

BOOK REVIEWS/COMPTES RENDUS

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Leisure: Lifestyle and Lifespan, Max Kaplan, W. B. Saunders Co., Toronto, Ontario, 1979, 286 pp.

Reviewed by:
Warren C. Baker,
University of Alberta

This book views retirement as a new phenomenon, both as a personal condition and as a social role.

The text is presented as five sections containing 23 chapters and a bibliography. The two opening sections establish arguments pertaining to young-old and old-old, attitudes towards work, and preferences and potential for certain kinds of time usage. Arguments are anchored in empirical work which is discussed in relation to the present social reality as well as the possible future. Section three takes the reader into actual settings and investigates them with respect to leisure concerns. The environments examined include cultures, communities, the urban and rural milieu, and the park setting. Senior centres, nursing homes and the library are analyzed. Separate consideration is afforded the 'spontaneous' retirement communities to which large numbers of elderly persons are attracted, and the planned communities such as Leisure World and Sun City. The roles of each setting, their advantages and

disadvantages are considered in terms of leisure as an important component of life. Empirical data and lay material are integrated into the discussion.

Section four is devoted to a variety of activity experiences such as intellectual, social, spiritual, touristic, and aesthetic. The fifth and last section relates specific policies including programming, counselling and training policies. European projects and programs are examined in addition to the North American scene. This section is written with the findings of earlier chapters in mind and covers the topics from a practical perspective.

This work is not a presentation of recipes for action or organizational efforts, but contains an overview of what is being done and what could be done, resulting in a very useful manual for policy makers, gerontologists and counsellors. The material is covered in a fresh and exciting manner and the author always manages to convey information that bears on the topic in a meaningful way. The approach is eclectic, Kaplan choosing not to identify with any one specific approach. His reasoning is that biology underplays the mind while the social sciences dwell on what is, frequently ignoring what could be.

Although a chapter is specifically devoted to counselling, in fact there is a great deal of pertinent material to be found throughout the work. For instance in the chapter dealing with aesthetic experiences, a participant in one such

effort comments on the common practice of teaching poetry to the elderly as a consoling or distracting therapy, noting that it may best be taught as an art.

Well worth reading.

Warehouses For Death: The Nursing Home Industry, Daniel Jay Baum, Burns and MacEachern Ltd., Don Mills, Ontario, 1977, 191 pp.

Reviewed by:

Thomas F. Lipinski
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Daniel Jay Baum's "Warehouses for Death" delves into the nursing home industry in Canada. Comprised of eight chapters, this book questions the practice which has grown in Canada, of providing more and more homes for the institutionalizing of the aged rather than finding a sensible alternative means of looking after them. It deals with those elderly who have surrendered themselves to a system of such things as large institutions, uniformed professional staff, inflationary costs, questionable standards, firm government policies and a myriad of other inconsistencies too numerous to list. Seventy pages of notes on the eight chapters liberally deals with nursing home practices and variances in each of the provinces.

Besides examining specific 'homes' in Canada for areas of deficiency or constructive living arrangements, nursing home employees are discussed as an important influence on residents. Other influences are traced to government legislation.

Baum presents the nursing home situation as a function of the total societal context. We deny the aged their rights to participate in work, our government fixes their income (which inflation further diminishes), and after a lifetime of being socialized to value activity, participation in the community and so on, we proceed to enter them into a new lifestyle of enforced "leisure." Often this lifestyle is by necessity (at present) spent within the limited confines of a nursing home.

Within the detailed and constructive analysis, a warm human tone is maintained throughout, with frequent quotes and anecdotes inviting the reader to experience life in nursing homes as an older person.

One comes away with the conviction that our approach with respect to the elderly must be radically altered in certain ways. Should be read by all counsellors working with a nursing home population.

Bandler, R., & Grinder, J. *Frogs Into Princes: Neurolinguistic Programming*. Edmonton: Real People Press, 1979.

Reviewed by:

M. J. Westwood
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It's difficult to describe *Frogs Into Princes* as just another "How To" book for counsellors which has just come on the market, even though the style of writing and organization of the book may give that initial impression. The reason it does not belong in the 'How To' category is that it offers several challenges to the reader which are not easily dismissed. It is necessary to be skeptical and with this reader-set it turns out to be lively and provocative for the most part. Some of the outrageous claims which draw attention include the following: (a) most therapists by attending to the content of the interviews are essentially counselling themselves; (b) 80-90% of all learning and verbal behaviour is a function of the unconscious mind, and (c) since all therapies are based on a belief system, the resulting perceptions are confused as being the reality and this places limitations on the therapist as well as client.

These claims are combined with an invitation to quickly verify them in your own experience which can lead the reader to want to "jump in."

This book follows on the coattails of the authors' earlier publication of similar title: *Structure of Magic I* (1975). Essentially, the authors build on the concept presented in the 1975 book of a "meta model" which is a verbal model designed to show the counsellor a way of listening to the form of verbalization as opposed to the content — the basis of neurolinguistic programming (NLP). The reader is taught how to attend to the three major ways a client has of representing his/her experience. The three levels of experience are *Visual, Auditory and Kinesthetic* and the counsellor must become skillful in detecting which level is pertinent to which client and when. Having done this, the next step is to assist the client in changing his/her experience through changing the language programming of the client and hence the perception of reality. Intriguing practices called anchoring, bridging, mirroring and accessing are employed to help the client re-sort and integrate the experience which then leads to change in behaviour.

A major intervention technique of the model is that of "re-framing." This appears to be a highly valid approach to assisting clients in re-organizing their perceptions of the problem leading to effec-