

process in a way that gives credence to the families' own strengths and unique contributions. Specific examples and meticulous organizational style further enhance this section. As Part III draws to a close, the authors outline a variety of case reviews in order to contrast ways in which basic skills can be implemented. The result is a chapter that serves to integrate all aspects of the book for the reader and stir excitement in entering into the hands-on process of family therapy.

Overall, *The Practice of Family Therapy* provides a foundation for the beginning therapist to develop in further practice. Although it does not place much focus on the postmodern approaches, it does provide a good foundation for the dominant systemic traditions. Suzanne Hanna and Joseph Brown have been successful not only in helping the beginning therapist make the necessary bridge between theory and practice but in making concrete and accessible the basic elements of the counseling profession. *The Practice of Family Therapy: Key Elements Across Models* is a terrific resource for any beginning clinician.

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Poindexter, C. C., Valentine, D., & Conway, P. (1999). *Essential Skills for Human Services*. Belmont, CA: Wadsworth Publishing Co.

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*Reviewed by:* Daryn Kemp, B.A., M.Sc.(cand)

*Essential Skills for Human Services* is an introductory text for beginning helpers which presents many of the issues encountered in the helping professions. The first section, "Laying the Groundwork," introduces the beginning helper to the concept of help, to underlying values or help-giving, and to an awareness of self and others. Within the first section, Chapter 2 looks at the role of helper attitudes and values, while Chapter 3 focuses on the importance of cultural awareness in the helping relationship.

The second section, "Foundations for Helping," further explores the helping relationship, use of self, communication and interviewing, and principles and techniques of active listening, crisis intervention, and problem solving. In particular, an entire chapter is devoted to active listening. Chapter 6 focuses on other helping skills such as empowerment, informed choice, and accentuation of strengths, while Chapter 7 deals with crisis intervention, and provides a great deal of information on suicide.

Case management and community organizing helping models are presented in the third section in order to familiarize readers with the system processes and relationships. The important theme of advocacy is central to the section.

Specific situations are addressed in the fourth section. For example, chapter 11 is dedicated to the issue of violence in relationships and families, while subsequent chapters discuss special populations, such as persons who are elderly, persons with HIV, or persons with developmental disabilities. Chapter 14 provides a brief introduction to, and explanation of, mental illnesses such as depression, bipolar disorder,

schizophrenia, dementia, and alcohol and drug abuse.

The fifth and final section provides helpers with information regarding consultation and stress management. Chapter 17 provides information on the very important topic of taking care of yourself as the helper, including details on making referrals, and a good exercise for assessment of healthy behaviors.

Throughout each section, illustrations, exercises, and questions prompt thought. In particular, the "Think About It" exercises throughout pose relevant, important, and contemplative questions to the reader, providing the opportunity for self-reflection.

Essential Skills for Human Services is well organized and insightful. It guides the reader into important areas for reflection and introduces the reader to topics especially relevant in today's society. I was especially impressed by its coverage of current topics such as helping people with HIV, as well as the book's emphasis on empowerment, advocacy and other "post modern" ideals.

One area that could have been addressed more completely is the issue of reluctant or resistant clients. While the book mentions this topic briefly it doesn't provide the helper with the tools to work through issues specific to these individuals. The involvement of the client's family is another area that could have been expanded in order to provide helpers with another approach to problem management.

This book would make an excellent introductory textbook for courses about Human Services, Interviewing, or Counselling Skills. It would also be valuable for professional facilitators who are teaching groups of paid or volunteer helpers. As well, it is organized in such a way that it can be used as a self-help guide for beginning helpers who wish to be better prepared to work with others.

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Cormier, S. and Cormier, B. (1998) *Interviewing strategies for helpers: Fundamental skills and cognitive behavioral interventions, 4th Edition*. Pacific Grove, Brooks/Cole Publishing Company.

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Reviewed by: Sharon Ashton, B.A.

*Interviewing Strategies for Helpers: Fundamental Skills and Cognitive Behavioral Interventions* is a comprehensive teaching text, written with clarity and an engaging style. The first half of the book discusses therapeutic conditions and the counselling skills that are essential to practitioners from any theoretical base. These include the development of facilitative relationship conditions, the ability to listen responsively to verbal and nonverbal communication, and interaction skills that encourage the client to move toward self-exploration, understanding and action. This section also directs the counsellor to deeper self-awareness regarding issues that may impact the therapeutic relationship. The authors then provide clear and specific suggestions on how to work collaboratively with a client to identify the significant presenting issues, define the problem(s), set treatment goals, design a treatment plan, and evaluate progress.