

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:
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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.

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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.

Carkhuff and Berenson describe the "good helpers" as functional professionals. They suggest, however, that there has been slow development indeed in the general improvement of the helping profession in the past decade, in spite of research, of model development, and presentation.

The authors' goals for the helpee seem admirable. They speak of full development of human resources, exploration, understanding, action, and learning, constructive client process movement, and high level interpersonal processes. Most counsellors no doubt would want what those imply for their friends and clientele.

Most would agree as well with the general intent of their phrases: "attitudinal disposition of the whole counselor" and the "whole person who views counseling as a way of life". Certainly, each counsellor must want to be healthy, happy, and fully functioning in interpersonal relationships, on and off the job.

The authors' admonition throughout is that counsellors try to become highly skilled at giving "accurate responses — physically, emotionally, and intellectually". Helpees model after the helper's large

repertoire of high-quality responses. The simple attending to just feelings, a practice of many Carkhuff followers in the past, seems to be, once again, laid to rest in this latest explanation.

But, in reading this book, the reviewer was struck by the severe repetition of the point of view and by the decided lack of suggestion of technique. Simplicity was staggering. Conversations between counsellor and helpee were provided, but the prevalent counsellor response seemed to advance according to this tight *mod el*: "You feel because, and now you want" I was hoping, as I read on, that the authors would truly go "beyond" this opening response. Their opening point of view seemed to stress life's "completeness", while their technique seemed to stress "simple efficiency".

Would the book be of value to counsellors? Yes, it would seem to be of interest to those who have read much and learned counselling practices already. The suggestion of "growth", for both counsellors and counselees, was stimulating from a philosophical or reflective viewpoint.

The book would seem to be desirable as "library copy" moreso than as a basic text for the development of counsellors.