

of therapist is important in therapeutic intervention. Murphy also discusses concepts which make it imperative that cognition and affect are addressed in behaviour therapy.

A further theme which is evident in several chapters is that behavioural approaches can accommodate biobehavioural elements. It is particularly evident in the Rosenthals' chapter. In other chapters, such as that of Foy, Wallace, and Liberman, the practical relevance of designing programs for patients on extensive drug therapy is addressed. The work of Rachman in the area of obsessions and compulsions illustrates the value of an approach which carefully monitors the effects of integrating drug behaviour therapy.

While technique is no longer of sole importance, a healthy respect for practical intervention procedures is consistently evident. In the majority of the chapters, practical approaches are outlined with some elaboration of highly specific interventions. For example, Cooney, Baker, and Pomerleau describe cue exposure procedures for relapse prevention with alcoholics. Marshall, Earls, Segal, and Darke report specific interventions based upon a form of aversion therapy.

In conclusion, the editors have provided an effective blend of new information regarding theory, research and clinical practice and, consequently, have produced something beyond the ordinary for counsellors, academics, and researchers.

Felker, E. *Raising other people's kids*. Grand Rapids, Mich.: William B. Eerdmans Publishing, 1981, 164 p.

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

If you are a teacher, counsellor, medical practitioner, social worker, or clergyman who deals with foster or adopted children or their caretakers, this book is well worth reading. It is also worth reading if you are a parent who is interested simply in learning more about how to look after your own child. This recommendation is given even though the work is not aimed at you by its author. Evelyn Felker's book, as the title suggests, is aimed at people who love, care for, and live with children who are not biologically theirs. It was written by one who has had considerable experience raising her own and many other people's children. In addition to experience, its author offers the perspective gained by postgraduate study in child development and family life.

This highly readable book offers a very comprehensive and realistic look at the myriad of problems and also satisfactions that are encountered by everyone who is involved in raising children. It also alerts you to possible difficult situations that can arise when the children are not yours. The book offers indepth descriptions, explanations, and suggestions for dealing with these special problems.

The issue of dealing with special problems deserves some elaboration. Throughout the book one gets the impression that Felker is trying to tell it exactly as it is. While one is left with the feeling that raising another's child can

be personally very rewarding and that it is often something that one might well chose to do more than once, one is never left with the view that this task is necessarily an easy one or always successful.

The first chapter of the book deals with how one prepares for the arrival of the child, alerting you to changes you may have to make in your life and to the probable stress that is likely to follow. It also instructs you in ways of communicating with your new child, a key to helping you cope with this stress. Several specific suggestions are offered to help you deal with children in each of the preschool, middle, and adolescent periods.

The second chapter deals with setting goals for your new child. This chapter gives a reasonable, though in places slightly simplistic, overview of the major developmental characteristics of children at various ages. Felker suggests that a foster parent is likely to be relatively unaware of the child's age and stage related traits, partially because he or she has not watched the child grow up. Suggestions of specific and realistic goals for children at several developmental levels are offered. This chapter and the following one are general enough to be of interest to anyone seeking guidance or information on parenting and child-rearing.

Chapter three offers a very useful and down-to-earth discussion of discipline. Good discipline and reasons why a child misbehaves are described. It also gives suggestions for dealing with specific problems, eliminating misbehaviour, and encouraging good behaviour. A most interesting perspective on biblical statements and interpretations relative to discipline and punishment is also included.

Chapter four deals with the very important and too often overlooked need of maintaining relationships and ties with the child's biological family. It explains why this is important and suggests how to facilitate such contacts. It also gives fair warning of the many possible problems and obstacles that may be encountered and must be overcome when setting up and seeking to maintain these relationships.

Chapter five outlines some of the special needs of a foster or adopted child and some of the unique parenting problems often encountered by a foster parent. The author discusses, amongst other things, the child's possible special needs for esteem and the possible emotional difficulties which might be found. It also offers suggestions for dealing with factors such as your possible failure as a foster parent and the difficulties you may have when it is time for the child to leave you.

The last brief chapter warns the reader against losing sight of his or her personal goals and needs. She points out that you, too, need time to develop your own life. This chapter also lists several American organizations and sources of advice and help that a foster parent might use.

While I do not hesitate to recommend the book, it does have one major limitation. Felker frequently suggests that the reader obtain more indepth information on a topic in any one of the several good books that are available. Unfortunately, she never names or lists these good books! The work would be considerably stronger if some of these sources were included. A lesser, though related, limitation is that there is a total absence of any referencing in the book. While I acknowledge that the work is aimed primarily at lay readers and not at academics and professionals, I strongly feel that an interested reader should be given help as to where they might go next.

Mitchell, A. *When parents split up*. Edinburgh, Scotland: MacDonald Publishers, 1982.

*Reviewed by:* Mary Alice Julius Guttman, Ontario Institute for Studies in Education.

Divorce is a social phenomenon that is occurring in approximately one-third of Canadian families. Regretfully, there are too few resources on this subject for young people. This book is designed for this precise purpose. It discusses from a young person's (age 9 to 16 years) frame of reference, the issues of family separation, custody, access, reconstituted families, new relationships, and new life styles. Its major thrust is to portray the multiple changes in a child's life that are a possible outcome of a divorce thus enabling him or her to come to terms with these new changes.

To this end, one of the best features of this book is the section on children's feelings. In particular, the counsellor will appreciate the many portraits of children disclosing difficult personal family experiences and significant interpersonal feelings during divorce. For instance, one illustration is presented in which a child experiences general sadness and depression. Others are presented with children experiencing anger and resentment toward their parents. Still others are presented with children experiencing mixed (both positive and negative) feelings toward their parents. Above all, the book conveys to young people that all their personal feelings are relevant and appropriate. Moreover, it explains to them the appropriateness of even expressing anger or other negative feelings toward their parents during this period. In addition, the book presents the young reader with strategies on how to deal more effectively with their feelings. For example, the author urges readers to talk about their feelings with their parents, friends, and teachers rather than denying or "bottling up" these feelings within themselves.

On the important topic of the possible reasons for family breakup, the book presents multiple explanations to the young reader thus dispelling the notion that he or she might have caused the breakup. Generally speaking, divorce is portrayed as a breakdown in the relationship between parents, but not as a breakdown or a loss of love and commitment between parents and children. The author reassures the young reader that the parents still love their child, but no longer wish to remain a family unit. Furthermore, the author suggests to the young reader that they must develop new relationships with each of their parents separately.

Other important topics of interest to the young reader are custody and visitation issues. Questions discussed include: With whom should I live? When and where will I see my non-custodial parent? Related issues such as joint custody, multiple living arrangements, and summer and vacation periods are addressed. On the subject of how custody is decided, the author reassures the child that the parents or, failing them, the courts will decide who will be the most appropriate custodial parent. On the issue of seeing your non-custodial parent, children's concerns for optimal visiting arrangements, recreational activities, maintenance of relationships with close friends, and maintenance of their personal interests are discussed.

Another important topic of interest to the young reader is the issue of new