

understanding of children. But remember, this book does not teach how to interpret drawings. It is an introduction to kindle interest, an invitation to serious study. But it shows that the study is worth the effort.

George, R. L., & Cristiani, T. S. (1981). *Theory, methods, and processes of counseling and psychotherapy*. Englewood Cliffs, New Jersey: Prentice-Hall. 331 pages.

*Reviewed by:* Daniel Klassen, Associate Professor, Lakehead University.

There has been a great need to integrate counselling theory and practice; George and Cristiani's book provides an integration of theory, methods, and processes throughout the four-part volume. Each chapter in Part II, "Theoretical Approaches to Counseling" contains a generous section on ways and means of implementing theory, including a discussion of specific techniques and methods. Similarly, Part III, "Counseling Processes and Methods," presents the theoretical foundations of the procedures and skills. This persistent reference to theory and process is the strength of George and Cristiani's work.

The focus of Part I is on the counsellor as a person. The distinction made here is between what the counsellor *does* and who he *is*. The authors contend that effective counselling is a subtle combination of values, beliefs, and attitudes. *What* the professional therapist does may at times be greatly amplified by *how* he does it. In the same way the effect of what the helper does is all but lost because of how it is done. The person of the counsellor and therapist is more accurately reflected in *how* they perform rather than in *what* they do.

Salient theoretical approaches to counselling and psychotherapy are described in Part II. A young discipline tends to be preoccupied with its own definition and fails therefore to draw a clear line of distinction between itself and related disciplines. It is only as a discipline matures that the relationships between the disciplines is most clearly seen. It is therefore worthy of note that George and Cristiani have included a chapter which describes the insights and perceptions which counselling and psychotherapy have drawn from disciplines such as philosophy, sociology, and psychology. Part II concludes with a chapter entitled "Toward a Personal Theory of Counselling" which highlights the authors' commitment to helping the readers integrate theory and practice. Novices in the counselling profession too frequently claim that theory is meaningless to practitioners or that it simply does not work. The chapter is most helpful in that it describes the various steps in building a personal theory. The authors suggest, for instance, that a counsellor or therapist should have a working familiarity with the major current approaches. Furthermore, they say therapists must be willing to examine their own views of human nature and their own assumptions about the nature of people.

It seems essential that counselors explore in depth their own values, attitudes and beliefs about what constitutes a good life, what people are like and what they themselves are like. (p. 127)

The locus of all helping is centred in the self and therefore the professional helpers must be clear about who they are.

Part III "Counseling Processes and Methods" is the pivotal point of the book. George and Cristiani must be commended for the excellent content and the precise, logical delivery of these chapters.

"Principles and Procedures of Group Counseling," Chapter Eleven, is a most useful overview of group counselling. In view of the observation that counsellors who primarily counsel individuals spend as much as 90% of their time with as little as 5% of the student population, group counselling is an excellent way for counsellors to meet the needs of their clients as well as satisfy the demands of the community. The focus of Chapter Twelve is on counselling special populations, such as, handicapped, aged, women, and the culturally different. Chapter Thirteen presents a survey of the theories of career development and the process of career counselling.

Part IV of George and Cristiani's book highlights Issues and Trends. Chapter fourteen describes the current trend of counsellors and psychotherapists to include the role of consultant in their work, thereby multiplying their effectiveness many times over. In this way professionals in the counsellor's community learn to solve their own problems. In addition, provision of consultation allows the counsellor and therapist to focus on prevention rather than crisis. With the rising incidence of law suits against members of the helping professions it is mandatory that they become knowledgeable in matters of ethics, licensure, evaluation, and law. The final chapter provides this. Furthermore, Appendix I—A.P.G.A. Ethical Standards and Appendix II—A.P.A. Ethical Standards provide information of a most practical nature.

It is difficult to find fault with the book. Perhaps it could be argued that the title is too long and clumsy, that career counselling does not get fair space, or that Adlerian Counselling is quite short changed; but the positive aspects of the book far outweigh any that might be perceived as negative.

What is so impressive about *Theory, Methods and Processes of Counseling and Psychotherapy* is that it is a first-rate one-volume edition for counsellors-in-training and in-service upgrading. Its consistent integration of theory and process is outstanding. The book must be highly recommended for programs in social work, nursing, counselling, psychotherapy, and related fields.

Gare, W. J. (1982). *The missing link: The transition from animal instinct to the human mind*. New York: Philosophical Library.

*Reviewed by:* Lloyd W. West, University of Calgary.

The major thesis of this book is that the missing evolutionary link between Homo sapiens and other animals is not morphological or structural but rather mental and emotional. When our ancestors learned to use weapons they evolved from a hunted species to become the supreme hunters of the animal kingdom. As they gained dominion over other living creatures, Homo sapiens also evolved an overwhelming ego—a sense of grandiosity, self-glorifying vanity, and unrealistic conceit. According to Gare, it is this narcissistic grandeur or emotional need to feel proud and powerful which is the specifically human characteristic that marks the transition from animal instinct to the human mind.