

selling and spirituality is dominated by "westernized" practices. For instance, it is difficult to understand how journalling, art therapy, morning pages, and poetry writing can be understood within the context of the authors' original multicultural focus. Another of the book's shortcomings is its scant attention to the critical areas of ethical and professional issues.

Despite these concerns, *Integrating Spirituality into Multicultural Counseling* does succeed in capturing key issues relevant to this integration. It contains excellent references and self-awareness exercises. Its brevity may compel counsellors to continue their own "work in progress" by exploring other avenues for consolidating professional competencies and strengthening ethical practice in this increasingly important area.

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Orton, G.L. (1997). *Strategies for Counseling with Children and Their Parents*. Pacific Grove, CA: Brooks/Cole Publishing Company.

A Student Manual (1997) to accompany *Strategies for Counseling with Children and Their Parents*. is also available

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*Strategies for Counseling with Children and Their Parents* is a practically oriented manual for counsellors who work with children facing common developmental concerns as well as vulnerable child populations, such as those with ADHD or abusive histories. The author is an experienced counsellor and professor who presents a variety of strategies and techniques that can be incorporated into an integrative counselling practice. She espouses the value of being flexible in applying knowledge and skills from different theoretical orientations, however, Orton does lean towards an Alderian perspective, as it lends itself to her strength-based and environmental focus in counselling. Orton recognizes the strong influence parents have on their children's well-being and therefore, emphasizes the importance of parent participation in the counselling process.

The book is comprised of 12 chapters which are separated into three main parts. The first section, "*Understanding Today's Children and Their Families*," provides a helpful context for the book, as it describes the societal trends contributing to the changing family demographics and shifting needs of children in the 21st century. Developmental frameworks and common developmental problems faced by children are outlined. There is also practical information on identifying and treating children struggling with alcoholic parents, divorce, abuse and neglect, grief, and AIDS.

Part 2, "*Counseling and Therapy with Children*," comprises the majority of the book. This section begins by outlining conditions necessary for a strong therapeutic relationship and addresses assessment and treatment planning. The author discusses specific techniques for individual developmental counselling, as well as counselling and guidance groups for children. Separate chapters are devoted to the therapeutic and assessment techniques available through play, art, and bibliotherapy. Another

chapter addresses behavioural approaches to child counselling. This section also provides insight into safeguarding children's rights in therapy.

Part 3, "*Counseling Parents and Families to Effect Behavioral Changes in Children*" discusses a practical model for involving parents in the counselling process, including the development of child-focused parent support groups. The appendices provide reproducible forms in three main categories: assessment forms and conference procedures, consent forms and reporting procedures, and evaluation forms. There is also an accompanying Student Manual comprised of summaries, learning objectives, review exercises, awareness exercises, practical applications, and media suggestions for each chapter.

Orton's holistic approach takes an important step forward by involving the parent as a fully participating partner in the counselling process. This environmental focus, in addition to child interventions, seems particularly likely to effect long-term changes. Orton ensures understanding of the material through the consistent use of relevant and realistic scenarios faced by counsellors. Clearly written case studies and sample dialogues help to illustrate the diverse strategies and techniques described in this book. This practical approach makes *Strategies for Counseling with Children and Their Parents* a comprehensive and extremely useful reference for counselors beginning to work with children or those interested in being challenged to expand their existing repertoire.