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which are used in educational, vocational and training guidance.

Finally, the innovations in training and certification of counselling psychologists is described. The analysis of various degree and higher degree courses is presented.

In summary, the innovative counselling services include preventive strategies, consultation, training of paraprofessionals, management, influencing government and political bodies, organisation of research and dissemination of information. Clearly, the counselling psychologist, as the authors advocate, can be a panacea for social problems. Grandiosity that is advocated, not only by counselling psychologists but also by other professionals in the field, is overwhelming. Nurses, social workers, teachers and many more paramedical professionals push their services and claim their influence in alleviating social problems in the existing social system. Also the merging of these professionals into one body capable of exerting some influence in the human welfare field is not propagated in this book.

The outcome of these innovative and thoughtful changes in counselling, described in the book, and their evaluation from an empirical standpoint is not mentioned. This collection of articles is specific to the applied settings in the United States. Whether they can be implemented in the Australian social system remains to be seen. As to the various training programs for counselling psychologists, in Australia they are practically non-existent. Also, the implementation of various innovative programs is very much dependent on the government financial support.

The book is nevertheless a valuable and informative reference

for the administrators who deal with the planning and implementation of counselling services and the development of new programs. Although the book is written from the psychologists' viewpoint, as its title implies, some of its articles could be useful references for other professionals practising counselling in institutions and in the community. It would be useful particularly for those counsellors who are interested in expanding, modifying or changing their existing services. Although the book provides a diverse collection of articles it is holistic, in addition to being well organised and thought provoking.

Robert Z. Warszwak,
B.App.Sc.O.T.
Social Work Department,
Monash University.

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THERAPY FOR COUPLES

*By: B.S. Ables & J.B. Brandsma.
Jossey-Bass, 1978. No price. 358
pp.*

Marital therapy is an extraordinarily difficult undertaking as anyone who has had prolonged experience of it has discovered. It is a common experience of mine to pick up a book on marriage or on marriage counselling with a feeling of expectancy and hope, only to find that the author is not able to deliver what he promises. I was not disappointed with this book by Ables and Brandsma. The authors are both associate professors of psychiatry at

the University of Kentucky Medical School and they have obviously had very considerable experience in marital therapy. Their book will amply repay students of the subject including those who are experienced practitioners of marital therapy who might wish to review their current practices, and beginners who are relatively inexperienced in treating dyadic problems.

Among other matters, the authors deal with the early phases of couple therapy, helping couples negotiate differences, facilitating couple communication, altering attitudes — perceptions and misperceptions, and specific problems in therapy. Their presentation is well organised and lucid and there is a notable absence of speculative guessing that characterises so many books of this type.

Their book focuses on the work of the therapist rather than on individuals or marriages with which the therapist works. They bring together theory and practice but the emphasis is practical and the reader is brought into the therapist's room to see how the therapist works. The orientation presented for understanding behaviour is a psychodynamic one but a variety of conceptions and techniques are applied that can only be termed eclectic. Their couple therapy is essentially an ego-psychological, problem-solving approach that relies heavily on cognitive orientation, although the under-pinning is psychodynamic. Present transactions between the couple in therapy are heavily relied on to guide therapeutic interventions. Nevertheless, they recognise the limitations of the problem — solving approach used in isolation and they move back and forth between present transactions and interventions which attempt to further awareness.

The authors are well aware how superficial therapeutic work may be if it focuses only on a solution to

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surface problems without promoting an understanding of what needs are served by a couple's present maladaptive behaviour.

They appear to appreciate fully the ingrained nature of such maladaptive behaviour and why "obvious" solutions do not work. Perhaps their position is best stated in their own words:

"We view marital problems as psychological in nature, having transactional and individual determinants". Their understanding of marital dysfunction is based solidly on psychoanalytic developmental psychology but their therapeutic methods are comprehensively eclectic.

This book displays a thoroughly integrated approach to marital therapy. It is amply illustrated by segments of transcripts of therapy sessions and discussion of the therapists responses. Among the verbatim excerpts from therapy tapes are included excerpts of tapes from beginning therapists to illustrate less successful interventions.

Of particular interest in this book is the way in which the therapists work toward promoting the separateness of the spouses within a context of interpersonal union and mutual give-and-take.

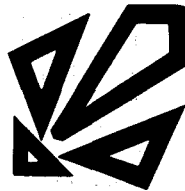
Indeed, this issue of individuality in a setting of mutuality is perhaps the most crucial problem confronting contemporary marriages and the authors treatment of this problem will repay careful study.

This book is a thoroughly contemporary approach to marital therapy. It is theoretically informed and empirically based and readers who themselves are marital therapists will instantly recognise the seemingly intractable problems and ingrained attitudes that they themselves have confronted so many times and will learn something from the way these authors deal with such problems.

Hopefully, "Therapy for Couples" will take its place among other books prescribed as essential reading for all trainee counsellors.

DR WARWICK W. HARTIN.
Executive Director.
Marriage Guidance Council
of Victoria.

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"Legal Resources Book" Gardner J. G., Neal D. J., Cashman P. K., (Eds.) Published by Fitzroy Legal-Aid Service \$12.80. 267 pages.

This is the second edition of a book which in its first printing sold very well. This is not surprising as it is a comprehensive and readable book: a truly impressive attempt to bring the law closer to the people.

Because of its comprehensive nature, it is a large volume. Sections include legal aid, consumer's debts, employment, bankruptcy, family, children, courts, pensions, injuries, motor car property damage, crime, complaints, noise, town planning, tenancy, defamation, insurance, mental health and wills. It is produced in loose leaf form so that the latest developments can be inserted. This is necessary to keep faith with that essential character claimed by the law, that it is living. Each section contains margin headings to aid quick reference, and a good index is found at the back.

Careful consideration must be given to the aims of the book and its achievement of the same. The aims are: one, to produce a book concerned with "poverty law areas" —

this was a need of both law practitioners and people in welfare service occupations — two, to put people in a position where they could solve their own problems (page vii).

The book reputedly sits in most solicitors' offices indicating perhaps that many solicitors appreciate a comprehensive book on law in Victoria, particularly "poverty law", written in layman's language. They would also appreciate the efforts against oversimplification of the law. Many extra references are given to expand consideration of the topic under discussion.

The book will obviously be of great use to the welfare service occupations especially in the following ways. One, a guide for understanding and following the implications of the law when acting for a client. This is not to suggest that welfare workers will cease referring people to solicitors, rather it will aid a multi-disciplinary approach to problem solving, and one in which all participants will now have greater opportunity of understanding. The reason why referrals to solicitors will not cease is probably because after reading the relevant sections, most workers will welcome legal consultation for the book does not mystify, it indicates, the complexity of the law. Two, it will act as an interim aid in those numerous situations where one needs guidelines and cannot reach or contact a solicitor. Three, it will aid checking legal implications so that more appropriate referrals can be made.

Already this discussion has suggested that the second aim of the book, namely to act as a guide to practical problem solving, may not be achieved. Firstly, as the book is about poverty law, presumably poor people might be expected to use it as a tool in problem solving. This idea