

THAT FASCINATING WORLD OF BOOKS

Revolution in Counseling - Implications
of Behavioral Science

edited by John D. Krumboltz (Houghton Mifflin Company
Boston, 1966) 106 pp. \$2.45.

The first four chapters of this book represent the major addresses given by the authors at the Cubberly Conference at Stanford in 1965. Krumboltz and Bijou discuss current applications of behavioral research to counseling while Shoben and McDaniel question the theoretical basis of the behavioral approach. The final chapter by Wrenn summarizes and evaluates the other articles.

The chapter by Krumboltz contains a reiteration of the basic tenets of the behavioral approach. The section on verbal operant conditioning is most informative. Krumboltz utilizes findings stimulated by various "learning theories" such as operant conditioning, classical conditioning, modeling and cognitive learning. An eclectic approach to learning may provide an uncertain basis for "revolutionizing" counseling and the necessity to consider man's emotions and thoughts varies with different learning theorists.

Bijou discusses four implications of a behavioral science approach to counseling: modify behavior in the situation in which it occurs, specify the problem to be dealt with, record the frequency of the problem behavior, and work toward behavior change in small progressive steps. These four implications are illustrated with studies of nursery school children. If the reader accepts Krumboltz's plea for an open-minded consideration of the behavioral position he will probably find the first two chapters enlightening and challenging.

A major theme of the article by Shoben is that science has yield-

ed powerful methods for altering human behavior but it has not revealed the goals and values which determine how the techniques should be employed. He is reminding counselors that they need to consider their fundamental view of man. McDaniel has certain reservations about the first two articles but he goes on to describe some implications for guidance and counseling that derive from the behavioral approach.

This book serves as a good introduction to this new area. While it does not attempt a comprehensive description of current research, it does present the current methods and ideas in a brief and readable fashion. The chapters by Shoben and McDaniel provide a critical perspective of the behavioral position that enhances the value of this book to counselors. The final chapter by Wrenn examines the theoretical basis of the Skinnerian and Phenomenological positions and suggests implications for counseling.

James W. Jamieson