

BOOK REVIEWS / REVUE DE LIVRES

List of Reviewers:

ROGER D. MARTIN
University of Saskatchewan

SHAROLYN REID
University of Manitoba

RAYMOND H. HENJUM
University of Manitoba

Family Living Series – Part 1 and Part 2 (CASSETTE TAPE), G. R. Patterson and M. Forgatch, Champagne, Illinois: Research Press, 1975, 1976.

Reviewed by:

Roger D. Martin
Department of Psychology
University of Saskatchewan
Saskatoon, Saskatchewan

Although the concept of contracting has been highly relevant and is in full use by professionals in the field over the last few years, there has been very little material published either in written or auditory form on this topic. Probably one of the most significant publishers in this field has been Research Press and it currently has a cassette tape series in two parts by Patterson and Forgatch, one portion of which is on contracting, and advanced contracting. The authors indicate that the reason for presenting the material on tape form was, at least in part, to be able to reach those families that were unable to make use of written communications.

The authors make it very clear that the entire initiation of the "contracting concept" comes from commerce in which a person attempts to spell out very clearly the terms of an agreement between the parties involved. In the first cassette tape, the authors look at the concepts of: whose behaviors are going to be changed; what points are going to be earned or lost for the very specific performance of daily behavior; what backup reinforcements are going to be provided for the earning of these various points; and how this is going to be written down so that people will not forget the terms of the contract and will be able to follow through.

The tape emphasizes the importance of the aspect of negotiation in the contract for both the benefit of

child and parent. If a contract is set up and then does not seem to be working, the authors suggest that compromise and re-negotiation are essential. The authors also point out that it is very important that parents carry out their end of the bargain in a contract and quite often when a contract does not work it is the fault of the parents because they do not, in essence, fulfill their duties as outlined in the contract. The authors also caution that a person should not expect perfection in a contract and he should reward the child for near-approximations of the stated goals and should always emphasize that he likes and respects the child.

For negative kinds of aspects of the contract, the child is probably faced with things like time out. Parents are also faced with giving up some of their natural positives as part of the bargain. The tape highly recommends that for the child's buying of his parents' time is an extremely effective reinforcer in such areas as telling a story, being able to stay up late with the parent, being able to go for a motorcycle ride with the parent, going for a fishing trip with the parent, and so forth.

This contracting tape is the initial item in Part One of the series on various topics of child-rearing. It is a basic presentation on the entire concept of contracting and may be useful in presenting this concept in an elementary way, but some of the staged examples sound rather phony. The running comments throughout the tape seem to be effective and the tape is also useful because it has examples of both good and bad parenting.

The second tape may be more helpful but depends on parents having heard the first tape. This cassette examines such problems as the father often failing to keep monitoring the contract because he assumes that

this is the mother's role. The second cassette also examines concepts of the child's time frame of reference and looks at this in terms of immediate goals. This tape also talks about work as one of the best punishments that can be placed on a child as a consequence of not fulfilling the contract.

These tapes present the rudiments of contracting and may be effective as such basic introduction to the area. However, there is also a possibility that they may be dangerous in that the parents are presented

on the tape as always in control and the child is always set up as the person to be manipulated, with the child's behavior set out as the thing to be changed. As well, the tapes do not really lay out in plain and common sense language the basic mechanics of *writing* a contract and therefore people who listen to the tapes will be perhaps motivated to try this concept but will not really have the underlying and very simple idea of how one should set up a contract.

Becoming Woman: The Quest for Wholeness in Female Experience, P. Washbourn, New York: Harper & Row, 1977, 155 pp.

Reviewed by:
Sharolyn Reid
School of Nursing
University of Manitoba
Winnipeg, Manitoba

Becoming Woman is a powerful book which focuses on ten crisis points in a woman's life. Washbourn associates each one of these periods with a choice which provides the woman with the opportunity for growth and self-affirmation or as a time of bitterness and limitation. The author discusses and elaborates how each one of these crisis periods allows the woman to investigate, experience and expand her sense of femaleness which offers both moments of "gracefulness" and "demonic" danger.

There is a chapter written on each of the ten crisis points, with topics being: menstruation, leaving home, sexual maturity; love, failure and loss; marriage, pregnancy and birth, parenthood; the change of life and anticipating death.

The author, in each chapter, discusses how each crisis period provides the woman with the opportunity for self-affirmation or for limitation and bitterness. The concepts of "grace" and "demonic" danger are elaborated upon in a clear and powerful style beginning with the chapter on menstruation. As Washbourn discusses the consequences of each crisis event and how resolutions must occur either "gracefully" or "demonically," the mystery of woman is revealed and what remains is woman's

quest for self-understanding of growth and wholeness.

The reviewer's overall reaction to *Becoming Woman: The Quest for Wholeness in Female Experience* is a very positive one. The author has written the book in a logical, clear style which flows into a developmental sequence which is easy to read. The teacher will find a blend of the author's own experiences, information and documentation from contemporary psychology. The presentation of the information in this style provides the reader with thought provoking questions and a sense of a "gestalt" towards the material.

In the reviewer's opinion, this book is an excellent reference source for all educators, especially guidance counsellors. Hopefully the male reader will encounter the book with curiosity and openness and will obtain further awareness, understanding and knowledge of women and their quest for wholeness. This book is applicable to all school levels, however, some of the chapters will be most applicable to the junior high school and high school counsellors and teachers. The book might also be highly useful as a course text on human sexuality, for woman's consciousness raising group, and for the adolescent woman in guidance class.

Generally speaking, *Becoming Woman: The Quest for Wholeness in Female Experience* is an excellent book which provides the reader with a holistic approach to the uniqueness of women and their quest for self-understanding. It is because of this focus that this book has been recommended to the teacher, the counsellor, but could also be a valuable reference for counsellors at other levels, psychologists, social workers, nurses and psychiatrists.

Beyond Counseling and Therapy, Robert Carkuff and Bernard Berenson, Montreal: Holt, Rinehart and Winston, 1977 (second edition), 295 pp., about \$12.00.

Reviewed by:
Raymond H. Henjum
Department of Educational Psychology
University of Manitoba
Winnipeg, Manitoba

Glasser seemed to suggest in his writings that, if you were sincerely trying to help, you cannot possibly hurt. Carkhuff and Berenson, on the other hand, strongly intimate that it is very well possible to hurt others, whether one is a "credentialed professional" or just a poorly functioning man on the street. No conclusive evidence of how counsellors' hurt was provided.