

add, that the child's very existence requires that both parents maintain some sort of relationship with one another. He presupposes that parents have communicated about what will happen to the children both before and after the separation. As many counsellors are aware, this is seldom the case.

In *The Parents Book About Divorce* Gardner shows, with case histories, how parental selfishness and resentment impede the healthy psychological development of the child. In addition, he warns how a therapist's application of psychological principles is often misguided and inappropriately influenced by a personal bias. Despite the fact that Gardner's own medical/psychiatric bias, idealistic viewpoints and repetitiveness interfere with the quality of the book, the messages conveyed surpass any of its weaknesses.

Gardner's message of honesty and altruism has been long in coming but unfortunately it may be too late for couples who have already divorced to help their child should they read the book now. Many of Gardner's recommendations and techniques must be applied immediately prior to and immediately following the separation. The book, therefore, could more appropriately be handed out with every marriage licence as opposed to attracting the already divorced populous.

For any parent who loves his/her child or for any therapist who works with families *The Parents Book About Divorce* is highly recommended.

Fight it out, Work it out, Love it out, Claire Pomeroy, Doubleday & Company, Inc., Garden City, New York, 1977, 256 pp.

Reviewed by:

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What a welcome change this book brings to the counsellor who may feel overwhelmed by the innumerable "How to" books on therapy and counselling! "*Fight it out, Work it out, Love it out*" is not a technician's handbook for counsellors, nor a behaviour program for clients; it is the candid report of a family therapy by a participating member, a moving account of the slow and painful steps of growth through therapy.

A feeling that the family is in "depression" is what leads Claire Pomeroy and her husband Adam to seek family therapy. Throughout the first sessions most of the efforts centre around Glen, their seventeen year old son, whose difficulties have made him the family scapegoat. With time, the focus shifts to Claire and Adam themselves, as they realize that the core of many of

the family problems lie in themselves and in their relationship to each other.

Claire's account of the sessions, written as a personal journal throughout the therapy and her vivid description of her feelings and of family life during this period make the reading of this book as compelling as that of a fascinating novel. But it is more than a novel! This family is real and the fear, pain and joy they experience during the process of change are real! Clients going through the same process would probably benefit greatly from reading this book: apart from the relief at knowing that their struggles are not unique, they could also find hope of meaningful changes in their lives.

For the counsellor or therapist looking for cues to help him in his work, no method or technique is presented here. Peter, the therapist, emerges as a warm and sensitive human being with great expertise in the helping profession. His weaknesses make him all the more credible and real to counsellors and therapists honest enough to see their own mistakes and limitations. On one occasion Peter describes what therapy is to him (p. 226): "I think it's teaching people new strategies for achieving their ends, including the strategy of considering what their aims should be."

He also explains what he feels is the position of the therapist in the process (p. 226): "The good therapist knows exactly what he's doing almost all the time, how close and how far he is from the real people, and how absolutely real he is, and how much a therapist he is." He feels that therapies that operate "from within all the time" and those that operate "from without all the time" are both limited. In his theory, "the most effective therapy takes into account the regulation of emotional distance as part of the therapy."

Claire Pomeroy must be commended on her courage in writing this intimate account of her family's experience during therapy. It is unusual and quite revealing to see "the other side" of the picture: the client being the observer and reporter of the therapy process.

The Children's Rights Movement. Beatrice Gross and Ronald Gross (Eds.), Garden City: Anchor Press/Doubleday, 1977, 390 pp., \$11.50; paper \$4.50.

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Change is what *The Children's Rights Movement* is all about. Society can no longer think of itself as child-centered until it changes its laws, its institutions, its attitudes about children. If this

sounds like another platitude to be ignored, then you are the reader who will be most affected by *The Children's Rights Movement*.

Bringing together a variety of authors through this common theme of change, this anthology assures that the message will not be easily dismissed. Instead, it will gnaw at you. It will repulse you with horror stories of child abuse. It will anger you, especially when it challenges institutions and your own effectiveness in your role as child-professional. It will annoy you when you are asked to re-evaluate your own beliefs about children. (For example, by grouping infants with sixteen-year-olds under the term "children," unmanageable difficulties are encountered in developing a set of rules or rights that apply to the needs and abilities of either group.) It will prod you to promote change by providing practical examples, since as the editors state: "The rights of children is an abstract, general, legalistic concept. . . . It does not help children until it is put to practice."

This book will be an important addition to the library of any practitioner who cares about children. The list of contributors represents the best in many fields: de Mause, Coles, Ariès, Mead, Friedenberg, Keniston, Bronfenbrenner, and Holt are just a few of the voices who champion the cause of children's rights. Yet, there is another important voice heard in the book: the youth themselves. (What better was there to exemplify the expression of the often-neglected right, the right to be heard?) And, along with their eloquence are reports of their involvement in the movement, found under the chapter, "Young People Act — for Themselves, for Others." This is an important chapter — and one that high school students must be encouraged to read — because only youth commitment will ensure the momentum of this cause. Minorities have to fight their own battles; this was demonstrated by women's groups and the Black movement.

Still, the authors are not ignoring the impact of adults. Concerned adults, professionals and nonprofessionals alike, have to speak for children who cannot help themselves. For the non-professional's concern, "What can I do?" answers are provided in Barbara Bode's "Citizen Action for Children" and the resource listing in Dean Calabrese' "Where to Get Help, Materials, and Information." Professionals will find support and ideas throughout the book. Particularly worthwhile are: Thomas Cottle's "The Child Is Father to the Man" which describes the mixed emotions felt when Cottle meets the "enemy," a father of one of his clients; David Gottlieb's observations on the counter-productive results of government projects set up to assist children; the remarkable similarity of general reflections of a youth-worker, Larry Cole and an adolescent

therapist, Ted Clark; the provocative indications of childcare institutions by Rena Uviller, the director of Juvenile Rights Project.

More than an anthology and an excellent resource book, this collection usefully challenges practitioners, parent-study groups, and young students. It joins such recent books as Hobbs' *The Futures of Children*, Keniston's *All Our Children*, and Fraiberg's *Every Child's Birthright* in speaking on behalf of children. One wonders, however, if all these voices are enough to elicit the practices needed to produce change.

References

- Fraiberg, S. *Every Child's Birthright*. New York: Basic Books, Inc., 1977.
 Hobbs, N. *The Futures of Children*. San Francisco: The Jossey-Bass Pub., 1976.
 Keniston, K. *All Our Children*. New York: Harcourt Brace Jovanovich, 1977.

Is There Life After Group? Lester Libo. Garden City, New York: Doubleday, 1977. \$2.25.

Reviewed by:

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Is There Life After Group? is a book that I would recommend for people about to embark on a group experience. As the author has stated, he likes group experiences, and has written the book for people who want to make changes in themselves and in the way they live. Rather than proselytize, however, Libo has attempted to describe what a group experience is like in a relatively objective manner. (He uses the term "encounter" to refer to Esalen type experiences, classic T-groups, sensitivity training, growth-oriented workshops, consciousness-raising groups, and religious marriage encounter retreats.)

The book is divided into two parts. In the first section, Libo provides a description of what one may expect from an encounter group. He emphasizes that an encounter experience is valuable in that it allows people the freedom to break away from the boredom of day-to-day living. Although this is not the prime purpose of the book, it is this section that I found most valuable, particularly as a reference for clients who have already participated in a group experience. Because the encounter group is such a powerful medium and because emotions can be so acute during a short time, I feel that it would be extremely valuable for an individual to attempt to digest what he has experienced with the help of pertinent literature. *Is There Life After Group?* outlines quite clearly what is likely to transpire in