

BOOK REVIEWS

THE PSYCHOLOGY OF COUNSELLING.

By Edwin C. Lewis, Toronto, Ontario: Holt, Rinehart and Winston, Inc., 1970, Pp 305, \$8.75.

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This book, written by a psychologist, was intended to be read by those entering the counselling profession. It begins with a short discussion of how the term "counsellor" has been prostituted to include those in burial services to those involved in the used-car market and how professional counselling developed as a response to a strong social and psychological need. He cites some interesting example definitions of counselling and then offers his own:

Counselling is a process by which a troubled person (the client) is helped to feel and behave in a more personally satisfying manner through interaction with an uninvolved person (the counsellor) who provides information and reactions which stimulate the client behaviors which enable him to deal more effectively with himself and his environment.

Lewis then goes on to differentiate between counselling and psychotherapy based on the unique criteria of goals, techniques and training.

Counselling in Lewis' view is interaction to achieve a goal of behavior change, as agreed upon by client and counsellor. The client learns to direct his own behavior to produce the outcomes he desires. In short, his is a cognitive-behavioral view.

In Chapter II, Lewis analyzes more thoroughly the nature of counselling. He reviews and applies leading theories. He then goes on to present his theoretical model which is basically a smorgasbord or eclectic approach. The counselling process begins with an establishment of purpose and moves toward consolidation and planning after the process and the client's needs are clarified. In this section Lewis goes on to discuss methods of listening, reflection, leading and the use of silence.

In one chapter he deals with sources of variance among counsellors and clients; in another he includes a useful section on group counselling; in another he discusses issues of opinion such as client background information, diagnosis and client records.

In Part III of this book Lewis mentions the contributions that he feels psychology has made to counselling. The topics center around aptitude, interest and personality tests and their interpretation. He then moves on to deal with a useful section of counselling outcomes but arrives at the conclusion that the effectiveness of counselling cannot be proven.

The last chapter of the book dealing with ethical and legal matters (the reviewer) was found to be the most interesting. Most of the information seemed to be relevant in the Canadian setting. Perhaps one of the more valuable parts of this book is its list of references which includes no less than 500 sources. I would recommend this book especially to those beginning Graduate work in counselling and to those counsellors now operating who have not had the benefit of recent formal course work in counselling at the graduate level. It serves as a good source of current counselling philosophy.