

Evaluating Correctional and Community Settings,
Rudolph H. Moos, Toronto: John Wiley & Sons,
1975, 377 pp.

Reviewed by:

John D. Friesen
Department of Counselling Psychology
Faculty of Education
University of British Columbia

This book discusses the development and use of new methods for evaluating social environments, particularly those within correctional and community settings. It is an extension of an earlier publication, *Evaluating Treatment Environments: A Social Ecological Approach*, produced in the Social Ecology Laboratory at Stanford University and the Palo Alto Veterans' Administration Hospital.

Part I, an overview, provides the basic concepts whereby all types of social environments can be evaluated. Moos has developed instruments to measure the social environments of educational institutions, hospitals and community programs, correctional institutions, families, social, task oriented and therapeutic groups, work milieus and the military.

Part II considers the theoretical rationale and methodology involved in constructing the Correctional Institutions Environmental Scale (CIES) which contains nine subscales, namely: Involvement, Support, Expressiveness, Autonomy, Practical Orientation, Personal Problem Orientation, Order and Organization, Clarity, and Staff Control.

Part III illustrates the use of the social ecological evaluation approach in program comparison and evaluation. Various treatment approaches such as the behaviour modification and the transactional analysis approaches are compared on such variables as impact

on resident morale, modes of adaptation and coping. Examined also are congruence and incongruence in correctional environments and related to job satisfaction, resident-staff communication and rule breaking.

In Part IV, Moos applies his work to community settings such as, community-based correctional programs, families and military companies. Of particular interest is the analysis of delinquency and family environments and a description of the Family Environment Scale which identifies ten dimensions of family environments, namely: Cohesion, Expressiveness, Conflict, Independence, Achievement Orientation, Intellectual-Cultural Orientation, Active Recreational Orientation, Moral-Religious Emphasis, Organization and Control.

The ecological approach developed by Moos to measure and describe social environments offers a stimulating, practical and highly objective approach to practitioners involved in a variety of helping services. Counsellors, teachers, administrators, social workers, psychiatrists and parole and probation officers would find this book to be of immense importance. Researchers in the behavioural sciences could similarly benefit from an understanding of the theory and methodology developed by Moos and his associates. In fact, all those concerned with finding ways of evaluating and improving social environments would find this volume useful.

Perhaps the most outstanding aspect of the work presented by Moos is the fact that it rests on strong theoretical and empirical foundations. Moos is not an armchair philosopher, although he has an excellent grasp of theory, but rather he has a unique capacity to translate theoretical issues into measurable constructs and the energy needed to conduct numerous studies in the community attempt to empirically validate his hunches.

Counselling Strategies and Objectives, Harold Hackney
and Sherilyn Nye, Englewood Cliffs, New Jersey:
Prentice-Hall, 1973, 161 pp.

Reviewed by:

Ray Henjum
Counsellor Educator
University of Manitoba

One of the useful paperbacks I have read on basic counselling is that entitled, *Counselling Strategies and Objectives*, by Hackney and Nye. I recommend the book to beginning counsellors, and to others who wish to read about counselling, because it deals with

several important elements: helping counselees establish goals for their own behaviour, discriminating between cognitive and affective behaviours and goals, use of silence, starting and ending interviews, as well as counsellor "attitudes" while carrying on counselling activities.

The book, however, is only one of the "basics" one would peruse in order to get an overview of the field. It deals not at all with many of the larger activities school counsellors typically pursue in their daily or yearly service to students. Nothing is mentioned about guidance "programs" in the larger sense. Applied areas such as career topics, currently the rage in many schools, receive no coverage. It is

only a "technician's handbook", dealing with the acts of relationships themselves. The serious student of the profession would read far beyond this source in order to seek ways of organizing and implementing the larger service.

But then, no book, alone, need provide all the answers. Specific chapters, such as the sixth,

Establishing Goals in Counselling, or the fourth, Using Silence, do add significant understanding to the beginning reader. Important additional sources are recommended reading at the end of chapters.

Should you buy and read this short programed book? Surely. It's well worth the typical price paid for a technical paperback.

Help Yourself, John Lambo, Nile, Illinois: Argus Communications, 1974, 123 pp.

Reviewed by:

Roger D. Martin
Department of Psychology
University of Saskatchewan
Saskatoon, Saskatchewan.

Help Yourself is an extremely handy paperback which is intended for use by clients and individuals in self-management behavior change programs which they can institute on their own. This volume is essentially based on Ellis' rational-emotive therapy model but also deals with the decision making process, very specific self-help techniques and strategies, some self-help management theories, and communication techniques for improved interpersonal relationships.

Consistent with the rational-emotive theory, the first chapter deals with "talking to ourselves" and outlines the basic theory and specific suggestions of rational-emotive psychotherapy. The author then discusses how people may establish their own personal goals in life and outlines techniques for evaluating these goals in light of reality and with what's going on around us.

There is a chapter devoted exclusively to communication skills and emphasizes such things as clear communication, communication channels, listening to ourselves, and so forth. There is also a chapter on self-acceptance and the importance of a positive self-image. These types of things are of obvious relevancy to people who are mildly neurotic or are perhaps not neurotic but are having trouble getting along in their day to day living situations.

The volume is particularly useful because it is written in clear and simple language, the presentation is logical and sequential, and the author makes use of graphs, charts and an appendix. The format is colorful with one-page color inserts throughout the book, as well as colored bold-type summary points for quick reference. Lest the reader believe that he can solve all of his own problems, merely with the use of this book, there is a final chapter devoted to getting professional help and assisting the reader in logically choosing a useful and effective helper.

I have personally found this volume useful to give to my clients as an assistance in ongoing therapy, and have also used it as a basis for workshops for para-professionals so that they may include this in a bibliotherapy type of program for their clients. Over-all, I would certainly recommend *Help Yourself* as a very simple but effective addition to dramatically illustrating self-help techniques to clients.

Counselling Across Cultures, P. Pedersen, W. Lonner & J. Draguns, Honolulu: The University of Hawaii Press, 1976, 228 pp.

Reviewed by:

R. Vance Peavy
University of Victoria

It is probably correct to call Canadian society pluralistic, at least in the sense of ethnic diversity. The counsellor in Canada cannot ignore the presence of many ethnic groups and the culturally differing backgrounds of many clients. To do so is to run the risk of forcing one's own values, decisions and beliefs about what is healthy, normal, and expected onto persons who do not share one's own belief system.

To this reviewer it seems foolish for the counsellor to remain insensitive to his or her own cultural biases and those of ethnically different clients. The purpose of *Counselling Across Cultures* is "to help counsellors become more aware of the cultural biases that surround them and affect all of their interpersonal behavior". The eleven chapters of the book, each by a different author, were either written specifically for this volume or were papers delivered in 1973 at the American Psychological Association in Montreal on the topic of the influences of cultural values on the counselling process.

Paul Pedersen, in his article on "The Field of Intercultural Counselling", suggests that counsellors who are unable or unwilling to adapt to cultural-