

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-

ogy to a process of self-righting and growth for victim and survivor that characterizes some individuals who have moved beyond their trauma.

*Resilient Adults* is a book that invites its readers to look beyond the clinical world challenging the strictly behavioural and cognitive approaches to understanding human behaviour to include the emotional and spiritual aspects in a more holistic understanding of human development.

Human trauma, whether the direct or indirect result of abuse or neglect, has the potential to destroy the lives of individuals. Yet there are some people who in spite of the trauma experienced in their lives are able to hope; to salvage good from their negative and potentially self-destructive experiences.

Dr. O'Connor Higgins presents her research in a way that would appeal to a variety of readers including the traumatized, the clinician and the natural caregivers. For those who have lived through or are in the midst of their trauma, this book provides a ray of hope. To the clinician, there is information to assist in cultivating resilience; and to those who simply respond with care, their efforts are validated and form the basis for teaching anyone how to respond to the needs of the traumatized.

*Resilient Adults* is a well researched presentation. Dr. O'Connor Higgins provides the necessary background to the prevalence of abuse and the effects on those who survive such abusive experience. She then walks the reader through a variety of means by which hope begins to be the foundation on which the resilient are able to build a life that is productive and meaningful for themselves. This is further developed by assisting the reader to have some understanding of such concepts as "faith development theory" and the "pursuit of resilient faith." Such faith does not remain in the abstract. People share their stories demonstrating the active and concrete ways in which the resilient live hope and faith.

Do not be deceived by the language and images of hope, faith and resilience. The language is intimate when individuals speak of their experiences. At times it felt like reading a non-fictional novel. At first this seemed unusual and out of place for such an important work. Yet the language and images kept me coming back to the content. Soon I discovered the importance of these images as part of the whole experience of life and understanding resilient adults. The images used were a way of connecting with the subjects and understanding their experience as well as the concepts the author intended the reader to grasp and appreciate.

This is a very readable book. It informs and invites the reader to be taken up with the vision for hope experienced by those living through and beyond their particular trauma. Dr. O'Connor Higgins clearly states the nature of her research and is not apologetic about its qualitative nature. The goal of her research is clinically oriented. She has no illusions about making a definitive statement about the issue. Rather she provides the beginning of a new understanding about human experience that is beneficial to both professionals and the resilient.

I appreciate the extensive chapter notes. This helps in making connections with other major research and writing in the field of trauma. Dr. O'Connor Higgins challenges the scientist in all of us to value the

spiritual dimensions of one's experience as much as we value and honour the behavioural and intellectual approaches to understanding human experience.

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Weaver, John D. (1995). *Disasters: Mental Health Interventions*. Sarasota, FL: Professional Resource Press, 204 pp.

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*Reviewed by:* Monty Nelson, University of Alberta.

This book is targeted towards novices or veterans in the area of disaster mental health (DMH). Written by an author with a strong passion for working in DMH, the book is designed as a "practical overview of the DMH field and the many opportunities it offers to those who are willing to . . . assist others in times of disasters." This book covers many topics, yet attempts to do so in a manner that does not overwhelm the reader. However, this approach encounters some substantial difficulties with structure, form, and content, which render the book a frustrating experience to read.

Weaver is a Master's level clinical social worker, therapist, and trainer who specializes in crisis intervention services and risk management. Based out of Pennsylvania, he has been an active volunteer with the American Red Cross, having assisted at several local and national disasters including the Mississippi River/Midwest floods of 1993, as well as the 1994 crash of USAir Flight 427. This book is his fourth publication.

Weaver covers topics regarding large-scale levels of disaster management, and organization of national and local bodies such as the American Red Cross. The book also covers micro-level disaster management skills such as the details of the helping process and understanding psychological reactions to disasters.

Although replete with information on how to deal with crisis scenarios, this book has several drawbacks. First, components of the book are written strictly regarding the American Red Cross policies, procedures, regulations, and paperwork in crisis situations. References are made to several American disasters and how they were dealt with by the author and the American Red Cross. Readers not residing in the U.S. may question the book's utility because much of the information regarding phone numbers to use, agencies responsible for certain tasks, or policies for dealing with situations may not apply. One may find greater benefit by contacting local municipal offices and gathering relevant information directly from them rather than reading this book.

Secondly, Weaver's attempt to provide a clear presentation of material seems to result in a book that is filled with lists. Not all of these lists are of questionable utility, and the vast majority of the lists within this book are confusing and lengthy combinations of points to remember. Many of the lists have up to 21 items of supposed "key" tips, including some items that seem to be out of place. In addition, it is often unclear whether a particular list is the author's ideas, or if it was gleaned from another source.