

passages are amazingly readable. This is a fine book which should be of interest to any counsellor regardless of his or her theoretical penchant. It certainly augments what would already have been a prodigious legacy.

Jacobson, N.S., & Margolin, G. *Marital therapy: Strategies based on social learning and behavior exchange principles*. New York: Brunner/Mazel, 1979.

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For those readers who recall the writer's review of a previous book in this area, in Volume 14, October, 1979, reference was made to Neil Jacobson's chapter which was a critical review of the current literature on marital therapy. He and Ms. Margolin have now published their model for treating distressed couples. It is a social learning model and they are avowed behaviorists. They feel marital therapy is an area where therapists with diverse theoretical stances might find common ground.

The first two chapters provide the reader with background information on behavior therapy and the authors' theoretical framework for approaching the treatment of marital conflicts. Similarities and differences between behavioral and non-behavioral approaches are also discussed.

Quoting from the preface will provide the reader with a brief description as to what is presented in Chapters 3 through 9. These chapters:

consist of detailed explications of clinical strategies for treating couples, beginning with the initial interview and assessment phases of therapy, continuing through early treatment phases, and elaborating on various techniques such as communication training, problem-solving training, contingency contracting, behavior exchange procedures, cognitive restructuring, and paradoxical directives. Chapter 7 includes a manual for couples to be used in conjunction with therapy. Chapter 9 covers a number of specific problems and issues which commonly confront the marital therapist: treating deficits in sexual and affectionate interaction, integrating marital therapy with a partial focus on child problems, and treating partners where one spouse is clinically depressed. Also discussed in this chapter are problems of physical aggression, jealousy, and issues related to divorce and separation, along with the treatment of couples consisting of one highly affiliative and one very independent partner. (p. x)

Chapter 10 presents a review of the current outcome research and, in the last chapter, two case studies close out the book. One case study is presented as a "success" and one is presented as "not so successful".

While readers with a good grounding in behavioral theory and terminology will find themselves right at home, others will have to spend some time translating the material into their particular jargon. This, however, should not take away from the contents of the book because numerous examples are provided to illustrate the authors' points. The authors also emphasize the importance of a scientist-practitioner model throughout the book and are highly critical of practitioners who continue to provide marital counselling without evaluating their approach.

The importance of objective behavioral assessment of relationship dysfunction is also emphasized and most of the current behavioral instruments or inventories are discussed and critiqued. This section should be of particular value to those searching for a concrete methodology for beginning marital counselling sessions.

Furthermore, a variety of techniques (e.g., cognitive restructuring and the use of paradox) are carefully presented, discussed and evaluated as to when they are most likely to be effective and when they should probably not be used.

Of particular interest is the Problem Solving manual presented within Chapter 7. Although not a particularly unique approach to problem solving, this section could and should be used with couples as part of the treatment process. It has the advantage of being neatly packaged for the therapist and contains several good examples of situations when a problem-solving approach can be helpful.

The reader will find it refreshing that these behaviorists allow that the internal "happenings" of the person are legitimate data in therapy. This is a pleasant change from some of the earlier writers expressing the behavioral viewpoint. They also present several good suggestions on how therapists and, in turn, couples can get at this internal data in a way that encourages behavior change. More importantly, they emphasize the importance and impact of the relationship between the therapist and the couple on the successful outcomes of treatment. This has often been neglected by others writing from a behavioral theoretical base.

As is pointed out in the book, there is a danger with a cookbook approach. The untrained and/or inexperienced helper may tend to lift out and apply specific techniques without a solid theory base. This almost ensures failure and the neophyte should be forewarned.

In summary, these authors openly disagree with non-behavioral approaches to marital therapy.

They see most other theoretical positions moving toward the behavioral viewpoint. However, Jacobson and Margolin also have moved toward a more integrated view of marital therapy. For a change, the importance of such basic skills as rapport building, listening skills, honesty, and empathy are not neglected. Instead, they are translated into behavioral terms and pointed out as important in the behavior change process.

A review cannot do justice to the great variety of material presented in this book. The writer would recommend the book to the "pure" behaviorist for its emphasis on often ignored "internal" variables in marital therapy. It is recommended to therapists of other theoretical persuasions as a good source of behavioral techniques which they could incorporate into their approach. Perhaps more importantly, the book should help them to become aware of the fact some behaviorists are concerned with more than a simple S-R paradigm. As a result, the challenge for a more empirical approach by all practitioners will be heard.

Glick, I.D., & Kessler, D.R. *Marital and family therapy*. New York: Grune and Stratton, 1980.

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This is an ambitious book designed to serve as an introductory text for the relatively new field of family therapy. The authors attempt in their second edition to reflect the rapid growth of this field since its inception only 15 years ago. They stress the applicability of family therapy strategies in a diversity of counselling settings. To assist the beginning students in a variety of professional helping disciplines, the authors state three major aims:

- (1) to present some of the core concepts relevant to an understanding of families;
- (2) to offer a frame of reference for planning and carrying out family therapy strategies;
- (3) to summarize some current research on family process and treatment.

From its introductory pages to its final chapters, these goals remain clearly in focus. The organization of the material with a statement of objectives at the start of each chapter is a particular strength which helps keep the reader "on track" in what could otherwise prove an overwhelming struggle to digest so much information. Glick and Kessler discuss a wide variety of topics in 22 chapters, illus-

trated by a refreshingly original selection of artists' representations of family themes from modern sculpture to a Goyer painting of the family of Charles IV to a nineteenth century etching entitled "Quarrels between Mr. and Mrs. Latimer, and Brutal Violence between Them, Were the Natural Consequences of the Too Frequent use of the Bottle." These illustrations serve to heighten the theme that many of the issues related to family or marital functioning and development are universal.

The core concepts explained in this text are valuable for counsellors who need to maintain a broad perspective from which to assess the information provided to them by one member about his or her family. The natural life cycle of the family, its basic tasks, and operational myths (e.g., "Marital partners should be as unselfish as possible and give up thinking about their own individual needs," or "When something goes wrong in the family, one should look around to see who is at fault") are discussed in detail. Family evaluation techniques are compared and the formulation of family problem areas is structured to provide a means of setting a direction in which therapy can proceed. Case studies are frequently included to clarify points.

Two chapters are of particular note for readers not intending to qualify themselves as family or marital therapists, yet finding themselves dealing with family concerns. The first, entitled "The Family Model and Other Fields" is a collaborative one, with "guest commentators" from a variety of professions as diverse as genetic counselling, rehabilitation therapy, architecture, and the judiciary. The second, "Guidelines for Recommending Family Treatment," is tempered with the caution that since the 1960's, as the family field has evolved, family therapy is no longer viewed as quite the panacea it originally was. The reader is encouraged therefore, to view family therapy as "an approach rather than a single technique . . . a group of therapeutic interventions, all focusing on the family but directed toward a variety of specific therapeutic goals" (p. 309).

Developing this broader perspective on family systems and dysfunctions would seem particularly relevant to today's counsellors in the light of some thought-provoking statistics about "the present American family — Circa 1980" which are provided in the opening chapter. How are the following statistics being reflected among your own clientele? Marriage rates appear to correlate with a country's economic stability — the countries with rising economies have rising marriage (and divorce) rates. The "typical American family" with breadwinner-husband, homemaker-wife, and two children now make up only seven percent of the nation's families. Currently the "most typical"