
Book Reviews / Comptes rendus

Mansell, Sheila and Sobsey, Dick (2001) *Counselling People with Developmental Disabilities Who Have Been Sexually Abused*. NADD Press, 132 Fair Street, Kingston, New York 12401. ISBN: 1-57256-016-9. 309 pages.

Reviewed by: Julie Kingstone M.Ed (pending)

Counselling People with Developmental Disabilities Who Have Been Sexually Abused is intended to assist counsellors to make therapy more accessible to individuals with developmental disabilities. The book provides a comprehensive overview and synthesis of recent research in this area, as well as perspectives from practicing professionals supporting individuals with developmental disabilities in various communities. Sheila Mansell is a practicing psychologist in Edmonton, Alberta, who has coauthored and published a number of book chapters and research articles. Dick Sobsey is a Professor of Educational Psychology, and Director of the J.P.Das Developmental Disabilities Centre at the University of Alberta, Canada.

This book begins by discussing broad issues related to developmental disability and therapy, and offers more specific information in the subsequent chapters, addressing a variety of therapeutic adaptations. The introduction provides a strong foundation to the reader by defining key terms and offering a historical and philosophical framework of disability-related issues. The authors also discuss common assumptions regarding sexual abuse, therapy, and challenges encountered by therapists.

In chapter two, the authors present an overview of the literature describing the patterns of sexual abuse of people with developmental disabilities. There is also a progressive discussion of how societal factors increase the risk of sexual abuse in this client population. Chapter three integrates research findings of both the initial and long-term effects of sexual abuse. The authors include a detailed explanation of the traumagenic dynamics model, a useful framework to assess trauma and develop goals for therapy.

In chapter four, the authors present strategies for making therapy accessible to persons facing developmental challenges, as well as including discussions of dual-diagnosis, appropriateness of the Diagnostic Statistics Manual, and pharmacology. Chapter five focuses on the varying skills and abilities of people with developmental disabilities, the use of interpreters, information about communication patterns, and implications for therapists. The subsequent chapter provides specific examples and ideas for the implementation of less verbally oriented therapies. The usefulness and implementation of individual and group therapy is also discussed.

Chapter seven examines the family systems literature and focuses on the effects of sexual abuse. The usefulness of play therapy and case examples based on clinical work are presented in chapter eight.

The final chapter is written by David Hingsburger, a clinician at the York Central Hospital Behaviour Management Services Sexuality Clinic in Richmond Hill, Ontario, Canada. He addresses common issues of sexuality and provides information on sexualized behaviours and methods to determine potential causes. Throughout

this chapter he uses examples from his clinical work to provide the reader with practical ways to apply this information.

This book is clearly written and well organized. I particularly enjoyed the historical and philosophical discussions throughout the book. As one who provides support for young people with developmental disabilities, I readily identified with the majority of the special considerations and adaptations for making therapy more accessible. The content of the book echoes my experiences, and served to renew my conviction in continuing to provide counselling to this often under-served population. I would recommend this book to anyone presently supporting or intending to support individuals with developmental disabilities.

Miller, William R. and Rollnick, Stephen. (2002) *Motivational Interviewing: Preparing People for Change*. (2nd ed.) The Guilford Press: Guilford Publications. ISBN 1-57230-563-0 (hardcover)

Reviewed by: Aaron Block, B.Sc spec. (Genetics), B.Ed/AD, M.Ed

Motivational Interviewing: Preparing people for change introduces an empirically based method for dealing with resistance in helping clients make changes in their lives. Originally designed for the treatment of addictions, Motivational Interviewing (MI) has demonstrated efficacy in a wide range of novel applications. Miller and Rollnick take an experiential approach to conveying MI's principles, inviting readers to pay attention to what they learn from their own experience of counsellor-client relationships. In addition to introducing the application of MI, the book also conveys ideas on training others to use the approach. Drawing on their exhaustive experience, the authors convey theory and strategies with plenty of illustrations based on analogies and case studies.

Logically organized into four sections, *Motivational Interviewing* establishes the context of change in Part I. Ambivalence or the concept of resistance to change is richly developed in this section, in addition to the illustration of critical components required for any lasting change. As well, a discussion of possible avenues for resolving the dilemma of change centres around the strategy of effective change talk.

Part II is the heart of the book and contains a discussion of MI in practice. The two-phase process of MI involves building motivation for change and then strengthening commitment to change. Phase one is a simple step-by-step strategy for building motivation for change through responding to change talk and responding to resistance. Phase two outlines the process of strengthening commitment to change through the development of a change plan. A very colorful case study illustrates both phases of motivational interviewing. Part II concludes with a succinct demonstration of ethical considerations.

Part III is devoted to the teaching of motivational interviewing. In this section, the authors break the learning process down into facilitation and reflection. The authors posit facilitation as the process of using an individual's own experience and