

lead one to believe they are coming from a medical model. Further elaboration on the influence of the socio-economic and cultural environment and outlines of group intervention models for adults *and* children could be included. The inclusion of other models such as psycho-educational programming, psycho-drama, or story telling would provide counselling alternatives. Little is said about the role the wider community could play other than a brief mention of adjunct services. The role mental health workers contribute as advocates for societal change at the local, regional, or government level may offer a wider perspective.

Harway and Hansen do what they set out to do and do it well, compared to other books on spousal abuse. A content summary is provided, and an inclusive bibliography gives leads for further study. This excellent book is recommended especially for the beginning practitioner; it also provides a comprehensive reminder for the experienced worker.

Huber, Charles H. & Backlund, Barbara A. (1992). *The Twenty Minute Counselor: Transforming Brief Conversations into Effective Helping Experiences*. New York: Continuum Publishing. 126 pp., \$16.95 US.

Reviewed by: Monty Nelson, University of Alberta.

In a society that has seemingly required us to do more activities in a time frame more narrow than ever (often with fewer resources), inevitably the profession of counselling faces similar pressures. This book touts itself as "expert advice for anyone who must counsel in a short period of time or on the run." Perhaps it is fitting that a book emerges that attempts to lend structure to a manner of counselling which likely occurs more often than is acknowledged. Although there is substantial concrete material in the book, it essentially blends and recycles other theories while leaving out some crucial self-analysis and cautions of counselling in a "20-minute hour."

Charles Huber, an Associate Professor of Educational Psychology at New Mexico State University, comes from a background of Adlerian Psychology and a post-doctoral fellowship in Rational-Emotive Therapy. He states in the preface that he owes a large part of his philosophy of counselling to the MRI Institute as well as concepts that emerged out of the Brief Family Therapy Center in Milwaukee. Together with his research assistant at the time, Barbara Backlund, they discussed the need for a "briefer than brief" approach in terms other than just a fewer number of sessions than traditional methods of counselling. The result of such discussions was a different method of counselling which was integrated into Huber's practice. The development of a book to describe this approach is *The Twenty Minute Counsellor*.

Quite clear in presentation, and easy to read, the book follows a logical progression emerging from the fundamental sources of the approach to a full example of how the components are integrated effectively. Through

a review of some theorists and their influences, the essential style is set for the "briefer than brief" counsellor: counselling as not necessarily being less successful if it is brief (Sperry); problems as being maintained by unsuccessful solutions (Fisch, Weakland & Segal); a need for clients to change irrational thinking for change in behaviour to occur (Ellis); as well as a thorough focus on shifting the presenting problem into goals and tackling those goals through understanding past successful and unsuccessful solutions (de Shazer). These influences are combined to form the essential core of a brief counselling session, arbitrarily wrapped up into twenty minutes. The authors offer a sample "twenty-minute hour" that demonstrates the integration of the above principles. One of the final chapters even addresses how to apply the principles to couples and families.

Although the content is not necessarily novel the mixture of the various components is somewhat refreshing. It cites core concepts of solution-based therapies, and puts them into practice in understandable examples. Counsellors not versed in the "strategic" paradigm, students, or those needing a fairly concrete summary of methods of implementing this type of therapy would benefit from reading this book. One who has been introduced to de Shazer's work however would find very little new in this book, except a drive to do solution-oriented therapy in twenty minutes.

After reading the book, one gets the impression that the mode of counselling being presented is seemingly indicated as a type of panacea. Little direction is given as to the types of situations that would best lend themselves to the "twenty-minute" counselling routine. Rather, the focus in this book is somewhat uncomfortably focused on using a style that is appropriate for the counsellor's time demands and not necessarily for the type of client and type of issue. Greater clarity and elucidation should have been given to elaborating what types of issues and persons the modality is most productive for as well as situations where caution is best advised. It would appear that clients must be extremely motivated to change, and the issue must be one that lends itself to solution through brief brainstorming sessions. Additionally, behind any successful twenty-minute counsellor is a repertoire of sound judgment and wisdom that takes years to acquire.

Abraham, Suzanne & Llewellyn-Jones, Derek. (3rd edition, 1992). *Eating Disorders: The Facts*. Don Mills, ON: Oxford University Press Canada. 190 pp., \$18.50 CDN.

Reviewed by: Rosa Spricer, Psychologist, Edmonton, Alberta.

The title of this book, *Eating Disorders: The Facts*, hints at both the strengths and the limitations of this work. The authors are medical doctors (in Obstetrics/Gynaecology) who have worked with eating disordered patients. They attempt to present a comprehensive, detailed picture, based on empirical data, of what is currently "known" about eating disorders—their causes, symptoms, and forms of treatment. A third of the book is devoted to a