

all mental health and substance abuse practitioners. Moreover, the book's extensive appendices make it a handy source of reference and an invaluable addition to one's personal library.

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Neuharth, D. (1998) *If You Had Controlling Parents* (1st Ed). New York, NY: Harper-Collins Publishers.

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*Reviewed by:* Olivia M. Quentin, Acadia University

We all have parents. They, or our immediate caregivers, extended a certain degree of control over us. However, individuals who were subjected to an unhealthily high degree of control may be at risk for distorted self-images, depression, addictions, eating disorders, or the inability to sustain an intimate relationship.

Dan Neuharth works as a family therapist in San Francisco. The analysis of the problems and his recommendations for resolving them are based on assumptions of psychodynamic/ object relations, family systems, and cognitive-behavioural theories. Having grown up in a controlling family he wanted to create a book that assists in making peace with the past and resolving anything unfinished with parents.

The book skillfully blends a variety of self-tests and exercises, a discussion of a range of issues, and extensive interviews with forty individuals who were affected by controlling parents. The book, however, does lack an index. The book is divided into three parts. Part 1, entitled "Naming the Problem," describes eight styles of controlling parents; in Part 2, "Understanding the Problem" the author provides a clear sense of why and how parents may have acted as they did and addresses the possible effects on individuals; and finally, Part 3 discusses "Solving the Problem" and offers "paths to healing".

The introduction contains assessment charts to help readers decide whether this book will be useful. Neuharth presents questions such as: "Growing up, did you often feel. . . Forbidden to question or disagree with a parent? Pressured by excessive expectations? Criticized more than you were encouraged?"

Neuharth's "Dirty Dozen" in the second part contains explanations which illustrate the process of contracting harmful habits. The well-laid out table in this chapter describes methods of control, gives examples of those methods, and shows "Potential Consequences." For example the method "Social Control" means "Interfering in choices of friends and dates" and "Discouraging contact with non-family members" which potentially results in "Slowed individuation" and "Distrust, gullibility or distorted ideas about relationships and other people . . ."

The next step in the book leads to "healing" which is a crucial initial requirement for "Emotionally Leaving Home," a process Neuharth also calls "Individuation." I would have liked Neuharth to elaborate on this matter.

Many clients come into therapy looking for answers and solutions, for 'a' truth. By pointing out contradictory statements that are equally true, *If You Had Controlling Parents* helps the reader to realize and to accept that there is not always a single truth and that several answers or solutions can be found.

In summary, the book contains beneficial exercises and discussions. The presentation is clear, language and style are adequate, the organization is logical and concise, and the exercises are specific and sensible. The book informs and invites readers to design their own healing processes tailored to their needs. Experienced therapists may want to omit parts, but still apply the exercises. This book is, therefore, a highly recommended resource for counsellors who appreciate practical approaches and for individuals who want a self-help book that eases the effects of controlling parents.

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Swanson, J. L., & Fouad, N. A. (1999). *Career Theory and Practice: Learning Through Case Studies*. Thousand Oaks, CA: Sage Publications

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*Reviewed by:* Trina L. Roll, University of Calgary

*Career Theory and Practice* by Jane Swanson and Nadya Fouad is a textbook providing an overview of instrumental theories of career development. The authors are vocational psychology educators and have published numerous articles and book chapters in the field. In *Career Theory and Practice*, their first textbook, they bring the theories to life by drawing on case studies to provide directions and implications for career counselling from each model of career development.

The career theories included in the book range from the traditional theories, such as Holland's theory of vocational personality and work environment, and Super and Gottfredson's developmental theories, to Krumboltz's social learning theory and the social cognitive career theory. Also, gender-aware, culturally appropriate, and integrated approaches to career counselling are outlined and specific models for each are described and discussed. The authors evaluate empirical support for each of the major theories and provide a chart to compare each of the major theories' constructs and outcomes.

The book is well organized, and each theory is simply explained for the reader. The descriptions of each of the constructs, tools and tests associated with each theory are specific and concise and provide a useful overview. Readers will find many practical ideas in the suggested assessment and interventions, case studies, and discussion questions used throughout the book.

A unique feature of *Career Theory and Practice* is the authors' use of multiple case studies allowing readers to develop a practical understanding of the various theories of career development. Also, the addition of gender-aware and multicultural approaches brings to the forefront specific issues related to career development that have not been explicit in most other vocational psychology theories and textbooks.

This book would be a good supplementary text for courses devoted to theories of career development, as it provides description of the theories and their constructs. However, it probably does not explain the rationale behind the development of each theory sufficiently to serve as a primary text. *Career Theory and Practice* would serve as a useful tool for counsellors working with career issues. Instructors of career theory