

there is much to "unpack" when discussing happiness in counselling. This book, while fun to read, puts the myriad ways society (including our profession) has promised happiness under a magnifying glass, asking us to reflect beyond our next purchase or symptom-relieving substance, to answer the question Kingwell only partially answers. Besides, Kingwell has a knack for holding up our cultural mirror for us; something he does with wit, irreverence and many causes for further reflection that will keep me going for some time.

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Weiser, J. (1999). *PhotoTherapy Techniques: Exploring the secrets of personal snapshots and family albums*. Vancouver: PhotoTherapy Centre. ISBN: 0-9685619-0-X. 379 Pages.

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*Reviewed by:* Keith A. Kawa, University of Ottawa

In *PhotoTherapy Techniques: Exploring the Secrets of Personal Snapshots and Family Albums*, Judith Weiser provides a comprehensive and practical guide regarding this creative approach to therapy.

The author, a registered art therapist and licensed psychologist, is currently the training coordinator and director of the PhotoTherapy Centre in Vancouver, Canada. She has been a therapist and PhotoTherapy trainer for over twenty years, and has given numerous lectures, workshops, and courses across North America, Great Britain, and Europe. Weiser is also a professional photographer whose work has been displayed in many photographic publications and gallery exhibits.

The first two chapters of the book introduce PhotoTherapy, provide rationale for its use as a therapeutic tool, and offer a brief look at each of the five techniques that may be employed by the therapist. The remainder of the book explores the specifics of PhotoTherapy, and provides information, illustrations, and suggestions about each technique and how they may be incorporated into the counselling realm.

More specifically, Chapter Three introduces photo-projective techniques, which involve the process of deriving meaning from any photograph that is viewed. Chapter Four deals with self-portraits, which are photos taken *of* the client, *by* the client. This technique serves to increase the self-awareness and self-esteem of the client. Photos of the client that have been taken by others are the topic of Chapter Five, and instruction is given regarding the use of client photos as reference points to gather more information regarding their life and feelings. Chapter Six examines photos taken or collected by the client, as their selection of photographs may indicate what types of images they value. This can also assist the therapist in determining starting points for therapy. Album and photo-biographical snapshots are covered in Chapter Seven, where the focus of the photographs is on the client's experience of family and community. The material presented in the book is summarized well in Chapter Eight, and is followed by a comprehensive list of References and Recommended Readings.

Most valuable to the reviewer were the PhotoTherapy sample questions found throughout the book. Weiser believes that carefully designed questions are the primary tool therapists can use to help clients connect with their past, and she has provided many useful examples that will greatly assist the therapist attempting to integrate PhotoTherapy into their practice.

*PhotoTherapy Techniques* provides professionals in the mental health disciplines with an excellent opportunity to expand their helping repertoires. Weiser has succeeded in creating a valuable source of information for those interested in discovering the therapeutic power of photographs and the value they possess as a communication medium. As the author states, "Every photograph has stories to tell, secrets to share, and memories to bring forth."

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Collin, A., & Young, R. A. (Eds.) (2000). *The future of career*. Cambridge, UK: Cambridge University Press. ISBN 0521640210 (hardcover). 052164965X (paperback)

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*Reviewed by:* E. Kelly Bosello, Simon Fraser University

This thought-provoking book has its roots in a 1993 symposium on the future of career convened by Audrey Collin at De Montfort University, Leicester. Collin, Professor of Career Studies at De Montfort University and Richard Young, Professor of Counselling Psychology at the University of British Columbia, have brought together a wide range of multi-disciplinary perspectives to provide a comprehensive and provocative view of the future of career in the twenty-first century. The editors define career broadly as 'the engagement of the individual with society through involvement in the organization of work,' occasionally using the as shorthand for career counselling. Viewing career through both modern and postmodern lenses, *The Future of Career* reveals shortcomings in traditional career theories and practices, and offers insight into the rapidly changing world of career thought and practice.

*The Future of Career* contains eighteen chapters and is divided into three sections: *Changing Contexts*, *New Perspectives*, and *New Directions for Theory, Practice and Policy*. The first part examines how changes in economic and social circumstances, and in academic and practitioner contexts, have affected career. One chapter, for example, explores the 'fracture lines' in the career environment such as globalization, privatization, and technological advancements. Another looks at how changing cultural contexts are resulting in shifts in the psychology of career theory and counselling. In part two the contributors provide various viewpoints and constructions of career such as the future of women's career, and the nonlinear 'boundaryless' career. Finally, part three offers considerations and recommendations for research, practice, and policy. For example, in one chapter, Young and Valach offer an action-theoretical perspective on career theory and research. In another chapter, Watts proposes that public policy needs to contain more support structures for individuals, such as a national qualifications framework. Although the myriad of