

clothes, and body shape through exercise and weight control. Changing self handicapping behaviours like "negative self-talk" to "positives" are hardly new ideas.

On the other hand, there are some ideas that are quite novel. For example, people are advised to "practice cross-gender role behaviours by talking to, observing, and modeling the role behaviours of opposite-sex friends and siblings or of more androgynous same sex friends and siblings" (p. 107). I find it interesting and refreshing that those who are more androgynous are more likely to develop intimate relations than those who are traditional.

In summary, this book brings together a nice cross-section of useful ideas and strategies for a variety of groups. While some of the strategies are less applicable than others, overall, they are presented in a readable and concrete manner. The research and practice cited are up-to-date and summarize for the counsellor all relevant information for those working with love and relationship issues. One final thought reflecting the general emphasis of this book, is that the authors stress intimacy in relationships rather than love. They assume, probably correctly, that intimacy is more of a goal than love and that intimacy is necessary first for love to come about.

---

Kendrick, M. (1988). *Anatomy of a nightmare. The failure of society in dealing with child sexual abuse*. Toronto, Ontario: Macmillan of Canada.

---

*Reviewed by:* Gary H. Jeffery, Memorial University

This very powerful, though at times slightly repetitious, book makes a very strong case for the use of caution and reason when considering accusations of child sexual abuse. Kendrick, a journalist with an anthropology background, sets out to warn the reader against believing too quickly that all who are accused of molesting children are guilty. He makes his point by outlining several key Canadian and U.S. child sexual abuse court cases and the events that preceded them. His repeatedly made point is that in our zeal to ferret out real sexual abusers we (as mental health professionals, prosecutors, medical practitioners and educators) have too often seriously abused the rights of totally innocent people. We are accused of using tactics similar to those used in witch hunts of old. Ill-founded accusations have destroyed the lives of innocent people. Many families (and especially the children in them) have been put at risk.

The book does not downplay the horror of child exploitation. Similarly it does not encourage us to ease our efforts to eliminate this long-

standing and perhaps growing problem. Instead, the author says that we should be very cautious in what we accept as both personal and ultimately legal proof that an atrocity has been committed. Kendrick, to make his point, sticks very closely to courtroom evidence. He quotes the summations made by judges in cases where sexual abuse charges (many of which involved several people and extensive media coverage) were dismissed. He points out that too often what was believed and, hence, presented as "evidence" was incorrect. He cites cases in which children were wrongly (in the court's eyes) removed from their parents. In several instances innocent parents and other innocent people were jailed. Kendrick feels that in our overly zealous efforts to protect children too many people have been wrongly accused and victimized by genuinely concerned and child-centred professionals. Even worse, these professionals are portrayed as working within a system of child abuse laws and guidelines that supports them. Unfairly, this system also places on them a very heavy and unjust burden. These people must often make quick decisions (with potentially immense implications) about an accused person's guilt long before any trial is held.

The book does more than just review court transcripts. The work offers a brief discussion of the literature and beliefs upon which we base our current child protection laws and policy guidelines. Kendrick also presents a brief historical overview of the nature of satanic beliefs and of the techniques of past inquisitors. The parallels between past witch hunts and the efforts of some current social workers and prosecutors are very clear in Kendrick's mind. To illustrate possible relationships between sexual abuse and such horrors as serial murders, a less well-integrated chapter on sadism is also included.

A very terrifying reality is portrayed throughout the book. The potentially devastating consequences that can arise when one is ill-trained in interviewing are vividly shown. The potential misuses of interviewing and questioning techniques are also shown. We are dramatically shown how questioners can influence, direct or shape what children (and also adults) might say. Kendrick discusses cases in which well-meaning interviewers unknowingly coerced children into saying things about sexual acts or satanic events that never took place. Because the children's statements confirmed what the interviewers already believed, these often extreme and fabricated statements were taken as factual and were acted upon. Too often corroborative hard evidence was not sought. If it was sought but not found, its absence was deemed unimportant.

From Kendrick's work one learns that it is absolutely necessary to have a firm basis before acting on accusations. One must thoroughly investigate and carefully assess the validity of the "facts." Many things must be appreciated. A child accuser might be lying or might have been subtly influenced by a well-meaning but overly suspicious adult. Through

repeated questioning the child may have learned what the interviewer wanted said. Actions based on a simplistic belief that children do not lie are at best very risky and may be unfounded. Similarly, a belief that a child can only describe what has actually been seen or experienced can have awesome implications. To assume that children's statements about indecent or exploitive activities necessarily have as a basis illicit experiences with adults can be very wrong. Kendrick suggests many other sources for such statements.

This book is critical of usually well-intentioned, though in some cases misguided and overly zealous mental health workers. It also says much to the concerned citizen or the professional who intentionally or innocently becomes involved in cases of actual or suspected sexual abuse. Almost as a bonus, it offers a rare Canadian, as well as a U.S., perspective on this problem.

I highly recommend this book to any professionals who make decisions which can have potentially devastating effects on people's lives. I also highly recommend it to students and would-be mental health practitioners learning how to interview and counsel. It is well worth careful study by lawyers, clergymen, judges, journalists and the concerned public. The work is very easy to read and very important; it offers a disturbing perspective on a timely topic.

---

Frankl, V. E. (1988). *Découvrir un sens à sa vie* (C. J. Bacon, trad.). Montréal: Actualisation/Les Editions de l'Homme. (Ouvrage original publié en 1959). 165 pages.

---

*Évalué par:* Jean-Louis Drolet, Université Laval

Cet ouvrage de Victor Frankl, écrit dans sa version originale allemande en 1945, et publié en anglais en 1959, constitue la clef de voûte de son oeuvre et le coup d'envoi à la mise en place de sa méthode psychothérapeutique: la logothérapie. Considérant l'importance de la contribution de Frankl à la psychothérapie existentielle et à la compréhension des capacités "supérieures" de l'être humain, en particulier celle de se transcender lui-même, il est étonnant que ce livre n'ait pas été traduit en français plus tôt. Mais bien que plus de quarante ans se soient écoulés depuis la première parution de ce petit livre en allemand, le témoignage de Frankl sur la vie dans les camps de concentration durant la deuxième guerre mondiale, et les éclairages qu'il en a tirés en tant que psychiatre, ont des résonances étonnamment percutantes pour la vie actuelle.

Ce livre est composé de deux parties principales, plus une postface. Dans la première partie, Frankl décrit l'état de la vie concentrationnaire.