

BOOK REVIEWS

Creative therapy: Adolescents overcoming child sexual abuse

Kate Ollier and Angela Hobday

ACER Press, Melbourne, 2004

Kate Ollier B.Sc. M.Psych. Grad.Dip.App.Ch.Psych. and Angela Hobday B.Sc. M.Sc.(Clin.Psych) have written an excellent workbook for therapists who are working with adolescents who have been sexually abused. Both Ollier and Hobday have extensive practical experience in the field as clinical psychologists, working together in the UK. Ollier is currently employed at the Disability Services Commission in Perth as a clinical psychologist. Hobday is now head of the Clinical Psychology Service to Children and Adolescents at the Queen Elizabeth Hospital, Kings Lynn, UK. Together, they have already authored three additional creative therapy workbooks. These are *Creative Therapy: With children and adolescents* (1999) and *Creative Therapy II: Working with parents* (2001). Their third book has Angela Kirby as an additional author and is titled *Creative Therapy III: Children in new families* (2002).

Creative Therapy: Adolescents overcoming child sexual abuse is written as a collection of interesting and helpful exercises for the therapist to complete with their clients. The target audience is counsellors who already work in the field, and who are looking to broaden their repertoire of therapeutic strategies. It would be extremely helpful for those new to the work, but the variety and scope of exercises also make it useful for those with more experience, but feel they need more variety in their therapeutic toolkit. It is refreshingly free of rhetoric and jargon, relying upon hard earned practice wisdom.

Copyright laws allow copying of all worksheets for use in work with clients. My one criticism of the book would be the design of the layout. If each worksheet could have been put on a separate page, it would have facilitated easier copying for client use. It could have also improved the book to place the corresponding illustrations beside the worksheet in one opening, so that the reader could refer to the diagram while reading instructions. Numbering the worksheets may have also been helpful.

The book contains 120 different workshop ideas, many with additional variations. The exercises may be tailored to the needs of the client, and suggestions are given in order to do so. Examples of age appropriate and gender specific needs are given, but there is little discussion of differing cultural backgrounds. Emphasis is placed on establishing good trust and rapport with clients to facilitate the healing process. The suggestions given are practical and user friendly. They are sorted into chapters with a brief introduction which outlines therapeutic practice methods. The first, brief chapter looks at defining child sexual abuse and lays the ground rules for therapeutic intervention. The book continues with twelve more chapters covering topics such as 'Dealing with Professionals', 'Coping Skills' and 'Positive Healing'.

It is not a training handbook on how to be a therapist, as the authors point out on more than one occasion. It is a workbook and guide for professionals who have the therapeutic training required to give the exercises depth and meaning, and to provide both safety and containment for their clients. As such, it is a useful and inspiring therapeutic tool, filled with a plethora of ideas, from the simple and fresh to truly innovative.

Reviewed by:

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