

Abrams and colleagues have produced a well-researched tobacco dependence treatment handbook. As a recently certified Tobacco Addiction Specialist, I found that this book offered me additional insights in the area of tobacco dependence and how to develop tobacco cessation programs. If I were to start a smoking cessation program, there would be a wealth of material and tools in this book that I could utilize. For the clinician with or without experience in treating tobacco dependence, this book is a highly practical and detailed clinical guide to treating tobacco dependence. Considering mortality risks are twice as high in smokers as in non-smokers, counsellors who are not trained in tobacco addictions may benefit from reading this book. They will be able to update their knowledge base regarding the severity of this problem, gain an understanding of the risks associated with smoking, and potentially use this knowledge to guide psychoeducational interventions with their clients.

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Snyder, D. K., & Whisman, M. A. (Eds.) (2003). *Treating difficult couples: Helping clients with coexisting mental and relationship disorders*. New York: Guilford Press. ISBN 1-57230-882-6. 448 pages.

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According to the editors, Douglas Snyder and Mark Whisman, the objective in compiling *Treating Difficult Couples* was to fill a void in the literature on relationship distress and co-occurring emotional, behavioural, and health problems in couples. This clinically oriented book, of value to both researchers and practitioners, focuses on the conceptualization, evaluation, and treatment of couples who have concurrent relationship distress and mental and/or physical health problems. Each chapter addresses a different disorder and includes a conceptual framework, clinical implications, and a case study. The authors are psychologists, psychiatrists, and social workers, with both clinical and research experience in couple therapy.

The book is divided into four sections. Section one includes a summary of empirical research on relationship distress and emotional, behavioural, and health problems. The section also includes a review of how health problems impact couple therapy as well as an overview of the importance of tailoring clinical interventions to couples' unique circumstances. The conceptual model outlined in this section is "technical integration within a theoretically-pluralistic model" (p. 41). The authors facilitate understanding of their model by defining and comparing eclecticism, pluralism, and integration.

Section two of the book focuses on empirically validated couple-based treatments for emotional and behavioural disorders. The seven chapters in this section address anxiety disorders, depression, bipolar disorder, schizophrenia-spectrum disorders, alcohol/other substance abuse, sexual dysfunction, and physical aggression. The therapies reviewed are moderately structured and prescriptive, with a focus on cognitive interventions and variations of behavioural couple therapy. I found the con-

ceptualizations extremely useful in developing an understanding of the rationale for the selection of relevant interventions for each disorder. In addition, the language used is behaviourally based, facilitating an understanding of each author's therapeutic approach.

The eight chapters in section three address borderline personality disorder, paranoia, narcissistic disorder, posttraumatic stress, childhood sexual trauma, physical illness, aging and cognitive impairment, as well as bereavement and complicated grief. The conceptual frameworks and clinical implications reviewed in these chapters are drawn from the authors' clinical experiences, as research relating to relationship distress, interventions, and psychiatric diagnoses is limited. Unlike those in the previous section, these interventions encompass a broader range of theoretical orientations and integrationist frameworks.

The final section of the book, written by Snyder and Whisman, focuses on integrating the clinical, educational, and research implications from each chapter. Snyder and Whisman address the importance of flexibility in conceptualizing and treating difficult couples. Similar to previous chapters, this section also has an emphasis on combining individual and couple intervention strategies when working with concurrent relationship distress and mental and/or physical health problems. This theme, which is evident throughout the book, makes this compilation useful for both individual's and couple's therapists.

Although the book provides a review of recent research and clinical practices, it is by no means an exhaustive reference manual. Rather, the content of this book is geared toward counsellors working within medical and clinical frameworks. *Treating Difficult Couples* provides novice practitioners with a fundamental understanding of the pioneering work being done in the field of couple therapy and offers seasoned clinicians a succinct review of the relevant clinical practices and research.