
Book Reviews / Comptes rendus

Bohart, A. C., & Todd, J. (1988). *Foundations of clinical and counseling psychology*. New York: Harper & Row, 381 pages.

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Bohart and Todd's powerful foundation and theory textbook is a valuable resource for students and practicing counsellors. The authors present the latest developments in counselling, as well as outline the growing links between diverse theories.

The soft-cover book consists of twelve chapters. The first and last chapters discuss the role, range, and future of professional psychology. Chapter one sketches the history of psychology and characterizes the various types of mental health professionals. Chapter twelve discusses professional issues and the future of counselling.

Testing and psychological assessment are presented in the second chapter. Reliability, validity, and misuses of tests receive comprehensive coverage. The authors also inject humour into the chapter. For example, a "new" version of the DSM-III categorizes childhood disorders with the labels spoiled brat, little monster, and fraidy-cat.

The middle section of the book is devoted to popular counselling approaches. Freud's theory is outlined and critiqued. Two current extensions of the psychoanalytic perspective, object relations theory and Kohut's self psychology are also discussed. Chapter five examines Roger's client-centred therapy and the perspectives of Carkhuff and Gendlin. Chapter six reviews Gestalt counselling and transpersonal therapy. Chapter seven discusses behavioural approaches to counselling. An array of cognitive approaches ranging from Kelly's construct theory to Bandura's self-efficacy and social learning theory are then presented. The chapter includes the theories of Beck, Ellis, and Meichenbaum.

Chapter nine is a hodge podge of approaches ranging from group and sex therapy to family and strategic counselling. Although this chapter scans important theories, the authors sacrifice depth for breadth. A useful list of references lessens this shortcoming.

The importance of research in psychotherapy is approached by a discussion of such issues as the meaning and measurement of change, and the need to distinguish between belief, opinion, and truth. This chapter clarifies the links between theory, research, and practice.

The strongest chapter in the book is chapter eleven on the convergence of theories. The authors clearly state their bias: "We believe there is a convergence in various areas and that in the not too distant future someone may be able to propose a unifying theory that preserves and integrates the most important insights of each perspective" (p. 311). Access, self-acceptance, rigid schemas, self-empowerment, meaning systems, and personal hypothesis-testing are offered as the key concepts of convergence.

The book is well organized and uses both clinical and everyday examples to illustrate key points. A variety of boxes covering ancillary points, from "Freud's Defences" to "How to Choose a Therapist," gives the book added zest.

Bohart and Todd have written an excellent theory or foundation textbook. An *Instructor's Resource Guide* with objectives, suggestions, and questions is also available for counsellor educators. Because the book was so engaging and stimulating, I also recommend it to practicing counsellors to review their understanding and update their knowledge of the current issues, theories, and developments in counselling.