

Mitchell, A. *When parents split up*. Edinburgh, Scotland: MacDonald Publishers, 1982.

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Divorce is a social phenomenon that is occurring in approximately one-third of Canadian families. Regretfully, there are too few resources on this subject for young people. This book is designed for this precise purpose. It discusses from a young person's (age 9 to 16 years) frame of reference, the issues of family separation, custody, access, reconstituted families, new relationships, and new life styles. Its major thrust is to portray the multiple changes in a child's life that are a possible outcome of a divorce thus enabling him or her to come to terms with these new changes.

To this end, one of the best features of this book is the section on children's feelings. In particular, the counsellor will appreciate the many portraits of children disclosing difficult personal family experiences and significant interpersonal feelings during divorce. For instance, one illustration is presented in which a child experiences general sadness and depression. Others are presented with children experiencing anger and resentment toward their parents. Still others are presented with children experiencing mixed (both positive and negative) feelings toward their parents. Above all, the book conveys to young people that all their personal feelings are relevant and appropriate. Moreover, it explains to them the appropriateness of even expressing anger or other negative feelings toward their parents during this period. In addition, the book presents the young reader with strategies on how to deal more effectively with their feelings. For example, the author urges readers to talk about their feelings with their parents, friends, and teachers rather than denying or "bottling up" these feelings within themselves.

On the important topic of the possible reasons for family breakup, the book presents multiple explanations to the young reader thus dispelling the notion that he or she might have caused the breakup. Generally speaking, divorce is portrayed as a breakdown in the relationship between parents, but not as a breakdown or a loss of love and commitment between parents and children. The author reassures the young reader that the parents still love their child, but no longer wish to remain a family unit. Furthermore, the author suggests to the young reader that they must develop new relationships with each of their parents separately.

Other important topics of interest to the young reader are custody and visitation issues. Questions discussed include: With whom should I live? When and where will I see my non-custodial parent? Related issues such as joint custody, multiple living arrangements, and summer and vacation periods are addressed. On the subject of how custody is decided, the author reassures the child that the parents or, failing them, the courts will decide who will be the most appropriate custodial parent. On the issue of seeing your non-custodial parent, children's concerns for optimal visiting arrangements, recreational activities, maintenance of relationships with close friends, and maintenance of their personal interests are discussed.

Another important topic of interest to the young reader is the issue of new

relationships. In this chapter issues such as parents' remarriage, parents' new partners, step-parents, step-brothers and step-sisters, and the formation of reconstituted families are discussed. These issues are discussed with a focus as to how the child can best relate to these new changes. In addition, other important concerns of a child such as a change in residence, making new friends, acquiring new family members are discussed. In this regard, the child's concern for his or her school work is addressed. Related issues such as a possible change in school, lack of interest in school work, deteriorating school achievement, inability to complete homework are discussed. On this issue, the author urges young readers to discuss their family situation and personal concerns with their teachers in order to solicit their help and understanding.

On the general question of "Who can be of Help to Young Children" the book devotes a short chapter to this issue. It urges the young reader first and foremost to talk to their parents about their concerns, and failing this, to seek out other individuals such as friends, teachers, ministers, or other family members. The book does not mention the school counsellor nor does it mention other mental health care professionals, most likely due to its Scottish publication context.

Before recommending this book to the counsellor for his or her library for students, I have several reservations to discuss. First of all, the book's reference to divorce laws is too general and too vague because the author attempts to cover an international perspective. Secondly, the book relies too heavily on the premise that the family split-up process is in the main an amicable, non-contentious issue in which children's rights and interests are respected and protected. This assumption ignores the ever-increasing number of Canadian divorces in which the courts are required to resolve these issues. In this instance, children's interests cannot always be settled amicably by the judicial process. This book unfortunately does not discuss these issues in any detail nor does it discuss the legal rights of children in a divorce case. Notwithstanding these comments, I would recommend this book to counsellors and to the school's library since it is a very good and easy read for young people caught in this dilemma.

Brule, P. *Mesure du style de supervision: théorie et application*. Gaëtan Morin Editeur, Chicoutimi, 1983, 98 pages, 12\$.

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Les chercheurs/es préoccupés/es d'étudier les phénomènes reliés à la supervision seront certainement intéressés/es par l'instrument de mesure que présente ce volume. L'auteur nous présente non seulement l'instrument de mesure comme tel, mais nous relate aussi tous les exercices métrologiques lui ayant permis de construire un instrument présentant de bonnes qualités psychométriques. En ce sens, ce petit volume pourrait intéresser non seulement les chercheurs/es, mais aussi les étudiants/es en mesure et évaluation qui pourraient apprécier la valeur pédagogique de ce volume.