
Book Reviews / Comptes rendus

Geldard, K. and Geldard, D. (1997). *Counselling Children: A Practical Introduction*. Thousand Oaks, A: Sage Publications Ltd.

Reviewed by: Chris Cooper, Stephenville, Newfoundland

Counselling Children: A Practical Introduction is written as a practical guide for both new and experienced counsellors. It is a comprehensive book that combines rudimentary theory and basic child counselling skills with a wide range of useful suggestions for practitioners.

Part I of *Counselling Children* introduces the book's purpose and provides a brief discussion on what makes a good counsellor. The authors also explore the counsellor-child relationship, albeit with information that most ethical counsellors practice daily in any event.

The book's second section explores some theoretical perspectives on counselling children, drawing on key figures including Freud, Jung, Adler, Erikson, Rogers, Perls, and Glasser, to name a few. This chapter appears aimed at non-professionals, as the explanations are elementary and superficial. The authors also review the process of child therapy and therapeutic change.

Geldard and Geldard devote the third part of *Counselling Children* to the skills one may find most useful when counselling children. They explore the processes of observation, active listening, confronting one's problems, resistance and transference, dealing with inappropriate and/or self-destructive beliefs, and facilitating change. Though somewhat basic, this chapter provides a well-written refresher of the skills required for working with children. From this section onward, the publication is a useful hands-on guide for the practicing helper.

Chapter four, the largest in the book, is entirely devoted to practical, useful, and effective activities to aid in counselling children. This thorough section contains a gold mine of information for practitioners. The authors actually provide the design and layout for a play therapy room, rationalizing the usefulness of each section, and including a list of useful furniture, equipment, toys and related materials. They also discuss the suitability of various play therapy media and activities. Topics covered include expressing emotions, problem solving, decision making, communication, social skills, self-concept and self-esteem. Geldard and Geldard explore sand tray work, working with clay, drawing, painting and collages, puppets and toys, and the imaginary story. In each instance, they provide the reader with useful approaches for therapy.

The final section of the book provides the reader with a selection of worksheets which can be used by counsellors to build self-esteem, to provide social skills training, and to educate protective behaviours. Although *Counselling Children* is published in a 6 × 9 inch format, the worksheets are clearly designed and can be reproduced with minimal difficulty. The authors invite the reader to reproduce any worksheets, and suggest the most appropriate enlargement factors.

Kathryn and David Geldard have produced an excellent hands-on tool for both new and experienced counsellors. They provide many practical ideas for engaging children in the counselling process and for helping them deal with issues of concern. The different counselling approaches suggested for practitioners are easily adapted for various cultures, beliefs, lifestyles, and values. While it is very important for professionals' libraries to include works based on theory and research, it is just as imperative to have publications devoted to putting the theories to practical use. *Counselling Children: A Practical Introduction* is such a book.

Humphrey, Geraldine M. & Zimpfer, David G. (1996). *Counselling For Grief and Bereavement*. Thousand Oaks, CA: Sage Publications Ltd.

Reviewed by: Tamara D. Hanoski, University of Alberta.

Counselling For Grief and Bereavement provides a great deal of information for counsellors and counselling students. The authors believe that loss is an integral part of life, and state that it is very important for counsellors to understand grief and bereavement issues, as it would be very rare to work with a client who had not experienced some type of loss.

There are nine chapters in the book, which cover a broad range of relevant issues. The first chapter provides definitions, describes various models of loss and bereavement, and discusses different categories of loss. This chapter also describes various perspectives of loss, and how these different perspectives can have an impact on the client's experience of grief. Chapter 2 is a description of assessment tools that the counsellor can use with a client. The authors provide strategies for obtaining a detailed loss history, which can be helpful in identifying unresolved losses from the client's past. Grief Counselling and Grief Resolution are covered in Chapter 3. The authors describe the process of working through grief and the tasks that need to be accomplished in each stage of counselling. Chapter 4 addresses Family Grief, and describes developmental stages that the family moves through during its life cycle including the differing grief issues that will arise for individual family members, as each will grieve in different ways and will have different issues to face when confronted with a loss. Chapter 5 offers a description of group counselling, and the contributions that grief groups can have for people who have experienced a loss. The authors also provide a detailed outline for a ten-week adult support group. Anticipatory Grief is covered in Chapter 6, and provides various definitions of anticipatory grief, and describes models of intervention. Chapter 7 addresses special situations where the resolution of grief may be more difficult, such as in cases of suicide, murder, or AIDS. The eighth chapter deals with issues that arise when grief is not resolved, while the final chapter addresses outreach in the community since the authors feel that resources in the community are an important adjunct to individual counselling.