

There is another situation in which a breach of the confidence of the relationship may be required by the counsellee. There have been cases in which testing was done on a client prior to and after an automobile accident. Such testing demonstrated a drop in certain mental and physical capabilities of that client, possibly as a result of the accident. In this type of situation, the client has every right to require the counsellor to reveal such information in court even though it was thought to be confidential at the time.

Another weakness in the book is the emphasis on malpractice or tort law which usually relate to elements of negligence on the part of the counsellor. One would have desired a balance to include concepts of contract law and breach of contract by the counsellor. Whenever a counsellor and client enter into a counselling relationship, there is an express or implied contract between the two. Often many things are assumed and not written down nor thoroughly understood. Much that happens in a counselling relationship could be construed as a breach of some of the client rights or counsellor obligations entered into in that particular relationship.

It would have also been helpful if the book had discussed more extensively the licensing rules

as they relate to psychologists. In the future these will become more important to counsellors. More information about the rules of courtroom evidence could have rounded out this otherwise excellent book.

The authors reflect the diversity and uncertainty about many elements of the law. They also use many examples for illustration so that their points can be clearly understood. There is a good discussion of school law and extensive citation of legal reasoning. There is also an excellent discussion relating to the age of consent.

This reviewer would strongly urge all counsellors and psychologists to study this book with some care. At the very least it would put the counsellor on guard and make him aware of potential problems that he might face. Because of the lack of adequately licensed professionals, schools often provide the services and relationships that would otherwise be provided by these professionals. But he should not delude himself. He has no special license to fulfill the humanistic role demanded by the counsellee. And he faces an ever-present danger of liability for harm done to a counsellee because of the unique relationship that exists between them.

Know Your Own Personality, Hans Eysenck and Glenn Wilson, London: Temple Smith, 1975, 206 pp. \$7.95.

Reviewed by:

Lloyd W. West
Department of Educational Psychology
University of Calgary
Calgary, Alberta

By and large, the task of the counsellor is to help others get to know themselves. Through acceptance, labelling, and reflection of feeling, the counsellor engages his client in self-exploration which, hopefully, leads to self-awareness. By supporting group norms of self-disclosure, authentic feedback, and open confrontation, the counsellor also promotes the self-understanding of group members. In both individual and group work, counsellors generally assume that self-knowledge facilitates personal adjustment and thus "knowing your own personality" becomes a major goal of counselling. Toward the achievement of that goal, perhaps Eysenck and Wilson have something substantial to offer.

Although few counsellors would attempt to refute the ancient Greek injunction to "Know

Thyself," controversy over the nature of man, why he is what he is, and how he comes to know who he is, continues unabated. Is personality genetically coded and relatively immutable or is it inherently formless and endlessly malleable? Do we "discover" ourselves or do we "create" ourselves? Are we the "product" of historical events or the "project" of our own choices? Perhaps we create pseudo-issues simply by posing such either/or questions.

At a time when the *zeitgeist* is strongly phenomenological and environmentalist, Eysenck and Wilson hold with the primacy of genetic factors as the determinants of personality. The role of the environment, we are told, is limited to "effecting slight changes and perhaps a kind of cover-up" (p. 20). Since there is really very little we can do to change our personality in any fundamental sense, we may be well advised to submit to reality, discover who we are by whatever means available to us, and plan our life in the light of that knowledge.

While the *zeitgeist* also clearly favours interpersonal and encounter approaches to self-discovery, Eysenck and Wilson confidently advocate

the psychometric route. *Know Your Own Personality* is essentially a book of self-administered and self-interpreted questionnaires designed to measure various aspects of personality. The major personality factors treated in the book include extraversion - introversion, emotional instability - adjustment, toughmindedness - tendermindedness, sexuality, sense of humor, and social attitude.

Know Your Own Personality introduces the reader to Eysenck's hierarchical (trait-factor) model of personality. This model provides the rationale and interpretive bases for the questionnaires which follow. The questionnaires *per se* have serious pretensions to measuring meaningful aspects of personality and must not be regarded as merely illustrative material or as "journalistic playthings." With the rigour characteristic of Eysenck's work, these scales have been scientifically constructed, validated, and normed.

Although the expressed purpose of *Know Your Own Personality* is "to amuse and stimulate the reader," it is also clearly intended to "give the reader insight into his own personality, and a model into which to fit other people" (p. 41). Since do-it-yourself psychometry is not without hazard, however, the reader is cautioned to have the assessment done professionally when the data are required for major clinical, educational, and vocational decisions.

Know Your Own Personality should prove easily read, instructive, stimulating, and amusing to most high school students. The reader who takes the time to answer and score each of the questionnaires provided in the book, is certain to gain some knowledge of his own personality. Moreover, at a time when we are becoming increasingly dependent upon "feedback" from others to define who we are, the psychometric approach taken by Eysenck and Wilson can be a refreshing corrective.