

Kathryn and David Geldard have produced an excellent hands-on tool for both new and experienced counsellors. They provide many practical ideas for engaging children in the counselling process and for helping them deal with issues of concern. The different counselling approaches suggested for practitioners are easily adapted for various cultures, beliefs, lifestyles, and values. While it is very important for professionals' libraries to include works based on theory and research, it is just as imperative to have publications devoted to putting the theories to practical use. *Counselling Children: A Practical Introduction* is such a book.

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Humphrey, Geraldine M. & Zimpfer, David G. (1996). *Counselling For Grief and Bereavement*. Thousand Oaks, CA: Sage Publications Ltd.

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*Reviewed by:* Tamara D. Hanoski, University of Alberta.

*Counselling For Grief and Bereavement* provides a great deal of information for counsellors and counselling students. The authors believe that loss is an integral part of life, and state that it is very important for counsellors to understand grief and bereavement issues, as it would be very rare to work with a client who had not experienced some type of loss.

There are nine chapters in the book, which cover a broad range of relevant issues. The first chapter provides definitions, describes various models of loss and bereavement, and discusses different categories of loss. This chapter also describes various perspectives of loss, and how these different perspectives can have an impact on the client's experience of grief. Chapter 2 is a description of assessment tools that the counsellor can use with a client. The authors provide strategies for obtaining a detailed loss history, which can be helpful in identifying unresolved losses from the client's past. Grief Counselling and Grief Resolution are covered in Chapter 3. The authors describe the process of working through grief and the tasks that need to be accomplished in each stage of counselling. Chapter 4 addresses Family Grief, and describes developmental stages that the family moves through during its life cycle including the differing grief issues that will arise for individual family members, as each will grieve in different ways and will have different issues to face when confronted with a loss. Chapter 5 offers a description of group counselling, and the contributions that grief groups can have for people who have experienced a loss. The authors also provide a detailed outline for a ten-week adult support group. Anticipatory Grief is covered in Chapter 6, and provides various definitions of anticipatory grief, and describes models of intervention. Chapter 7 addresses special situations where the resolution of grief may be more difficult, such as in cases of suicide, murder, or AIDS. The eighth chapter deals with issues that arise when grief is not resolved, while the final chapter addresses outreach in the community since the authors feel that resources in the community are an important adjunct to individual counselling.

I found this book to be very informative and helpful. It is extremely comprehensive, and covers a broad range of topics that are relevant to issues of loss and grief. I particularly appreciated the authors' definition of loss, in that it encompasses other life events, as well as death. I also found the assessment tools, intake forms and activities to be instructive and interesting, and believe that they would be very helpful to use with clients in counselling. In addition, the session-by-session description of group counselling would be extremely useful in planning a grief support group. The authors provided case examples throughout the book, which were helpful in understanding the concepts that were discussed, and in showing how to work with a variety of special issues and/or clients. Although the authors provided a broad description of theories and models of bereavement, they did not go into any of them in depth. Thus, if one is interested in theory, he/she will have to look to other sources.

Overall, I found the book to be quite well written, with a lot of information and helpful suggestions for the counsellor. I would highly recommend this book to all counsellors and counselling students, as loss and grief are inevitable aspects of working with people in the counselling field.

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Mitchell, John J. (1998). *The natural limitations of youth: The predispositions that shape the adolescent character*. Stamford, CT. Ablex Publishing.

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*Reviewed by:* Patrick Keeney, Okanagan University College.

Adolescence is a tempestuous time when a young person's healthy and natural self-love runs the danger of becoming perverted into something sinister and life-denying. The challenge for adult mentors is to maintain in youth a healthy self-regard, without allowing it to degenerate into an egocentric and anti-social self-absorption.

In this admirable treatise, John J. Mitchell explores that fragile space between an adolescent's healthy and natural self-love, and the disastrous egoism which looms like a thunderhead over youth. Mitchell has no time for those romantic clichés that would have us believe that youth are naturally noble and good, for the simple truth is that: "... adolescent potential has no guaranteed direction; for the natural talent of youth to mature it must be aimed and trained: (pp. xiii - xiv).

Mitchell's focus is on "how easily youth are corrupted and how readily they are broken" (p. xv). While adolescents have no preordained nature, they nevertheless do possess predispositions and natural limitations which make them vulnerable. It is these predispositions which are the locus of his concern. To examine them he organizes the book into three sections: Adolescent Intelligence; Adolescent Selfishness; and Adolescent Companionship, Friendship, and Love.

Adolescents have trouble thinking clearly, consistently, and coherently. While they welcome the onset of reason, "they are apprehensive about it because they have no real mastery of it" (p. 64). Consequently, adolescent intelligence is marked by egocentricity and wishful thinking, making youth prone to certain critical decision-