
Book Reviews / Comptes rendus

Brown, D. & Brooks, L. (1991). *Career counseling techniques*. Toronto: Allyn and Bacon.

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This book is a welcomed complement to Brown, Brooks & Associates' 1990 book dealing with career counselling theories, *Career Choice and Development*. It could very well have been written in response to the pleas of many of my counsellor education students for practical translation of career counselling theory. Provided in the book is a wealth of practical strategies and techniques.

The rationale for career counselling used by Brown & Brooks wisely broadens the traditional Parsonian model—know yourself, know the world of work, and use “true reasoning” in fitting yourself into the world of work—into a more comprehensive view of career counselling with added quantitative and qualitative emphasis upon career/life role interaction. Within this broadened emphasis, Brown & Brooks wisely advocate the need for career counsellors to help clients assess and intervene in a wide variety of career development problems. These career development problems dynamically interact with other life roles of the client. Such a broadening of view logically places emphasis on the need for the client and counsellor to distinguish clearly between problems of indecisiveness (“cognitive clarity” being the term used by the authors) and problems of indecision across the many theatres of the client's life, *i.e.*, home, community, school, and workplace.

Career Counseling Techniques is divided into four parts. Provided in Part One is an introduction to career counselling, in general, and the authors' interview-based assessment and pre-goal setting intervention components, in particular. Within Part Two are specific assessment strategies and techniques. Considered in Part Three are selected issues, *i.e.*, ethnicity and race, gender, and the problem client. Covered in Part Four are goal setting and intervention-related strategies and techniques. Each chapter is well-written and infused with excellent examples. At the end of each chapter, adequate references and suggested readings are provided for further study of the specific strategies or issues highlighted in the chapter.

I would judge a limitation of the book to be embedded in another plea echoed by generations of students; that is, to have not only a “bag of tricks” of strategies and techniques, but also to have clear understanding of the theoretical underpinnings of such strategies and techniques. In my view, the book would have been greatly improved by addition of such theoretical rationale within the discussion of each of the strategies and techniques.

In spite of the above noted shortcoming, I highly recommend this book to career counselling students and practitioners as an aid in their ongoing attempts at providing effective, efficient, and humane services directed at increased client self-determination.