
Book Reviews / Comptes rendus

Popcorn, F., & Marigold, L. (1996). *Clicking: 16 Trends to Future Fit your Life, your Work, and your Business*. New York: Harper Collins. 498 pp. \$32.50 hc.

Reviewed by: Nettie Campbell, University of Toronto.

In this new era of complexity, diversity, and constant and rapid change, many people are challenged to cope with changes in their career and personal lives. Examples include victims of downsizing, persons who are wanting to enter the job market, and those who are planning careers. *Clicking* provides the reader with timely guidelines for coping with these changes. Given that "traditional career planning is just about useless" (p. 186), and even "the word 'career' is . . . outdated," *Clicking* guidelines also provide appropriate recommendations for revising counselling to prepare counsellors to more adequately meeting the needs of clients. Such clients can be found in schools, community agencies, university and college counselling centres, and other institutions in which psychological counselling is practised. One example is with school students who are attempting to make meaning of their futures. Here the *Clicking* roadmap can help in teaching learning strategies, stressing important social skills, relating work-placement to the development of future options in course choices, and even recommending steps in planning for transitions.

The essence of *Clicking* is that people will come to feel comfortable with themselves as they connect with who they are, their strengths and assets, and their options. Popcorn and Marigold's premise is that their approach can save people precious time by directing the reader away from something that is soon to be obsolete, and toward something that is on-Trend. By studying the early and subtle signals of change well into the future and then returning to the present time, the authors assume it is possible to capitalize on those indicators. The structures that are recommended for making sense of personal issues add both substance and credibility to the *Clicking* approach to coping with career and life changes. Nevertheless, the reader is left wondering how to proceed to implement the decision once made.

The text of the first 346 pages holds my attention so well, it was difficult to put the book down. The high quality of these twenty-one chapters should perhaps be better followed by one or two chapters that summarize the remaining content. For example, one remaining chapter is devoted to naming and defining ideas that "grow and spin" from the concepts presented in this book—ideas that seem ill-fitted here, and that may link more closely to some future publication. There are some minor inconsistencies that may amuse or mildly annoy the reader. One example is on the cover flap. There Faith Popcorn is described as "man" (in "chairman of Brain-Reserve"). The humour and catchy phrases, such as substituting "foot" for "hand" in "on the other foot," add an appropriate lightness to the serious message. Some of the illustrations also add a sense of lightheartedness. One

example shows businessmen climbing up a ladder into a tree of elephant-trunks while a fat squirrel in the foreground clutches an acorn.

As citizens and as professional service-providers, we cannot ignore the emergent issues of planning both careers and personal lives. To do otherwise is to act in ways that are unethical. This book is therefore highly recommended reading for counsellors who work with clients in schools, community agencies, university and college counselling centres, and other institutions in which psychological counselling is practised.

“The Legacy of Childhood Trauma: Not Always Who They Seem.”
Video Produced by: Research Press, Champaign, IL.

Reviewed by: Carroll Ganam, Lousage Institute.

The videotape “The Legacy of Childhood Trauma: Not Always Who They Seem,” describes the impact of childhood trauma in adolescence. It is created in three 20-minute sections and comes with a discussion guide. Perhaps the most effective section of the documentary is the first one, which includes powerful first-person accounts from adolescents who experienced severe trauma living in families with danger and abuse. The simplicity of their story-telling, the frankness of their narration, and the specificity of their descriptions lend an eloquence and veracity to their accounts, and speak strongly of both the horrors that continue to be inflicted on children within their families, and the inherent resilience and strength of people. This opening section provides a strong first-heralding of the main message of the work—that those involved with adolescents must look behind their masks of defiance, indifference, rage and delinquency to see that these disguise a person who was denied safety, nurturing, and a sense of worth. The mask was a necessary and vital defence for the child at one time, and “not wanting to let anyone in” was a useful survival strategy. This has clear implications for treatment intervention.

The second part of the documentary features interviews with several professionals involved with troubled adolescents, while the third part is a return to the four youngsters who told their story in the first section, along with a number of significant adults who worked with them in their adolescence.

One of the goals of the producers of the documentary is to help those involved with troubled adolescents get past labels such as conduct disorder, and oppositional disorder, which they suggest can lead to a sense of hopelessness on the part of helpers and creates an attitude that kids with those labels are beyond help. Perhaps their goal would have been served better had the youth talked at an earlier time in their healing, when they might be seen as “beyond help,” and more recognizable as those youngsters who challenge mental health professionals, school personnel, child care staff, and parents. Because we meet them at a time when much healing has occurred, the pathos of their stories is not conveyed as richly as it would have been earlier.