

BOOK REVIEWS/COMPTES RENDUS

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Marriage and Marital Therapy: Psychoanalytic, Behaviour and Systems Theory Perspectives, Thomas J. Paolino and Barbara S. McCrady (Editors), Brunner/Mazel Publishers, N.Y., 1978, 586 pp.

Reviewed by:

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This book attempts to present the theoretical and practical aspects of marriage and marital therapy from the three perspectives given in the title. The reader will need to have at least three pairs of 'jargon shoes' ready to wear as he wades through a rather lengthy volume. Part of the length is related to the redundancy that occurs from the choice of format, i.e., more than one author writing on most topic areas and the presenting of the conceptual and treatment approaches separately.

The editors state they have compiled this book because of their concern about the "narrow minded prejudice" many marital therapists hold towards differing viewpoints. The book does provide exposure to a variety of theories, although the reader will need to be prepared to deal with the author's biases as each position is presented. In fact, the editors state one goal of the book is "to provide the reader with a choice of models which can be used alone or in combination with other perspectives . . ."

The book is directed toward "advanced clinicians" and does require background in terms of both the theoretical positions presented and clinical experience. The reviewer would question the editors' comment regarding its relevance for "psychology students," unless they mean those

with a rather broad theoretical and practical background.

James and Janice Prochaska open the book by presenting a brief historical overview of marital treatment in the twentieth century and a look at current trends in marriage. They also give an overview of the three theoretical areas to be considered in the remainder of the book. The questions raised regarding marital therapy as it relates to the changing faces of marriage in our society should be of interest to all counsellors.

Chapters II and III present a psychoanalytic viewpoint. First, William Meissner presents a psychoanalytic theory of family dynamics. This is followed by a section by Thomas Paolino which "outlines some basic concepts which form the conceptual foundation of all investigative psychoanalytic oriented psychotherapy." Then Carol Nadelson, using clinical examples, discusses various types of psychoanalytical marital therapy.

Chapter V (Robert Weiss) and Chapter VI (Daniel O'Leary and Hillary Turkewitz) provide the theoretical and practical views of the behavioural approach to marital therapy. Although still very concerned with an empirical approach, there is a distinct leaning away from the straight S-R approaches of traditional behaviourism and a leaning toward the inclusion of cognition in both theory and practice. This should interest those who have rejected this school of thought because of its historic mechanistic approach.

Peter Steinglass, in Chapter VI, presents a review of four major systems theory approaches (*Communication Theory à la Jackson, Bateson, Watzlawick, Haley, et al.*; *Structural Family Theory à la Minuchin*; *Family Systems Theory à la Bowen*; and, *Contributions from Family*

Sociology à la Parsons, Bates, et al.) to marriage and then attempts to provide the reader with an "integrative, developmental systems model." In Chapter VII Carlos Sluzki presents some of the treatment techniques used in the systems model and explains how they might be used in a systems oriented approach to marital therapy. The material in these two chapters will probably be the most unfamiliar to counsellors as the ideas have developed out of General Systems Theory which, in the writer's experience, has been ignored in most counsellor training programs.

Those interested in a critical review of the current literature on marital therapy, presented with an openly admitted behaviouristic bias, will enjoy Chapter VIII by Neil Jacobson. He certainly points out that we are only at the threshold of empirical study in the marital therapy area and he challenges each practitioner to question the reliability and validity of the techniques being used with couples seen in therapy.

In the last chapter, Alan Gurman, attempts to compare, contrast and integrate the three major positions discussed throughout the book. In a major section of the chapter he assumes the reader is knowledgeable about each of the areas and proceeds to discuss them in detail. This reviewer would recommend potential readers read the ending section of this chapter, "A Comparative Analysis of Psychoanalytic, Behavior and Systems Approaches" first, as a base or overview for the rest of the book.

In summary, there is a wealth of conceptual and practical material in this book but the reader will have to come to the material with a good behavioural science background and the willingness to learn the vocabulary of the various positions. It most certainly would provide a good source of information to the practicing counsellor who has, perhaps, been considering becoming more familiar with the field of marital therapy. However, it is not (nor does not purport to be) a training manual on marital therapy. Those readers who expect a presentation of research results supporting the "best theory" of marital counselling will also be disappointed. As the various authors, clearly point out, the research in this area is weak and is just beginning to show signs of proper experimental design and analysis. Readers will find a wealth of suggested areas of further research.

As Gurman points out in the last chapter, treatment techniques used across theoretical positions are amazingly similar. Many books of this kind devote far too much space to detailed descriptions of supposed differences between various theoretical positions and their corresponding treatment strategies when, in reality, such differences exist only in the minds and

words of the writer. Perhaps it is time to follow the lead of some of the authors of this book and examine further the similarities that exist in therapy regardless of the practitioner's theoretical orientation.

Values Clarification for Counselors, Gordon M. Hart, Springfield, Illinois: Charles C. Thomas Publisher, 1978, 91 pp.

Reviewed by:

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My first impression of *Values Clarification for Counselors: How Counselors, Social Workers, Psychologists, and other Human Service Workers Can Use Available Techniques* was that Hart simply had compiled a shorter, thinner version of Simon, Howe, and Kirschenbaum's (1972) *Values Clarification: A Handbook of Practical Strategies for Teachers and Students*. Indeed, Hart adds no new structured activities to Simon, *et al.*'s extensive compilation but has organized the almost 80 exercises of the previous book into an annotated form. This book will probably be of most use to the counsellor who has no familiarity with the valuing process.

Hart's book as an introduction, provides basic descriptions of values, attitudes, and behaviours. He presents little theory or data to substantiate his suggestions on how to do values clarification. He discusses values clarification as prevention, an education in conflicts and decision making which may prevent emotional or behavioural problems in the future. Also, he takes note of the developmental nature of the valuing process which provides the skills of identification and analysis for later in life. Hart focuses on counselling with children and adolescents, the area of his self-acknowledged expertise and experience.

The major portion of this book is a reorganization of Simon, *et al.*'s work. Hart is convincing in his sincerity. I trust that he has used these activities with children and that he enjoys his work and does it well. Hart is open about what works for him. He seems to know the Simon, *et al.*'s exercises well and comments freely on his preferences. Also, he differentiates the use of techniques with children and adolescents. He seems to understand that values are important, that counsellors can use these methods effectively; and, he provides the necessary counselling context for other authors' work. For example, Hart's warning to rely not on technique but to be prepared to discuss is to be expected and is necessary when one is relying heavily on structured activities. I wish Hart had suggested how to evaluate the values clarification process or