

BOOK REVIEWS/COMPTES RENDUS

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Ohlsen, M.M. *Marriage counselling in groups*.
Champaign, Illinois: Research Press, 1979.

Reviewed by:

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In the preface, the author clearly outlines her intent in writing this text. It was designed to help counsellors understand their clients and the therapeutic forces within a marriage counselling group. Ohlsen is very thorough in describing the research in group dynamics and the findings as they apply specifically to marriage and family counselling. Because of the thorough descriptive nature of the material, it could be used as an introductory text for students interested not only in group marriage counselling techniques but in group dynamics in general.

The author stresses the importance of the concept of "Truth in Packaging" as fundamental in preparing clients for a group experience. "Truth in Packaging" entails a description for prospective participants as to what will be expected of them and what they can anticipate from other group members as well as from the counsellor. Encouraging open dialogue between the professional and the client about the counselling process and outcomes is a major factor. Formulation of specific goals with emphasis placed on precise behavioural goals and relevant criteria for assessing progress is also an integral part of client readiness for group life. This concept and the final chapter dealing with "Selecting a Marriage Counsellor" makes this an appropriate self-help resource for clients seeking further insight into improving their marriage or as preparatory material for clients soon to enter into group counselling.

Ohlsen advocates maximum interaction between group members and making this interaction most productive, whereby, each member becomes both client and helper. Chapters six and nine dealing with the concept of role playing and developing and maintaining intimacy exemplify this point

of view. Both chapters present techniques and exercises helpful to any group leader.

Learning co-operative decision making and managing conflict seem to find a natural learning situation in marriage counselling groups. Ohlsen is certainly devoted to this notion. Finally, Ohlsen offers a very interesting presentation on parenting groups, discussing the difficulties in child-rearing and techniques to strengthen the family unit.

Marriage Counselling in Groups is an easy to read text for laymen, students, or professionals wanting an overview of the subject. The book need not be read in its entirety to be useful. Selective reading of chapters relating to interest or need do not detract from the effectiveness or impact of the author's intent.

Beschner, G.M., & Friedman, A.S. *Youth drug abuse: Problems, issues and treatment*.
Toronto: D.C. Health and Company, 1979.

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While drug abuse does not have the sensational impact of the 1960's, it remains as one of the perpetual concerns for youth workers. Many answers are postulated; however, frequently the answers are not consistent and not in response to the questions. This volume sheds light on many of the issues of youth and treatment for drug abuse. The text appears to be intended for the neophyte as well as the practitioner. The introduction gives a brief history of youth drug abuse, U.S. government response, some of the causation theories and a quick general glimpse of some of the issues.

The National Youth Polydrug Study (NYPS) is a large data base which attempts to provide a common theme to the book. It may be contended that a U.S. data base is not relevant to the Cana-

dian setting. However, it does provide a reference as well as an opportunity for comparison. The drug field is littered with studies which amount to little more than exercises in data collection. This survey provides the focal point from which the issues are presented. While not all of the authors refer to the NYPS, many common issues from the data are explored in their relevancy to treatment. Issues such as methodology of research on drug abuse, epidemiology, sociology, psychology, treatment programs, and prognosis for youth often reflect the common theme. In addition materials which relate to special youth population—rural, Native American, Black, Hispanic, White, attempt to make the book eclectic.

The pharmacological sections stressing marijuana, solvents, phencyclidine (PCP) and opiates present an accurate view of present knowledge. Although alcohol is mentioned in some parts of the text, it does not receive the coverage due this major drug of choice (and of abuse).

While most school districts have not established a role or concept of responsibility to youth in drug treatment programs, this volume may present educators with the opportunity to clarify some of the mystique surrounding drug abuse and help determine the elements of a cooperative community based treatment program.

While some of the authors tend to interchange the terms "use" and "abuse", the volume as a whole is concerned with abuse. The text quite successfully presents many of the issues related to determining abuse patterns, treatment problems and programs. This volume should prove useful to educators involved in primary prevention, as well as to those contemplating a role in secondary and tertiary prevention.

In a rapidly changing field, *Youth Drug Abuse*, is an up-to-date reference which can provide the basis for evaluating existing youth service.