4. Involve a client in observation of positive behaviours between counselling sessions. Focus on how things are changing for the better.

5. Look for positive exceptions. For example, a client may lack confidence to approach employers. Are there any times when the client has successfully approached an employer?

6. Discuss any positive changes between the time when he/she first thought about making the appointment to see you and the start of the first counselling session.

7. Look to the future. Have your client imagine that the problem has been solved (a miracle). What would have happened, how would it happen, and what would it mean to him/her?

8. In the phrasing of questions, the counsellor should assume that someting positive has happened. For example, do not ask your client if he/she has ever done anything that worked. Ask you client to describe some of the things that have worked.

9. Break the cycles of negative activities. Change the frequency, timing, duration, or location of actions. Add something different if this is possible. The main idea is to start behaving differently.

10. Break the cycle of negative thinking. Interrupt and limit the client who is making unhelpful statements or questions (or who is talking endlessly about the same problem). In some situations you may be able to ascribe positive intentions and motivations to behaviours which had previously been considered problematic.

Overall, I quite enjoyed the book. It is very readable and I appreciate the model and the practical case illustrations. The material is interesting and should be of interest to a wide variety of counselling practitioners. My only caution would be the rather strident presentation of a future orientation in counselling. While this is certainly a much needed perspective, the authors tend to overstate their case.

Although the book does not specifically address the career counselling domain, I felt that many of the concepts would be relevant to peole working in this area. The focus on solving problems within a future orientation is something that has broad application. I can see the value of using many of the concepts within an individual and group employment counselling context.

Spacapan, S. & Oskamp, S. (eds) (1992). *Helping and being helped: naturalistic studies.* Newbury Park, CA: Sage.

Reviewed by: David Paterson, Doctoral Student, University of British Columbia.

How do offers of assistance affect the help-seeker? Who is likely to help? And what are the negative aspects or costs of helping relationships? These are among the questions posed by the authors of this worthwhile book.

Helping and Being Helped contains a summary of information presented at the Seventh Claremont Symposium of Applied Social Psychology on February 3, 1990. Each of the eight chapters is written by a different team of researchers bringing the total number of contributors to this edition to nineteen. Taken as a whole, the volume represents a comprehensive overview to many facets of helping as well as an extensive reference list supporting each chapter. Editing and organizational continuity is excellent, allowing very little overlap in content areas.

Following a brief introduction in chapter one, "An Introduction to Naturalistic Studies of Helping," are three chapters detailing theoretical issues related to help-seeking. Chapter two, "The Helping Process in the Context of Personal Relationships," outlines the help-seeking literature and explores the inconsistencies between the results of laboratory and field research. Explanations of the processes affecting each type of data collection and possible future research directions are offered. In chapter three, "Self-Help Groups, Peer Helping, and Social Comparison," the authors provide a theoretical research paradigm of how these systems can be rigorously investigated and ultimately better understood. Chapter four, "Elements of Supportive Interactions," addresses the quality of support received and presents a conceptual model to identify when attempts to help are effective.

While interesting, the treatment of theoretical issues surrounding the helping process is not comprehensive. For example, there is no discussion of how cultural considerations may influence a subject's selection of helper. Nor is there any attempt to address possible within-group or between-group attitudes on an international scale. The absence of this discussion represents a signficant limitation of the current volume. Moreover, the reference list is drawn mainly from the field of social psychology. Those interested in a thorough presentation of the social psychological perspective on help seeking will be satisfied with the content of these early chapters. The review of existing research is complete and gaps in the literature are identified. Readers from other disciplines in human studies will be aware of related research that has been left out or ignored.

In the final four chapters, extraordinary situations are presented as illustrations of the process of helping. These include: 1) chronic illness and marriage, 2) Alzheimer's caregivers, 3) living kidney donation, and 4) AIDS volunteerism. The most engaging feature of these chapters is the creative choices of human circumstances examined. I found the decision-making model to be particularly compelling and well-illustrated in the case of living kidney donors. The question of motivation for becoming involved as an AIDS volunteer is also fascinating. What attracts people to this helping role? What demographic characteristics or personality traits do helpers have in common? These questions along with others presented challenge existing conceptions of desirable qualities of helpers.

Practising counsellors will find this book to be a readable and wide-ranging introduction to helping research. It is important to note that there is little offered in the way of practical clinical suggestions as the title may suggest. Counsellor trainers may be curious to examine some of the qualities of the "natural" helpers against applicant selection procedures for programs

in counselling psychology. Researchers in counselling will enjoy the range of related reference material and the discussion of new research questions. The topics of the final chapters seem particularly well-suited to exploration utilizing a qualitative research design. This is not a suggestion presented by the authors but will seem a very apparent natural extension to many readers in our field. Overall, I would recommend this book for a variety of reasons to any counsellor interested in the topic.