

REVIEWS

NEW APPROACHES IN CHILD GUIDANCE

Herbert S. Strean (Ed.) Metuchen, New Jersey: The Scarecrow Press, 1970, Pp. 313, \$7.50.

Reviewed by Emily Goetz,
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Strean's book has important strengths along with some notable limitations. Case histories of disturbed patients in a private clinical setting make up most of the book in a format of papers, many reprinted from psychoanalytic journals published from 1957-1969.

The book is divided into subsections designed to indicate the change in child guidance from a time when the child was "the problem" and the sole focus for treatment, to the present where parents and the community setting have become important parts of his therapeutic process. The subsections are:

- I. Diagnosis and Treatment of the Child and Adolescent
- II. Diagnosis and Treatment of Parents
- III. Family Treatment
- IV. The Social System
- V. Practical Applications.

Papers in the book are supposed to reflect a change in therapeutic philosophy from a time of Freudian-based treatment to a point where the therapist views himself "not solely as a conveyor of interpretations and clarifications but more as a human participant in a transactional process (p. 7)" between the child and those with whom he interacts. What seems to be described instead is a change in the way Freudian treatment is *applied*, first to the individual patient by himself, then gradually to those important in the process of his therapy.

A minor criticism is that some papers appear haphazardly grouped. It is difficult for the reader to determine, for example, why the two papers in the final section, "Practical Applications," could not be as easily distributed under the first four subheadings particularly as it is these categories which purportedly reflect the transition in child guidance practices which represents the editor's own rationale. Also somewhat surprising is the sudden inclusion of a critical analysis of Freud's famous "Little Hans" case in the "Family Treatment" section.

If one were considering Strean's book for use in a practicum or seminar course in counselling or social work, he would have to accept that Strean wrote over half the papers in the book. Thus the major theme reflected seems to be the change in his *own* therapeutic approach. However, viewed within this framework Strean's book can be extremely useful in demonstrating the application of analytic

theory to specific practice through clearly presented case histories which often include verbatim dialogue between therapist and patient.

One "new approach" to child guidance described by Strean in his paper "idifficulties met in the treatment of adolescents" (pp. 73-87 is "paradigmatic technique" which is apparently useful with patients who are resistant to the notion of therapy. Rather than confronting the patient with "classical interpretive intervention" (p. 76) the therapist adopts a role of non-defensive acceptance of his patient's negative, hostile, projecting verbal behaviors. The idea is that the patient needs to work through this projective activity and that he will eventually initiate the analysis himself. This approach is refreshingly different from the prevailing counselling treatment philosophy of open, direct, confronting techniques (sometimes preceded by a polite data-gathering interval of Rogerian mm-hmm's).

Other high interest points in the Strean book include an interesting paper by Hanna Colm exploring "Phobias in Children" (pp. 12-33) and one called "Casework with the Ego-Fragmented Parent" (pp. 134-146) by Strean.

If the format of the sales copies is the same as in the review copy, there has been an obvious effort on the part of the publisher to cut cost. The type is not regular (though not difficult to read) and the right margins are not justified.

Perhaps each counselling and social work student should read a series of case histories like Strean's before he accepts or rejects Freud's theory as an effective therapeutic method keeping in mind, of course, that Strean does not provide information about cases where the techniques he describes do *not* work.

NEUROSIS IN CONTEMPORARY SOCIETY: PROCESS AND TREATMENT

By Joseph Stein. Belmont, California: Wadsworth, 1970. Pp. 264.

Reviewed by Al Herman,
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Drawing liberally from many sources, the author presents an in-depth view and examination of neurosis. Although "the traditional neuroses are becoming less common, they are yielding to the vague and less visibly structured neurosis that modern man has adopted." With this concept in mind the content of the book is concerned with both the traditional and modern forms of neuroses.

Many books dealing with the psychology of the abnormal often become mechanistic because of the cataloguing of the various maladaptive processes. Dr. Stein has broken the mold by using numerous case histories and informative examples of types of treatment, which he molds into a narrative. This is done without losing command of psychological literature.