

In keeping with the authors' intentions of providing a "well thought-out design," they have provided, at the beginning of each chapter, a brief chapter overview followed by a number of concise, behavioural objectives. At the end of each chapter, the reader is provided with some "Points to Remember," some "Points to Ponder" and some additional group "Exercises."

The clarity with which each of the group stages is presented, the relevant examples provided for the various group leadership skills, and the many practical discussion questions and exercises, will make this book an invaluable reference for the group counselling practitioner. I agree entirely with the conclusions of Stu Conger on the back cover of the book; namely, that each author "is a distinguished practitioner of group counselling and they have, together, written a manual that reflects their wide experience."

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W. Dryden and R. DiGiuseppe (1990). *A Primer on Rational-Emotive Therapy*. Champaign, Illinois: Research Press.

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*Reviewed by:* Stan Ross.

The title of this book encapsulates its purpose and nature. Dryden and DiGiuseppe prepared this work as a primer for therapists that would serve as a text for basic Rational-Emotive Therapy (RET) workshops. The result is concise, crisp and easy to read.

The book is divided into three parts and a relatively substantial appendix. Part I provides a brief grounding in RET theory. Rationality and irrationality, two key terms in RET, are defined. The ABC framework is introduced as the means for understanding negative emotions. Three basic musts that interfere with rational thinking are explained in terms of demands about self, others and the world. Two "basic biological tendencies" are presented: the tendency to irrationally escalate desires into absolute musts and the ability to change irrational thinking. Insights that facilitate change are provided. Part I closes with an "Overview of RET Theory", which is a slight misnomer as it mainly addresses general issues in the practice of RET. If there is a weakness in *A Primer on Rational-Emotive Therapy* it is in the first part; it is simply too brief to provide an adequate understanding of the theory, even in its basic form.

Whereas the theoretical explanation may be lacking, the practical considerations are amply covered in Parts II and III which comprise the majority of the book. Part II provides an overview of the practice of RET. The treatment process is presented as a series of 13 steps. Beginning with problem identification, therapist and client work through the problem using the ABC framework with homework used in the final steps and leading to the client taking responsibility for his or her progress. The rationale and procedures for each step are clearly explained. Part III provides a case study that illustrates the process. The case study includes transcripts and commentary for each of the 13 steps presented in Part II. The authors point out that they

have purposely chosen a single issue case in keeping with the introductory level of the primer.

The appendix was written by Albert Ellis, the founder of RET. The authors state that its purpose is to provide a discussion of the features that distinguish RET from other psychotherapies. This Ellis does, but he also accomplishes a second function, which may be of greater importance than the first: he furthers the reader's understanding of RET theory from the sparse introduction provided in Part I. He begins his discussion with a concise description of the source of psychological disturbances using the ABC framework. Next, he identifies the position taken by RET in relation to irrational beliefs and how to deal with them. Turning to methodological concerns, Ellis touches on the therapeutic relationship and explains that the use of technique in RET is multimodal and elaborates on emotive, behavioural and cognitive methods. Several sections provide insights into the philosophical bases of RET. Indeed, Ellis concludes by referring to RET as a philosophy as well as a psychotherapeutic approach.

*A Primer on Rational-Emotive Therapy* is as much an invitation for therapists to become involved in RET as it is an overview of the approach. Dryden and DiGiuseppe advise readers that if they wish to develop RET skills, they need to go beyond the primer to more advanced texts. A list of recommended readings is provided for this purpose. *A Primer on Rational-Emotive Therapy* offers a first step towards RET.

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A. Mahrer (1989). *The integration of psychotherapies: A guide for practicing therapists*. New York: Human Sciences Press.

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*Reviewed by:* M. Honore France, University of Victoria.

The rationale of this 200 page book is intriguing: Mahrer argues that psychotherapy in general is in bad shape because few psychotherapists know how to integrate differing practices into unified procedures. They simply have not mastered the creative process of psychotherapy, and instead jump from fad to fad. Mahrer identifies two types of integration used by practitioners: informal and formal. Formal integration occurs when therapists identify themselves with particular schools or approaches; whereas informal integration involves using the techniques and methods without adopting an organized framework. The author attempts to answer the five following questions: What are the various strategies that are used for integrating psychotherapies? How do the several strategies fare in a comparative analysis of their feasibility, workability, and chance for success in integrating psychotherapies? What are the likely consequences for the field of psychotherapy of pursuing each of the strategies? Is integration good or bad for the field of psychotherapy? On the basis of our study of the various strategies for integrating psychotherapies, what recommendations are warranted?

Mahrer believes the heart of a theory consists of seven components: useful materials that the therapist wants to elicit from the client either through