psychiatric unit at San Francisco General Hospital, San Francisco, California. He has researched Latino gay men at risk for HIV infection at the Center for AIDS Prevention, San Francisco, California. He was born in Cuba and moved to the United States at age 4.

Douglas C. Haldeman, Ph.D., is a psychologist in private practice in Seattle, Washington. Dr. Haldeman has been a frequent writer and lecturer on a variety of lesbian and gay mental health issues and is currently developing guidelines for psychotherapists working with lesbians and gay men. He serves on the American Psychological Association's Committee on Lesbian and Gay Concerns, as well as the faculties of the University of Washington and Seattle University, Seattle, Washington.

Graeme Hanson, M.D., is Director of Training in Child and Adolescent Psychiatry, and Clinical Professor, Psychiatry and Pediatrics, Langley Porter Psychiatric Institute, University of California, San Francisco.

Lawrence Hartmann, M.D., is Past President of the American Psychiatric Association. He teaches child, adolescent, and adult psychiatry at Harvard Medical School and practices in Cambridge, Massachusetts. He has written on many topics, including biopsychosocial integration, humane values, the present and future of psychiatry, language and psychiatry, torture, apartheid, human rights, psychotherapy, and play.

Norman B. Hartstein, M.D., is a psychiatrist with the Southern California Permanente Medical Group in Los Angeles, California, and Assistant Clinical Professor of Child Psychiatry at the School of Medicine of the University of California at Los Angeles.

Sarah E. Herbert, M.D., is Assistant Professor in the Department of Psychiatry and Behavioral Sciences at Emory University School of Medicine in Atlanta, Georgia. She is Director of the Psychiatry Obstetrics Consultation/Liaison Service at Grady Memorial Hospital.

Gilbert Herdt, Ph.D., an anthropologist, is Professor of Human Development at the University of Chicago, Illinois. He has conducted research on the Sambia of New Guinea and gay and lesbian youth, their families, and culture in the United States and has published 12 books and many articles.

Gregory M. Herek, Ph.D., is a Research Psychologist at the University of California at Davis. He has published extensively on topics related to heterosexism and antigay violence. He is the editor of *Hate Crimes: Confronting Violence Against Lesbians and Gay Men*, and *AIDS, Identity, and Community*.

Daniel W. Hicks, M.D., is a board-certified psychiatrist and Fellow of the American Psychiatric Association. He has been a psychiatrist with the HIV program at Walter Reed Army Medical Center in Washington, D.C., since 1989.

Marjorie J. Hill, Ph.D., is a public health advocate and has been an activist in the lesbian, gay, and progressive communities for more than 15 years. A licensed clinical psychologist, she has worked extensively with lesbian and gay families, couples, and individuals. Dr. Hill currently serves as vice chair of the New York State Workers' Compensation Board, and she is on the boards of the Black Leadership Commission on AIDS and Gay Men's Health Crisis in New York City.

Evelyn Hooker, Ph.D., is a research psychologist, now living in retirement in Santa Monica, California. An inspiration and friend for many gay, lesbian, and bisexual clinicians and researchers, she pioneered the study of homosexuality and gay men with ground-breaking work in the 1950s. She continues to advise, and consult with, many researchers and clinicians and has enriched the documentation of the efforts to study gay men and lesbians.

Billy E. Jones, M.D., M.S., is a Senior Psychiatrist with 25 years of experience in health and mental health management, policy, training, and treatment. He is the former Commissioner, New York City Department of Mental Health, Mental Retardation and Alcoholism Services, and President, New York City Health and Hospitals Corporation. He has been active in health and mental health issues affecting the African American and gay and lesbian communities. He is a founder of the New York City Minority Task Force on AIDS and is on the board of the National Lesbian and Gay Health Association.

Richard A. Isay, M.D., is Clinical Professor of Psychiatry, Cornell Medical College, and on the faculty of the Columbia Center for Psychoanalytic Training and Research. He is currently also Vice President of the National Lesbian and Gay Health Association.

James J. Kelly, Ph.D., is Director and Professor of the Department of Social Work, California State University, Long Beach, and consultant to the Department of Psychiatry at the University of California, Los Angeles Medical Center.

Robert M. Kertzner, M.D., is Assistant Clinical Professor of Psychiatry, Columbia University, New York, and Principal Investigator of "Psychological Adaptation to Mid-life in Gay Men and Lesbians" at the HIV Center for Clinical and Behavioral Studies, New York State Psychiatric Institute and Columbia University, New York.

Martha Kirkpatrick, M.D., is in private practice in West Los Angeles, California. She is also a Clinical Professor of Psychiatry at UCLA School of Medicine, a member of the senior faculty of the Los Angeles Psychoanalytic Institute, and a Training and Supervising Analyst at the Institute of Contemporary Psychoanalysis, Los Angeles, California.

Rochelle L. Klinger, M.D., is an Associate Professor of Psychiatry and Director of the Medical Psychiatry Program at the Medical College of Virginia/Virginia Commonwealth University in Richmond, Virginia. She served as a member of the American Psychiatric Association Committee on Gay, Lesbian, and Bisexual Issues from 1989 to 1995, and as chairperson from 1993 to 1995. She is Vice President of the Association of Gay and Lesbian Psychiatrists.

James Krajeski, M.D., M.P.A., works as an independent consultant in the field of disability evaluation. He was in private practice for several years, working extensively with gay men and lesbians.

Kewchang Lee, M.D., is completing the Residency Training Program in Psychiatry at the University of California, San Francisco, in June 1996. He is Chief Resident in Psychiatry at the San Francisco Veterans Affairs Medical Center, and is an American Psychiatric Association/Center for Mental Health Services Minority Fellow.

Maggie Magee, M.S.W., is a member and on the faculty of the Los Angeles Institute and Society for Psychoanalytic Studies. She is in private practice in West Los Angeles, California.

Judd Marmor, M.D., is Franz Alexander Professor Emeritus of Psychiatry, University of Southern California, Los Angeles, California, and Past President of both the American Psychiatric Association and the American Academy of Psychoanalysis.

David R. Matteson, Ph.D., teaches psychology and counseling at Governors State University, University Park, Illinois. He has consulted on bisexuality and AIDS for the Centers for Disease Control (CDC) and recently completed a CDC-funded study of Asian American men who engage in bisexual behavior.

Andrew M. Mattison, M.S.W., Ph.D., is in private practice of psychology in San Diego, California. He is also Head, Psychosocial Resources, HIV Neurobehavioral Research Center, San Diego, California; Associate Clinical Professor of Psychiatry and Family and Preventive Medicine, School of Medicine, University of California, San Diego; and coauthor of *The Male Couple*.

J. Stephen McDaniel, M.D., is Associate Professor of Psychiatry and Behavioral Sciences, Medical Director of Mental Health Services at the Grady Health System Infectious Disease Program, and Project Director of the Emory Center for AIDS/HIV Mental Health Services, Emory University School of Medicine, Atlanta, Georgia.

David P. McWhirter, M.D., is Medical Director and Chief of Staff, San Diego County Psychiatric Hospital, San Diego, California, Associate Clinical Professor of Psychiatry, School of Medicine, University of California, San Diego, and coauthor of *The Male Couple*.

Stuart Michaels, Ph.D., is a researcher at the University of Chicago, Chicago, Illinois. He was the project manager for the National Health and Social Life Survey and a coauthor of *The Social Organization of Sexuality: Sexual Practices in the United States*. A former chairperson of the Sociologists' Lesbian and Gay Caucus, he continues to do population-based research on sexuality and issues related to sexual identity in Chicago, Illinois.

Diana C. Miller, M.D., is in private practice in West Los Angeles, California. She is also an Assistant Clinical Professor of Psychiatry at UCLA School of Medicine and a member of the Los Angeles Institute and Society for Psychoanalytic Studies.

Gene A. Nakajima, M.D., is a Robert Wood Johnson Clinical Scholar in the Department of Medicine and Psychiatry, University of California, Los Angeles.

David G. Ostrow, M.D., Ph.D., is Associate Professor of Psychiatry and Behavioral Medicine at the Medical College of Wisconsin, and Research Scientist at the Center for AIDS Intervention Research, Milwaukee, Wisconsin. Until recently, he was the primary psychiatrist responsible for the mental health care of persons living with AIDS/HIV in Southeastern Wisconsin. He has been living with HIV himself since 1982 and dedicates his chapter to the caregivers with HIV who have dealt with intolerable social and political reactions while providing hope and care to millions of others.

William F. Owen, Jr., M.D., has a large private practice, specializing in general internal medicine and HIV care of gay and bisexual men, in the Castro District of San Francisco, California. He is a founder of Bay Area Physicians for Human Rights (BAPHR).

Charlotte J. Patterson, Ph.D., is Associate Professor of Psychology at the University of Virginia. She is coeditor of *Lesbian, Gay, and Bisexual Identities: Psychological Perspectives* and edited a special issue of *Developmental Psychology* on sexual orientation and human development.

Richard C. Pillard, M.D., Professor of Psychiatry, Boston University School of Medicine, Boston, Massachusetts, is a clinician and researcher, and a member of the American Psychiatric Association, the International Academy of Sex Research, and the Society for the Scientific Study of Sex. He was active in the effort to remove homosexuality from the American Psychological Association's *Diagnostic and Statistical Manual* and received the first Winfield Scott Award from the National Lesbian and Gay Health Foundation.

David W. Purcell, J.D., Ph.D., is a Postdoctoral Fellow and Instructor, Department of Psychiatry and Behavioral Sciences, Emory University School of Medicine, Atlanta, Georgia. He received his law degree from the University of Michigan, Ann Arbor, Michigan, in 1986 and practiced law for 3 years in Atlanta, Georgia. He received his Ph.D. in clinical psychology from Emory University, Atlanta, Georgia, in 1995.

B. R. Simon Rosser, Ph.D., is an Associate Professor and coordinates the sexual orientation and HIV prevention services at the Program in Human Sexuality, Department of Family Practice and Community Health, University of Minnesota Medical School in Minneapolis, Minnesota. His research includes two books and more than 40 research articles about male homosexuality in New Zealand, Australia, and the United States.

David Seil, M.D., is a psychiatrist in private practice in Boston, Massachusetts.

Charles Silverstein, Ph.D., is a Clinical Instructor, NYU Medical Center, and is in private practice in New York City. He is editor of *Gays, Lesbians, and Their Therapists: Studies in Psychotherapy* and founding editor of the *Journal of Homosexuality*.

Terry S. Stein, M.D., is Professor of Psychiatry at Michigan State University, East Lansing, Michigan, and Director of the Michigan State University AIDS Education Project. He is Past President of the Association of Gay and Lesbian Psychiatrists and Past Chair of the Committee on Gay, Lesbian, and Bisexual Issues and of the Council on National Affairs of the American Psychiatric Association. He has edited several volumes on mental health issues for lesbians and gay men and written extensively about homosexuality, psychotherapy with lesbians and gay men, gender issues in psychiatry, and medical education.

Mary B. Summerville, Ph.D., is a clinical psychologist in private practice in Atlanta, Georgia.

Margery Sved, M.D., is Clinical Associate Professor of Psychiatry, University of North Carolina, and Division Director of Adult Psychiatry, Dorothea Dix State Hospital, Raleigh, North Carolina. She is a Past President of the Association of Gay and Lesbian Psychiatrists.

Terry N. Tafoya, Ph.D., Taos Pueblo/Warm Springs, was trained as a traditional Native American storyteller and has used Native ritual and ceremony in his work as clinical faculty and senior staff of the Interpersonal Psychotherapy Clinic, Seattle, Washington, part of the University of Washington's Medical School, Seattle, Washington. As Professor of Psychology, he directed the Transcultural Psychological Counseling Program at Evergreen State College, Seattle, Washington. He has served on the faculty of the Kinsey Institute, Indiana University, Bloomington, Indiana, as well as the national teaching faculty of the American Psychological Association. He is known internationally for his work and publications in HIV/AIDS, cross-cultural mental health, human sexuality, and substance abuse prevention.

Mark H. Townsend, M.D., is an Assistant Professor of Psychiatry at Louisiana State University School of Medicine, New Orleans.

Mollie M. Wallick, Ph.D., is Professor of Psychiatry at Louisiana State University School of Medicine in New Orleans, where she is Student-Faculty Liaison for Gay and Lesbian Issues.

Foreword

Lawrence Hartmann, M.D.

This textbook seems to me a potentially important major step forward in education about homosexuality. It brings together new knowledge and new ways of questioning and of combining knowledge in a complex and fascinating biopsychosocial field still cluttered with public ignorance and prejudice.

That so much has been, and is being, learned about homosexuality in the past few decades in the United States is, in significant part, one of many productive results of a shift in American thinking. Many social, political, and scientific themes have contributed to the shift, including the struggle for black civil rights in the 1950s and 1960s and the rethinking of social justice in the 1960s. Some more specifically relevant pioneering and cumulative landmarks include the study of Kinsey et al. (1948), which helped establish that homosexuality can be studied scientifically and that homosexual behavior is far more common than had been thought; Evelyn Hooker's studies (1957, 1958) demonstrating the psychological health of gay people; the Stonewall riot of 1969, in which a persecuted minority, somewhat to its own surprise, stood up for itself; and the American Psychiatric Association's 1973 official and properly considered decision to stop labeling homosexuality a diagnosis or disorder. These actions, and many others, helped change a climate.

After years of being generally scapegoated, and sneered or giggled at, and of being largely seen as too risky and shadowy for scientific study, homosexuality has been allowed out, and has energetically come out, into the light of day and of free scientific inquiry. Scientific writing about homosexuality in many disciplines has been strikingly more energetic and far ranging in the past 40 years than in the 50 years—or

even 500 years—before that. There used to be nearly nothing to read about the topic; now there is perhaps more than any one person can read.

This textbook usefully brings together in one place several dozen disciplined essays, studies, and summaries. The very list of its chapter titles, even leaving out those on AIDS, would have been more or less inconceivable a few decades ago.

Many of the chapters are written by current experts in their field. Some of the authors are young; others have half a century or more of expertise. Because I hope that the reader will come to this book and go on from it, with some sense of what has come before it, I would like to list—personally, perhaps idiosyncratically—a few of the thinkers, authors, and journals that have over many years provided me with useful building blocks for understanding homosexuality (even though I will inevitably omit or slight others I have learned from). My thanks go to Ulrichs, Hirschfeld, Ellis, Carpenter, Freud, Gide, Proust, G. Stein, Auden, Isherwood, Kinsey, Cory, Churchill, Ford and Beach, Hooker, Marmor, Stoller, Money, Green, Saghir and Robbins, Bell and Weinberg and Williams, Pomeroy, Goodman, Kameny, Gould, Duberman, Vicinus, Monette, Katz, *The Archives of Sexual Behavior*, *The Journal of Homosexuality*, *The Journal of Gay and Lesbian Psychotherapy*, Spiegel, Freedman, Spitzer, Tripp, Kirkpatrick, Boswell, Shilts, Miller, LeVay, Hamer, Pillard, Bailey, Friedman, Lewes, Chauncey, Kessler, Krajewski, Hanley-Hackenbruck, T. Stein, Cabaj, Hanson, and Isay. I have a list of villains too, in this field, but they will fade with time.

In my early adult life, when the nation's leading newspaper, *The New York Times*, would not even mention homosexuality, I remember that even to study homosexuality was considered quite dubious and probably a sign of bad social, moral, or scientific character. There was pervasive pressure to condemn rather than to study, and those who had studied without condemning (such as Ulrichs, Hirschfeld, Ellis, Carpenter, even Freud) were often themselves condemned. That some researchers currently studying various aspects of homosexuality are openly homosexual, others openly heterosexual, and others of unspecified or unpublicized sexuality, seems to me a healthy mix. It combines the potentially different issues, enthusiasms, sensibilities, points of view, and balance of insiders and outsiders. This is parallel to what has been useful in the study of dozens of other areas—for example, women, blacks, Catholics, Jews, Russians, Americans, businessmen, presidents, and so on.