
Book Reviews / Comptes rendus

Hackney, H. and Cormier, L. (1988). *Counseling Strategies and Interventions*. New Jersey: Prentice Hall Publishing.

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Counseling Strategies and Interventions provides both a practical and theoretical approach to learning counselling skills. The book is divided into twelve sections, each of which ends with a summary, questions for discussion and annotated recommended readings. Various exercises are included for work in dyads and triads in order to learn the necessary skills required for effective helping.

Section one deals with the counselling profession, stating who counsellors are and the qualities and skills that are found in effective counsellors.

Next is a section on the helping relationship, which emphasizes Rogers' person-centred approach. The exercises in this section are designed to give the learner practice in developing core conditions necessary to the therapeutic process such as empathy, positive regard, self-disclosure and intentionality.

The central part of the book deals with counselling skills and strategies. The ways in which a counsellor attends to clients through the use of eye contact, verbal and non-verbal behaviour is presented in the third section. An interesting inclusion is an exercise on relaxing in order to refresh the counsellor between client sessions. Patterns of communication are presented in the next section with an emphasis on the therapeutic importance and necessity of silence during various stages of the interview. Session management deals with such topics as how to initiate an interview through to its termination. The inclusion of an outline of topics to cover in an intake interview is especially useful for the beginning counsellor. Sections six, seven and eight emphasize basic counselling strategies dealing with the cognitive and affective aspects of the relationship in order to effect client change.

The section titled conceptualizing problems and setting goals is a key section of the book dealing with the client's world. It would have been most effective if the authors had chosen this area to begin the book.

Sections ten and eleven outline counselling strategies and interventions such as modelling, role-playing and cognitive restructuring.

The final chapter explains the process of clinical supervision outlining the methods, styles and parameters of supervision.

This book is a good all-round introduction to the counselling process. Its main limitation is that it needs expansion on the section dealing with the client's world. While the methods and strategies learned throughout this book are important, they must become second nature to counsellors to permit a focus on the client and his or her world. The book is well written. Hackney and Cormier have drawn on a wide range of specialists in this field to give a sound overview of the helping relationship.