

REVIEW

YOUTH: TOWARD PERSONAL GROWTH, A RATIONAL-EMOTIVE APPROACH

By Donald J. Tosi. Columbus, Ohio: E. Merrill, 1974, pp. xiii + 161. \$3.95.

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Whether one is a believer in Albert Ellis or not, this fairly slim volume is mandatory reading. From the viewpoint of the high-school counsellor, often befogged by local limitations, it offers practical stimulation.

Tosi treats Rational-Emotive Therapy (RET) in all its aspects: from the model, the philosophy, and the techniques, to verbatim counsellor-client exchanges and group counselling. These topics have separate chapters devoted to them and an additional chapter deals with the Ten Irrational Ideas of Ellis, and provides a chart for assessing one's personal irrationality.

The author notes that the fact that RET counselling "is largely devoid of mysticism, metaphor, and poetry is humanly realistic." Yet without these attributes the ABCD of his theory is eminently readable, interesting, and provocative.

As the title implies, young people are the focus of the presentation and youth extends to the end of one's third decade. May one hope that middle age will also be advantageously redefined?

This reader did not receive any negative vibes from Tosi's book. Indeed, all were positive. It achieves its aim: to present the author's rationale for, and style of, RET counselling, and at a reasonable price too.

One book in the "counselling youth series," edited by Herman Peters, of Ohio State University.