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Corsini, R. J. & Wedding, D. (1989). *Current Psychotherapies*, 4th ed., Itasca, Ill.: Peacock.

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The fourth edition of *Current Psychotherapies* (Raymond Corsini and Danny Wedding, 1989) continues the high standards maintained by this volume since the first edition in 1973. I expect that it will be found as useful as the original edition by current students of the helping professions. The original plan is retained: Twelve systems of psychotherapy are described according to a standard outline. The outline is conveniently charted at the beginning of the book. Each contributor presents a system of psychotherapy according to the following headings: overview, history, personality theory, psychotherapy, applications, case example, summary, annotated bibliography, case readings, and references. The strict adherence to the format is a strength, for it allows the reader to gain a perspective on the historical issues and founding personalities. Furthermore, it is easy to note the similarities and differences amongst systems. For greater depth, the reader can refer to sources in the references; for breadth, the format is excellent. This volume of 623 pages concludes with a useful appendix for screening for medical referral and a glossary.

The major criterion for inclusion as a system of psychotherapy is the existence of a broad theoretical base that relates to therapeutic procedures used. The twelve systems chosen are: Psychoanalysis, Adlerian, Analytical (Jungian), Person-centred, Rational-emotive, Behaviour, Gestalt, Existential, Transactional Analysis, Family, and Multimodal. The Existential chapter acknowledges that it is not so much a system as a "frame of reference" that is used by therapists from many other systems. It would be difficult to reject the Existential chapter because of its major contributions to the field. The fact that the 1973 edition included Reality, Encounter, Experiential, and Eclectic therapies, and did not include Cognitive, Existential, Family, and Multimodal is an indication of the changing interests of practitioners that have occurred in only sixteen years. The editors had to choose the twelve systems discussed in the book from over 250 possibilities (p. 9). A final chapter appropriately provides an overview of three other approaches: Asian psychotherapies, Psychodrama, and Bioenergetic Analysis. The latter ought to be considered for a full chapter, representing as it does the fruition of the work of Freud's student Wilhelm Reich. Also, Bioenergetic Analysis embodies a dual focus on mind and body supported by significant theoretical structure. The omission of Dr. Milton Erickson's work is understandable from the editors' point of view, because of its atheoretical nature. However, eclectic therapists of a variety of theoretical systems are modelling Erickson's effective approaches to psychotherapy (Zeig, 1982). Family Therapy, and Jay Haley in particular, owes much to Erickson (Dammann, 1982).

The student of psychotherapy will want to know how exponents of various systems answer the question: is psychotherapy art or science? *Current Psychotherapies* reflects the belief of most first-class psychotherapists: psychother-

apy, despite all the attempts to quantify and analyze, remains an art. Lack of adequate research bases prevented the editors from including a research section for each system. Many outcome studies do not generate convincing conclusions about the relative effectiveness of different systems, and conclusions about psychotherapy drawn from nomothetic research are suspect, according to contributors, such as those for Adlerian and Gestalt systems. With the latter ideas in mind, it is difficult to accept the opinions of the contributors who champion the effectiveness of Multimodal, Behaviour, Cognitive, Transactional Analysis, and Rational-Emotive, in particular.

Some of the contributors succumb to arrogance at times. Gestalt therapists are not the only ones to use the concept of "here and now" and "experiential learning," despite the fact that these concepts may have originated in the Gestalt system. While the classification system of Transactional Analysis is unique, the methods of its therapists are not. The chapter on Multimodal unintentionally exemplifies how remarkably similar in practice good therapists are from different systems, and how few claims to uniqueness can be substantiated.

The student of psychotherapy will want to obtain a concrete picture of what the therapist actually does, in order to make comparisons. The Adlerian, Analytical, and Gestalt chapters offer superior descriptions of practice and examples of specific techniques. The chapter on Psychoanalysis is weakened by too much focus on the patient at the expense of clarifying therapist behaviour. The chapter also tries to cover too many technical concepts. The student will find sufficient information to put many techniques from the chapters on Person-centred, Rational-Emotive, Behaviour, and Cognitive systems into practice.

I will conclude with a suggestion for a slight change in the format of this already outstanding volume. It might be worth considering for the next edition of *Current Psychotherapies* a section in each chapter on training of psychotherapists. This would provide the student with an even clearer picture of the practice in each system of psychotherapy. *Current Psychotherapies* is a cogently-written, well-edited work for students of the science of psychology and the art of psychotherapy.

#### References

- Dammann, C. A. (1982). Family Therapy: Erickson's Contribution, in J. Zeig, ed., *Ericksonian Approaches to Hypnosis and Psychotherapy*, New York: Brunner-Mazel.
- Zeig, J., ed. (1982). *Ericksonian Approaches to Hypnosis and Psychotherapy*, New York: Brunner-Mazel.