
Book Reviews / Comptes rendus

Monbourquette, J. (1994). *Aimer, perdre et grandir*. Nouvelle édition revue et augmentée. Ottawa: Novalis. 175 pp., 15,95\$ Can.

Évalué par: Christine Charlebois, Université d'Ottawa

Alors que les demandes de consultations pour une situation de perte ou de deuil se démystifient de plus en plus, il n'existe que quelques volumes en français sur l'accompagnement en cas de deuil. Un nouveau volume de source francophone est maintenant disponible concernant ce sujet. Il s'agit du livre *Aimer, perdre et grandir* qui traite de l'accompagnement du cheminement de deuil. Jean Monbourquette, l'auteur, est psychologue, professeur à l'Institut de pastoral de l'Université Saint-Paul à Ottawa, et intervenant depuis 20 ans auprès de nombreuses personnes dans un processus de reprendre goût à la vie et de grandir suite à une perte ou un deuil. *Aimer, perdre et grandir* est une nouvelle édition revue et augmentée qui a paru en 1994. L'approche proposée est "poétique"—un cheminement intérieur de processus de deuil. Monbourquette offre des témoignages de personnes qui ont réussi leur deuil, des réflexions respectueuses, des suggestions et des conseils pratiques; cet accompagnement facilite la guérison et la croissance. L'ensemble est présenté de façon à suivre la logique des phases de deuil, y compris celle de l'héritage qui est initié par l'auteur. Le tout est présenté dans un langage simple et facile d'accès, qui le rend utilisable par tous et toutes.

Le livre de Monbourquette (1994), constitué de 175 pages fait de poèmes, est divisé en six parties: Je ne veux pas perdre mon amour; j'attends; combien de temps dois-je souffrir; je continue à vivre; je me laisse guérir; j'ai grandi. Ces parties sont toutes construites en de petits textes poétiques de une à deux pages chacun. Ceci en facilite la lecture, la méditation et la concentration lorsqu'on est habité par un grand chagrin.

Aimer, perdre et grandir constitue une véritable ressource pour l'accompagnement de toute personne blessée par une perte; ce petit livre aide à reprendre goût à la vie et à grandir, comme le mentionne Monbourquette. Il est aussi un apport important pour les consultants qui désirent accompagner et enrichir leur compréhension de l'émergence spontanée des différents mouvements du coeur reliés à des situations de grandes souffrances humaines, telles que la perte.

Straus, Martha B. (1994). *Violence In The Lives Of Adolescents*. New York: W. W. Norton and Company. 238 pp., \$35.00.

Reviewed by: Chris Cooper, Appalachia RC School Board

Violence In The Lives Of Adolescents attempts, rather successfully, to provide some answers to several questions pertaining to today's youth: Why is there

so much violence in their lives? Why is so little being done about it? What can be done to shape safer lives for adolescents? How can therapists evaluate and treat an adolescent who has been touched by violence?

The author is a clinical psychologist in private practice in New Hampshire and has practiced as a therapist specializing in problems of adolescence, family violence, and family development for over ten years. This book is organized around five completed real life cases from her practice of psychotherapy. The introductory chapter offers a brief history of adolescence in America and a fairly comprehensive discussion of the four-level ecological model of therapy used in the subsequent chapters. Violence in adolescents, through an ecological framework, can best be understood in its larger social and historical context. Intervention requires an assessment of the complete ecosystem of the adolescent of violence and includes four levels of analysis: (1) individual development, (2) the family system, (3) the community relationships, structures and supports, and (4) the overall social policy which weaves the individual, the family and the community together. At each level in the analysis, factors can be recognized which make the adolescent particularly vulnerable.

Chapters two through six focus on specific areas of concern: suicidal adolescents, runaways, delinquents, adolescent sex offenders and physically abused adolescents. In each chapter, the author begins with an overview of the area of concern, citing statistics and research to emphasize the seriousness of the problem. She then follows with a case analysis of a former client, using her own experiences and observations to introduce the reader to the adolescent and the life situation. These chapters are clearly the strongest part of this book. Dr. Straus brings the reader into her world. The writing style is very clear and succinct, allowing the reader to actually "experience" the therapy sessions. Whereas other publications rely heavily on research to support interventions, the author presents her cases in a highly readable format, indicative of one whose experiences are based in actual practice. She attempts to lead the reader through the complete psychotherapy program for each case study, presenting both the unsuccessful as well as the successful interventions.

Chapter seven, entitled "Self-Help and Community Approaches," presents an historical perspective of the role of community in the treatment of adolescent violence. Dr. Straus provides a summary of some of the better known contemporary approaches, presenting the advantages and disadvantages of each. Some groups, such as Tough Love, are given a low rating by the author, while others, such as Parents Anonymous, are praised for their more positive approach.

The final chapter focuses on current legislation. While the content is very "American" oriented, the overall message is useful to practitioners everywhere. The development of comprehensive social policy which addresses violence in the lives of adolescents is stressed, with sound rationale offered to support the author's position. The appendix at the end of the book contains a comprehensive list of relevant up-to-date self-help books for both parents and adolescents.

Violence In The Lives Of Adolescents is highly recommended for therapists and counsellors who work regularly with young people who have experienced violence in their lives. To effect successful interventions, the therapist must work with the client, utilizing a global approach. Martha Straus' book provides the practitioner with a way to put their knowledge, and what works, into useful practice.

Gil, E. (1994). *Play in Family Therapy*. New York: Guilford Press. 226 pp., (soft cover).

Reviewed by: Tamara Schuld, University of Alberta

In *Play in Family Therapy* (1994), Dr. Eliana Gil presents us with a useful, creative compendium of play techniques that engage the expressive abilities of both children and their families. Dr. Gil is a marriage, family, and child counselor who specializes in abuse issues. The book is especially valuable in that it provides practical means for keeping younger members of families involved in the therapeutic experience.

By starting with three chapters on "The History of and Rationale for Family Play Therapy," Gil places her work in context. She first provides "A Historical Perspective on Play Therapy." Adapting material from a previous book, she highlights how psychoanalytic, humanistic, behavioural, group, and Jungian (sandtray) frameworks utilize play as a means of understanding and treating children. Then, in a brief history of the development of family therapy, she follows the thread of the inclusion of play in treating the family. Those who made a special point of including young children, therapists such as Satir and Minuchin, are noted. Recent contributors to family play therapy such as Combrinck-Graham, Zilbach, Scharff and Scharff, and Ariel are given consideration. As well, the thread of disinterest in and resistance to the use of play in family therapy is visible in Gil's history. Finally, Gil provides a rationale for integrating play therapy and family therapy. She suggests that often, family therapists ignore younger children or give them something to keep them busy while the adults talk. When an attempt is made to include children, it often takes the form of imposing adult modes of communication on them. Gil argues that it is more appropriate for adults to move into children's world of meaning. Beyond providing information for the therapist, Gil suggests that this sort of parent-child interaction enhances the family's communication, and that the inclusion of younger children in family therapy facilitates treatment by actively involving all members of the system and by lowering resistances.

In the second portion of Gil's book, her extensive experience as a child and family therapist and her abilities as an author bear fruit. She presents five chapters describing play therapy techniques accompanied by engaging, fully realized clinical examples. We are given a balance of the theoretical and practical reasons for specific techniques, and numerous detailed examples of applications of the techniques. Gil helps clinicians by giving suggestions on how to present the task so as to interest the family, and how to specify what