

not find it cordial, perhaps because I failed the invitation to "bracket" some ideas temporarily. Some basics could not even temporarily be pushed out of the way. This book, most often only implicitly, touches on too many basic principles to allow one to bracket them and forge ahead with the practice of Experiential Psychotherapy.

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Nichols, W. C. (1988). *Marital Therapy: An Integrative Approach*. Guilford Press: New York.

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*Reviewed by:* Jeffrey Fuhr, Ph.D., Counsellor in private practice, Victoria, B.C.

A major assumption underlying Nichols' approach to family therapy is that inevitably family therapy becomes marital therapy. Marriage is seen as a distinctive and unique social relationship defined by its voluntary nature, object-relations factors, fusion of family systems, and marital life cycle.

In constructing his integrative approach, Dr. Nichols draws on systems theory, object relations theory, and social learning theory. Although these positions are described adequately in chapter three, the section on objects relations seems almost too detailed to avoid being perceived as favoured. In a later discussion of the treatment process, Nichols emphasized the importance of altering the object relations attachments between the spouses in order to uncover the projective identification and collusion before productive problem solving can occur.

In chapter four, indications for the use of marital therapy are provided. Two major contradictions are identified, viz. paranoia and extreme hostility in one of the spouses, or lack of familiarity with or commitment to marital therapy on the part of the therapist.

Section two deals with the treatment process, beginning with the first telephone contact. Assessment of the marital situation is recommended before therapy commences, and a balance between therapist observations and self-reports is encouraged. Three stages of therapy are presented: early stage, middle stage, and termination. During the early stage the focus is on motivation and commitment and the beginning therapeutic alliance. The bulk of the therapeutic work is carried out in the middle stage. It is not surprising then to find that this section is most detailed, coming alive with actual case excerpts. The therapist typically works through dependency issues and object relations issues at this stage in the treatment process. The author recommends focusing on communication issues to begin with as this is an area most couples in therapy recognize as a problem area. The termination stage is rather abruptly dealt with in three paragraphs, and leaves the reader feeling short-changed, knowing that there is much more wisdom that Dr. Nichols has to offer.

In the section on special issues, the meaning of extra-marital affairs is explored, violence and alcoholism in marriage are examined, and the

process of divorce is discussed. However, none of these discussions reaches the depth of integration that the author is espousing.

However, throughout the book the reader is reminded with humility that in the business of marital therapy one's particular approach is always in the process of becoming more integrated as the understanding of how marriage fits into our changing society increases, and in the recognition of our own internal biases and unconscious sexism. In the last chapter, the author identifies three important experiential ways for the practicing therapist to engage in ongoing learning. In the first case, the therapist develops the confidence to make mistakes without devastating effects. In the second method, the clinician learns from failed cases that may lead to challenging one's epistemological assumptions. And, in the third approach, the therapist takes charge of one's own learning free of the constraints of live supervision/cotherapy and so on.

Rereading sections of this book confirms that a synthesis of the original theoretical assumptions of the model is not adequately done. In the discussions of the treatment process and special problems, the particular integrative approach espoused is not followed through. However, the nagging reaction of this review to the material is one of a wish to be in conversation with the author rather than a passive reader.

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Allan, J. (1988). *Inscapes of the Child's World*.  
Texas: Spring Publications.

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*Reviewed by:* Leslie Marrion, Victoria Child Sexual Abuse  
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Counsellors and other professionals will find *Inscapes of the Child's World* a rich, enticing source of clinically validated Jungian approaches for working with abused or disturbed children. Allan provides us with a variety of very respectful, workable, growth-enhancing art and drama approaches which enable the therapist to enter the child's world and, through support and sensitive probing, empower the child to grow. The changing images, symbols, and archetypes that emerge in the artwork and drama in the context of the therapeutic relationship are seen as evidence of this growth. Allan's reverence of fantasy and imagination are reflected in his underlying premise that these aspects of humanness form the wellspring of self-expression, self-love, and emotional growth. His approaches utilize the child's natural inclination to fantasize and imagine.

In "Part I: Art and Drawing," Allan introduces different ways of using art activities with normal, sexually and physically abused, seriously ill, and disturbed children. One such activity is serial drawing, where the child is asked to "draw a picture" once a week in the presence of the counsellor. When these drawings are reviewed over time, the child and the counsellor become aware of the conflicts, as they are symbolically expressed, and of