

to another level of detail the behaviours of both the helpee and the helper. By doing so, it becomes the most updated version of the Human Resource Development (HRD) model, which contains more cited research attesting to positive helping outcomes than does any other therapeutic orientation.

People seek help because they have emotional problems that are distressing them and blocking the normal functions of their lives. They justifiably hope to leave the helping encounter with their problem solved. This expectation however, is often not realized for a variety of reasons, most of which can be reduced to the limited skill repertoire of the chosen helper. In many cases, as would be anticipated by their preparatory training, helpers are capable of listening to the helpees' problems, but cannot direct the interaction to its successful resolution.

*The Skills of Helping* is unique among helping texts in two respects. First, it lays out an orderly range of interpersonal behaviours that people in need of help would progress through toward the successful resolution of their problems. Helper skills are matched to each helpee behaviour. Secondly, the HRD model does not stop at providing the helper skills needed for responding to the helpee's problem(s). It goes beyond to provide both the interpretive skills which enable clients to understand what they must do to solve their problems and the additional initiative skills which teach helpees how to perform the behaviours which would solve their problems.

A total sequence of helper skills are delineated which effectively move the helpees from involvement in the helping process, through exploring where they are, understanding where they need to be, and finally, how to get there. When this process is enacted, frustration and depression on the part of the helpee is replaced by relief and optimism for having solved their problems.

Both practitioners and counsellor trainers would benefit from this text. It is written in a straightforward manner which makes a complicated subject understandable. Examples of the helpee-helper interactions, from beginning to problem resolution, are presented along with the relevant information needed to learn how to perform the various skills. All that is left for the reader is the training experience which allows for the practitioner to practice the skill and receive appropriate feedback.

Where other texts focus on theory, research findings, or skills training exclusively, this text presents a balance of the three which makes it most suitable as a basic training text.

Anyone genuinely interested in becoming a helper of people with emotional or interpersonal

needs, should read this book and be able to perform the skills within. Unfortunately, the genius of Robert Carkhuff has not yet been fully recognized by the helping profession. *The Skills of Helping* illustrates clearly the interpersonal model that the author has developed, which has untied the Gordian knot of helping. The number of people in need of help are approaching the point of being unmanageable. Therefore, as a profession and as a society, we can no longer afford the luxury of playing with less effective helping models.

Coleman, C., & Edwards, B. *Brief Encounters*. Garden City, New York, 1979. 400 pp.

Reviewed by:

Carole Pigler Christensen  
School of Social Work  
McGill University  
Montreal, Quebec.

*Brief Encounters* is yet another book written in the "teach yourself" style. The authors have addressed themselves to the growing numbers of people, single and committed, who want to gain maximum benefits from relationships that "may not last forever." Recognizing that American society has become "super-mobile," Coleman and Edwards' opening theme is that we must learn new relationship skills for optimal adjustment. The ensuing chapters are filled with advice and practical suggestions, liberally punctuated by examples drawn from experiences of the authors, their friends or members of Ms. Coleman's People Sampler groups. Chapters often end with assignments designed to help readers to re-assess life-styles and change behaviour patterns.

There is an unmistakable bias toward the sexually liberated viewpoint and life-style. This is perhaps, not surprising as the book represents the joint efforts of two women who became single again when in their forties. Two chapters are devoted to the histories of their personal recoveries from mid-life divorce crises to start new careers and friendships. In the early chapters of the book, the writers exhort the positive aspects of short term male-female alliances with an almost crusading fervor. For the most part, however, the suggested skills are meant to enhance both same-sex support systems and heterosexual relationships.

The authors note that since our relationship needs change over time, we must learn to identify needs honestly and make explicit contracts with those willing to fulfill them. Several chapters provide detailed instructions for "gentle- aggression"

— described as a role expansion technique that should enable women or men to quickly and comfortably initiate anything from a conversation with an airplane seatmate to a brief sexual episode. Almost equal weight is given to ending relationships in a caring and thoughtful manner, however.

In the final chapters of the book, a case is made for applying brief encounter skills to long-term relationships. Nonetheless, those with traditional standards may find certain aspects of the moral code presented somewhat offensive. For example, Coleman and Edwards argue in favor of greater acceptance of extramarital affairs and hedonistic "one-night stands" for the purpose of sexual pleasure only.

This is not the book for the professional looking for well-documented research findings. The information provided about the authors' backgrounds does not allow one to assess the present professional qualifications of a former bacteriologist (Coleman) and former history teacher (Edwards). However, in addition to being entertaining and easy reading, *Brief Encounters* should be of interest to the single man or woman wishing to experiment, as well as the couple seeking to enrich a relationship of short or long duration. Counsellors and other helping professionals should find it a useful addition to their list of suggested readings for suitable clientele.

Lewis, J. M. *How's Your Family?* New York: Brunner Mazel, 1979.

Reviewed by:

Leo Klug  
Director, Patient Counselling Services  
Misericordia Hospital  
Edmonton, Alberta

This book reflects the current interest in counselling the whole family as a unit, not merely various members of a family. The author argues that the family unit is something more than the sum total of its members; he maintains that focusing directly on the family unit is at least as productive as individual and marital counselling concerning family problems. The book is based on research done on a large sample of healthy families, as well as on troubled families that approached Lewis for psychiatric help.

Healthy families could use this book as a do-it-ourselves resource. For example, such families could undertake an annual "family health check-up," using the Whole Family Questionnaire and the Parental Relationship Questionnaire pro-

vided by the author. Family counsellors could use the book as a model for diagnosis and as a guide for treatment, as well as a resource for their own continued growth.

Lewis presents a model of family health involving a continuum ranging from healthy to faltering to troubled to chaotic families. He provides research tools for determining where on the family health continuum a given family falls.

The basic premise underlying Lewis' continuum is his definition of the *raison d'être* of the family unit. He contends that the two major functions of the healthy family are the continued personal development of the parents, and the rearing of autonomous children. This functional definition of the family is the leitmotif of the book, constantly alluded to in discussing healthy and unhealthy families.

Lewis has identified nine distinct aspects of family life which can be used to gauge family health. The nine aspects are: the parental relationship, the use of power, degree of family closeness, communication patterns, problem-solving methods, the expression of feelings, techniques for coping with loss, value systems, and the family's capacity for intimacy. More than half the book is devoted to discussing these nine factors, and how they are differently manifested in healthy and unhealthy families.

The focus of the book is decidedly on healthy families, not problem families. This is so even when discussing the case histories of troubled families. The author clearly favors the "health model" over the "medical model" in his approach to family counselling. He has a good grasp of theory, an evident appreciation for empirical research, and an extensive background of counselling experience.

This is an exciting book and could be very useful for most counsellors. It is well argued, clearly written, well balanced in terms of theory and practice, and contains more than a few profound one-liners. For example: it is very difficult to be happier than your family is!

Nicolosi, L., Harryman, E., & Kresheck, J. *Terminology of Communication Disorders & Speech, Language, Hearing*. Baltimore: Williams & Wilkins, 1978. 273 pp.

Reviewed by:

Emily Goetz  
Department of Educational Psychology  
University of British Columbia  
Vancouver, British Columbia

During an assessment or counselling interview, it is not uncommon to find a client whose verbal