

Critical Incidents In School Counseling

Vincent F. Calia and Raymond J. Corsini
Prentice-Hall, Inc. Englewood Cliffs, New Jersey
1973

I feel that the three years Drs. Calia and Corsini have expended in the organizing and editing of this book have produced a truly worthwhile contribution to the counseling literature. *Critical Incidents in School Counseling* is an attempt to give examples of various problems counselors will or have encountered in actual school counseling and they attempt to show how experts have handled these typical counseling problems.

The authors have divided the book into three major sections. The first part of the book entitled *The Counselor and the Couselee* deals with problems the counselor will find in both individual and group counseling sessions with students. The second part of the book deals with the *Counselor and the Family*. In this section, the author presents various incidents that counselors have encountered in the process of working with parents and the community. The final portion of the book relates to incidents which involve the *Counselor and His Colleagues*. This section deals with the counselor's normal interactions with teachers, counselors and administrators.

It is a refreshing change to see a book emphasize the need for counselors to work not only with students but also to work with parents, teachers, and administrators. The authors have done an excellent job in the choice of critical incidents to be used in their book. They have chosen not only extreme cases a counselor would encounter but also include some "typical" problems which all counselors experience.

The authors have also made a concerted effort to include not only counselor educators and psychologists to evaluate each critical incident but have chosen counselors, teachers and administrators to give their expert opinion.

I feel that the authors have done a worthy job in their attempt to include people with very diverse theoretical backgrounds to evaluate the critical incidents (Dreikurs, Williamson, Ivey and Klopfer). I feel it would have been worthwhile to have included someone with a definite behavioral bias in order to give the reader a much broader view of how to handle various problems that will be encountered in counseling.

I would highly recommend this book not only to the student counselor but to the trained professional counselor as well. They will find it to be a valuable experience. I congratulate Vincent Calia and Raymond Corsini for this fine book.

Michael T. Yura

Growth Through Reason

Albert Ellis

The Institute for Rational Living, Inc.

1971

This book written by the originator of Rational Emotive Therapy (RET) plays back actual sessions conducted by six different therapists, including himself. *Growth Through Reason* will appeal to counselors, psychologists, and laymen who are interested in personal growth.

The cases presented in this book include varying problems such as a couple who have never had intercourse in thirteen years of marriage, a man who is afraid he is becoming homosexual, and a 17-year-old deprived high school student who was referred because of his low opinion of himself. The introductory chapter offers an excellent short explanation of the theory behind Rational Emotive Therapy.

Dr. Ellis's book is not only a series of verbatim cases in Rational Emotive Therapy but it is also an instructive manual as to the use of RET in practice. At frequent intervals, Dr. Ellis interrupts the sessions in order to explain what is happening — what techniques of RET the therapist is using and points frankly to those instances where the therapist has deviated from “classical” RET methods or where he himself might handle the situation differently.

Growth Through Reason is a worthwhile addition to everyone's library. His explanations of the dynamics of each counseling session makes this book not only enlightening but instructive. Although the cases presented are primarily applicable to a select group of professionals, one can gain much from the therapist's application of RET theory to the variety of cases presented.

Michael T. Yura

Child's Play

R. E. Henson and Brian Sutton-Smith

John Wiley & Sons, Inc.

1971

Adler stated that "there is in the life of a child an important phenomenon which shows very clearly the process of preparation for the future. It is play." *Child's Play* is a book of readings presenting the major historical and theoretical approaches over the past 70 years. The book begins with the philosophical proposition that work and play are changing rapidly in contemporary cultures. Normative studies outlining earlier attempts to state general laws of children's play are also outlined. Sections also include ecological studies detailing the first attempts to think of play within the normal experimental modes of psychology and a psychoanalytic section which includes a review of the literature. The most original chapter is on a developmental approach to children's play. This book also includes an enlightening chapter devoted to theoretical analysis of play, in particular to Jean Piaget and the author's reaction to Piaget's position.

Child's Play is a refreshing change to the literature related to children's play. Henson and Sutton-Smith attempt to give not only a traditional psychoanalytic view (Anne Freud) of children's play but also attempt to give more contemporary views of a child's play (Piaget). For the reader who's contact with theoretical views of play is limited, *Child's Play* is a worthwhile and enjoyable experience. Although limited somewhat in the scope of theoretical viewpoints discussed, *Child's Play* is definitely worth reading.

Michael T. Yura

Loneliness and Love

Clark F. Moustakas
Prentice-Hall, Inc.
1972

Loneliness and Love is another book by Clark Moustakas, the author of the famous existential study *Loneliness*. In the volume, Moustakas not only attempts to describe the human elements which effect the development of loneliness with man but argues that loneliness is a very positive dimension of the human experience and an extremely necessary part of experiencing one's self.

The theme of this book is that everyone needs to experience the pain of loneliness to become reacquainted with himself to know the glory of being himself and setting up an honest, personal value system. Loneliness is not a critical state but rather a state that can bring you in touch with yourself.

Moustakas makes one very important point in this fine book. It is that if you are unable to make it in life by yourself, you'll be unable to make it with anyone else.

The author also discusses such topics as encounter groups, the lonely child, and the difference between loneliness and solitude and the difference between being alone and being lonely. The author makes a strong case regarding the authenticity of group experience, he questions the idea that self awareness alone is the most essential element of self-growth. He states that feedback is a valuable part of the process but not the essential factor.

I feel that Moustakas' latest book, *Loneliness and Love*, is something everyone should read and experience. The idea that if you can experience yourself in isolation you can therefore move toward more meaningful love relationships with your fellow human beings is worthy of much consideration. This book is an extremely pertinent essay for this time in the development of our society.

Michael T. Yura

Counseling Techniques of Youth

Krause and Hendrickson
Charles E. Merrill Publishing Company
1972

Counseling Techniques of Youth is a book designed for both the student counselor and the experienced practicum. It attempts to deal with some of the problems confronting today's youth—parents, drugs, the world situation, career indecision, sexual adjustment and black-white conflicts. The book also looks at the concepts of an effective personality; alternatives to come to me counseling (group counseling, psychodrama, multiple counseling, and activity therapy); the physical facilities necessary in an effective counseling program; and the following techniques of counseling: simple restatement, inflection of feelings, interpretations, clarifications, confrontation, termination, and referral.

I feel this book has some major drawbacks. The authors have attempted to cover too much material in 112 pages. It covers too briefly topics which have great need to be explained further, especially for an unexperienced counselor. Another major drawback to the book is that the authors give the impression that any combination of techniques and theories is acceptable and should be encouraged. They state that (page 21) "it is wrong and inappropriate for professionals to wholeheartedly adopt a single isolated theory." I feel this attitude can be misleading to the beginning counselor for it **precludes** the idea that eclecticism is the only answer.

I also feel that one important area was omitted by the authors. The technique mentioned in the book deals with crisis intervention of the problems of youth as opposed to aiding both the beginning and experienced counselors develop techniques for the prevention of these courses. It appears that the author conception of the role of the counselor is strictly one of crisis intervention and not of prevention.

I feel the authors have attempted too broad a task and have negated a potentially beneficial area of discussion.

Michael T. Yura

Newly Published Books

1. *The Riddle of Cruelty* – G. Rothman, M.D., Philosophical Library Inc., 15 East 40th Street, New York, New York.

This book presents an analysis of pleasure derived from actively existed and suffered cruelty-Sadomasochism.

Dr. Rothman attempts to analyze the phenomenon from its historical form of reference including its philosophy, religion, medicine, law, and education. He also presents case histories taken from the author's private practice designed to give the reader an understanding of this community problem.

2. *Reflections* – Ross Thalheimer, Philosophical Library Inc., 15 East 40th Street, New York, New York.

This book deals with the author's new and all-encompassing theory concerning the fundamental nature of organism behavior. Dr. Thalheimer calls this principle his Basic Tendency. He applies this principle to organic evolution to reward theory of learning from animism to the treatment of psychopathology. He also expounds upon other topics such as the beginning of life, free will and determinism, and the nature of comedy and tragedy.

3. *Studies in Dyiotic Communication* – Aron Wolfe and Benjamin Pope, Eds., Pergamon Press Inc., Maxwell House, Fairview Park, Elmsford, New York.

This book includes a number of diverse studies based on both experimental and naturalistic interviews, experimental dialogues and free speech samples. The papers in this volume focus primarily informal and structural rather than content variables.

The major emphasis of these studies is a communication – the verbal or nonverbal interaction between the participants. This volume explores various interview styles, the role of the interviewer – interviewee relationships, three different approaches to body movement, the role of auditory feedback in the control of spontaneous speech, speech patterns in patient groups and the application of theoretical models – exchange theory and a psycholinguistic model to the interview.

4. *Advances in Experimental Clinical Psychology* – Henry E. Adams and William K. Boardman, Pergamon General Psychology Series, Maxwell House, Fairview Park, Elmsford, New York.

The authors discuss two distinct but related schools of thought which have emerged from this decade of skepticism over solution to the problem and future of clinical psychology. One position holds that uncertainties in theory

and practice in the profession are best resolved by attention to the clinical data generated by the application of traditional experimented psychology. The other method advocates an immediate, flexible, and pragmatic approach to social problems at the community level, with the belief that future research will refine and validate the useful elements in their efforts.

The authors show these two methods may yield information relevant to both professional and social problems. This volume also includes papers in the area of assessment techniques, research in psychopathology and the novel applications of behavior change techniques. They also include a final chapter which aids the researcher to finally discover how their complex creation is to be reported to others.

5. *Reliability of Evidence* — Arne Trankill Beckman's, Sonterargaton we, S-162 10 Vallingby, Sweden.

Reliability of Evidence is a book which deals with the methods of analyzing and assessing witness statements. The book consists of three major parts. The first is entitled Foundations of Statements. This section acquaints the reader with the concepts psychologists use when they analyze human perception, human memory and human verbal communication. The second part of the book, Experimental Witness Psychology, consists of descriptions of two experiments which were conducted in the tradition of witness psychology. These sections will aid the student in understanding the defense mechanisms active in the memory process.

The third part, Technique of Analyzing Witness Statements, aids the psychologist in the analysis of witness statements. This section includes a case in which the court appointed a psychologist as an expert in certain parts of the witness evidence in the case. This book attempts to evaluate expert witness testimony from a systematic methodological framework which has never been attempted previously.