

## BOOK REVIEWS/COMPTEs RENDUS

List of Reviewers:

J. J. BEAUBIEN  
Edmonton, Alberta

H. E. ELLIOTT  
Edmonton, Alberta

JOHN W. OSBORNE  
University of Alberta

BARBARA BEAGLE WESTWOOD  
Concordia University

MARVIN J. WESTWOOD  
McGill University

*Beyond Counseling and Therapy* (2nd ed), Robert R. Carkhuff & Bernard G. Berenson, New York: Holt, Rinehart & Winston, 1977, 295 pp.

Reviewed by:

J. J. Beaubien  
Psychologist in Private Practice  
Edmonton, Alberta

Some ten years have elapsed since Carkhuff and Berenson released the first edition of *Beyond Counseling and Therapy*. The second edition was written to update readers on the developments that have taken place over the last decade. Although the recent work bears resemblance to the original, in many ways the authors' position has developed to such an extent that the material strikes the reader as being new.

First, let's begin with the similarities. The most unchanged portion of the book is found in section three which deals with modes of treatment. Basically, the chapter titles are the same as in the first edition and the topics are covered in a similar fashion. This, however, is where the resemblance ends for throughout most of the rest of the sections, the material has been expanded or re-written. Much of the material is original.

The authors write from the philosophical viewpoint that a serious crisis now exists in the helping professions, a crisis in which the onus is being placed on "helpees" to prove their efficacy (p. 38).

In general, they adopt the position that most people in the helping professions haven't got their own act together. They state:

Functionally, most counselors suffer from the same problems with the same intensity as do their clients.

Most basically, both possess a limited repertoire of response skills in living, learning and working (p. 25).

In particular, they suggest that both have low levels of physical energy, both are egocentric and resistant learners, both invest little of themselves in their jobs, all of which leads to the formation of a mutual nonexposure pact between the client and the counsellor that is based on the principle of "you don't expose me and I won't expose you" (p. 25).

The solution they offer to the crisis they identify revolves around the personal growth processes that the helping individual must constantly seek. Basically, their position may be summarized as follows: "People who do not have themselves . . . together have no right to intervene in the lives of others" (p. 271).

In other words:

If our helpees are to make it in life, then we as helpers must make it first. We must expand the quantity and quality of our responses in all areas of living, learning and working. We must acquire the responses that enable another person to expand the quantity and quality of their responses (p. 42).

Only powerful swimmers can free and teach another person to swim (p. 38).

Values play a central role in the personal development each individual helper must undertake if he is to become an effective instrument of personal change in the lives of other people. Carkhuff and Berenson attempt to make very explicit the values they consider as central to this growth. They describe their value stance as 'militant humanism'. It is based on the belief that the only reason to live is to grow and, therefore, growth is worth any price (p. 267).

They go on to explain:

It is the 'growth' part that makes us humanists. It is the 'price' part that makes us militant. (p. 267).

They offer a credo for militant humanists to commit themselves to in order that they might improve their efficacy as helping people. The tenets of the credo, which are very well explained in the book, are as follows:

1. Understand what there is in ourselves.
2. Understand what is not there in ourselves.
3. Understand the need to act.
4. Make value judgments.
5. Act on value judgments.
6. Follow through in achieving values.
7. Demand of ourselves no less than we can be.
8. Get ourselves 'together' physically, emotionally, and intellectually.
9. Acquire and develop substantive skills.
10. Concede to people more functional than ourselves.
11. Develop skill acquisition programs for people who are less functional.
12. Commit ourselves to living at any cost.

The book is very stimulating to read. The authors do a commendable job of presenting their beliefs in a clear, cohesive manner. The simplicity and clarity with which they present the material belies the tremendous amount of personal development underlying their stance. One senses they are truly committed to what they teach.

Unfortunately, the power of the book may miss many readers. As one colleague stated: "Sure I agree that other 'helpers' don't have their lives together, but that doesn't apply to me." Although the remark was made with tongue in cheek, display towards criticism of our profession in general, and of our own skills in particular.

The book is very enjoyable. It is rich in ideas. If you enjoyed the first edition, you will be pleasantly surprised with the development the authors have shown. It is highly recommended.

*The Biofeedback Diet: A Doctor's Revolutionary Approach*, J. Frank Hurdle, West Nyack, N.Y.: Parker Publishing Company, 1977, 248 pp., \$11.95.

Reviewed by:

H.E. Elliott  
Nutrition Consultant  
Edmonton, Alberta

I keep hoping for a widely integrative work on weight loss. Obesity is often long-standing, a classic microcosm of the complex interweave of psychic and physiological causes that makes so much human trouble intractable. Fat people need

help — they don't change easily. That's why there are so many around. Given the levels at which the general population eats, lives, and fails to move, this book is bound to improve matters. But given those same levels, it could do that and still be pretty poor in some respects, and that's the case, I fear.

On the plus side, Dr. Hurdle has pulled together knowledge from two separate disciplines that aren't used to supplement each other as often as they should be. Biofeedback techniques from psychology are here brought to the support of the traditional medical-dietetic-exercise approach to weight-losing. Cheers! Weight-watchers can put the method to work and add another tool to their resources. And unlike some therapies, Dr. Hurdle's goals include self-management. He puts the shaping process into the hands of the fat person himself, and shoots for psychic as well as physical health. As indeed he must if he is to have either.

It must work! Each point is illustrated with personal stories of his and his patients' often considerable and sometimes touching successes. This positive there-can't-be-a-failure approach is, of course, part of the method. And his chapters are models of help for the slow thinker. First he tells you what he's going to tell you. Then he tells you. Then he tells you what he's told you. The reader memorizes and recites the programming and then begins to change like magic in the three basic areas: Mood; Muscle tone and Physical condition; Nutrition/Metabolism. There's no documentation and no bibliography, so all we have is the doctor's word.

This approach may be acceptable for some but it's not my dish of tea, even though it does lay an extra obligation on the author to have his facts correct. In a short review one can only list trouble spots, but the nutritional material that is offered is confused and confusing at best, and contains actual errors — major ones. Some of the advice on foods isn't so bad at the practical level. But the mistakes are disquieting. They will send the innocent reader away with serious misconceptions, and, if I were a professional in physical education or biofeedback techniques, would I find equally bad errors in those areas?

Just to sample, on page 113 the two statements appear in the same paragraph that "vegetarians can get by", and that "there are some important amino acids that don't show up in vegetable protein that must be supplied by animal protein if you want complete nutrition." Well? It's the second statement that's erroneous. All amino acids show up in vegetable protein, and vegetarians indeed can and do get by very well. The paragraph that follows this, on oils, is an even worse disaster, stating finally that the fatty acids