

the reference and basis for all further discussion. The potential value of the book may have been strengthened through separate discussions on other EAP areas of concern such as depression, stress related disorders and marital relationships. As stated, these issues represent a large percentage of EAP referrals today.

I understand that no one book can cover all the complex aspects of an evolving field such as the EAP practice. At the same time, I am somewhat disappointed that the EAP information presented here does not include a preventative or proactive dimension. The possibility that an EAP practitioner can be involved in helping the "at risk" worker (through confidential interviews, "at risk" profiles, individualized wellness programs and support groups) BEFORE the situation becomes dysfunctional is neglected. In addition, since most EAPs rely on external providers, I had hoped for a more in-depth discussion and further direction on the ethical and political issues facing both parties: who is the client? how can confidentiality be maintained? what are the potential problems and solutions with third party reporting and billing?

Notwithstanding the limitations I would highly recommend this book to all professionals in the EAP field.

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Prochaska, James, & Norcross, John. (1994). *Systems of Psychotherapy: A Transtheoretical Analysis*. (3rd ed.). Pacific Grove, CA: Brooks/Cole Publishing Company. 540 pp.

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*Reviewed by:* Jill Turner, University of Alberta.

What makes *Systems of Psychotherapy: A Transtheoretical Analysis* more appealing than many other counselling theory texts which have been previously published? Primarily, the authors' generous use of clinical examples and case studies allow the readers to have a clear understanding of the practical applications of each of the theories.

*Systems of Psychotherapy* provides a thorough, comprehensive, and objective view of 14 prominent theories of psychotherapy. Theories of psychotherapy covered in this text include Psychoanalytic, Adlerian, Existential, Person-Centred, Gestalt, Cognitive, and Systemic. In addition, new chapters based on Gender- and Culture-Sensitive therapies and Integrative and Eclectic therapies have been added to this latest edition. The authors of this book successfully emphasize the similarities and distinguish the essential differences between the theories. As a result of these similarities and differences, Prochaska and Norcross set out "to construct a model of psychotherapy and behaviour change that can draw from across the major theories—hence the name transtheoretical" (p. 457). They argue that transtheoretical systems illustrate how much the therapeutic systems agree on the processes that produce change, while disagreeing on the content that needs to be changed.

Each chapter of this book follows the same structure and is clearly organized into "integrative steps" that are used to analyze and examine each

psychotherapy system. Each chapter includes a theory of personality which in turn points to a theory of psychopathology, which leads to a theory of therapeutic processes, therapeutic content, and therapeutic relationship. In addition, each chapter examines the practicalities and effectiveness of the therapy with reviews of controlled outcome studies and meta-analytic reviews of the particular system. Also, the particular system is criticized from contextual, psychoanalytic, behavioural, humanistic, and integrative perspectives. Each chapter closes with an analysis of the same complex client so we can compare the different approaches and examine their unique therapeutic goals and respective techniques. As indicated by the authors, the same case study which is examined by each of the 14 theories of psychotherapy illustrates how convincingly each system or perspective can treat the same client.

I concur with the authors that this book will be beneficial to students in undergraduate and graduate level introductory counselling/clinical courses. This book will also benefit more experienced practitioners who are looking for a balanced and informative review of psychotherapy theories. In addition to being an effective reference book, it provides clinicians with current perspectives on gender- and cultural-sensitive therapies. It also provides the reader with controlled outcome studies so clinicians can examine the effectiveness of specific psychotherapeutic theories.

Unlike other introductory counselling texts, this book does not cover different aspects of counselling such as intake interviewing, resistance, termination, therapist's fears/concerns, and ethical concerns (Pipes & Davenport, 1990; Corey, 1991; Ivey, Ivey, & Simek-Morgan, 1993). Although there are various types of introductory counselling textbooks, *Systems of Psychotherapy* would have been enhanced had an ethics and counselling component been added. However, what sets this book apart from others in its class is the authors' generous use of clinical examples and case studies which give life to the theories. Our understanding of complex theories is enhanced by the authors' unique and valuable experiences which are grounded in their extensive practical experiences.

This thoughtful and well-organized text will be a good asset to a counselling student or seasoned practitioner when in need of consulting theories of psychotherapy or if we are looking for a new transtheoretical perspective in our practice.

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O'Connor Higgins, Gina. (1994). *Resilient Adults: Overcoming a Cruel Past*. San Francisco, CA: Jossey-Bass Publishers. 373 pp.

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*Reviewed by:* Romeo Beach, Yellowknife, NT.

Dr. O'Connor Higgins brings new meaning to the term "resilience" when applied to psychology and the human spirit. What do we truly know about the origins of healthy loving, which can develop in spite of repeated abuse and neglect? *Resilient Adults* gives us the opportunity to move beyond pathol-