

gives the reader a small feeling for the pain of the patients, those caretaking them, and relatives of the patients. The author shares his experience matter-of-factly, yet feelingly. The goals of psychotherapy, and the role of the therapist are completely subsumed in one man's experience of being human.

Robinson and Hemmendinger studied the psychosocial adjustment of concentration camp children over thirty years after their release. Their interviews demonstrate the overall successful orientation of these survivors, their strong values and ideals, and their lasting kinship, developed out of sharing and overcoming the horrors of genocide.

This book is a very worthy volume to the Stress and Anxiety series. It contains many different forms of data from anecdotal to experimental, but the articles have one element in common; they all inspire us with a regard for the value of human life, and shame us with knowledge of our greatest self-inflicted misery — war.

Krohne, H.W., & Laux, L. (Eds.). *Achievement, Stress and Anxiety*. New York: Hemisphere Publishing, 1982.

Reviewed by:

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This is a very readable and scholarly volume. The editors, Krohne and Laux, together with consulting editors, Spielberger and Sarason, have gathered together a host of international and acclaimed authors in the field of anxiety theory and research. The resulting original articles address issues which are divided into five sections, each having to do with a particular component of anxiety research. The five subject areas are: theoretical and methodological issues; strategies of coping with stress; anxiety and coping; achievement motivation and attribution theory; and special methods in anxiety research.

My approach in this review is to focus on one article from each of the five sections. In this way, I hope to wet the reader's appetite, and not sell the authors short by trying to describe too much with the too few words at my disposal.

In the first section, Joseph McGrath has written a paper entitled, *Methodological Problems in Research on Stress*. McGrath summarizes several of the propositions and models found in studies on stress. He includes a classification of stressor conditions (physical, psychological and interpersonal), and a catalog

of indexes of stress response illustrated in a very clear 4 x 4 table, i.e., system level of measure (physiological, psychological, task performance, interpersonal behavior) by operational form of measure (subjective reports, observations, trace measures, archival records). The author's examples are very concrete and leave no doubt as to how several stress data may be classified — and most importantly, the system suggests what kind of data might profitably be explored. McGrath includes an enlightening section on the consideration of four clusters of methodological problems in stress research: the settings where stress is reasonably measured; value attached to stress; the importance of time in measuring the effects of various stress situations; and measurement problems, themselves.

The author concludes with a detailed model of how stress research might be most productively pursued. McGrath's Population x Behavior x Setting matrix elucidates several testable hypotheses for a complete research strategy. This reviewer found the whole article to be most rewarding.

The second section on stress coping strategies includes an article written by Meichenbaum, Henshaw and Himel. They describe a great variety of research that focuses on problem solving as an essential ingredient in coping with stress in a variety of situations: creative problem-solving tasks; induced pain; and interpersonal stress.

Of particular interest is the description and data from their think-aloud study on creative problem-solving tasks. The interpretation of this cognitive data matches with conclusions drawn from pain and interpersonal stress research in pointing up the importance of flexible and creative strategies for the successful management of stress. The authors draw from the work of several others in concluding with several guidelines for building coping skills for a cognitive problem-solving therapy.

Houston investigates the relationship between trait anxiety and cognitive coping behavior in his contribution to the third section on anxiety and coping. The two studies reported demonstrate that reducing trait anxiety also has the effect of improving cognitive coping behaviors. In the conclusion to this treatment-oriented chapter, the author suggests that new treatments which might ideally combine anxiety reduction with cognitive coping strategies, similar to Meichenbaum *et al.* above, would be expected to be more effective in anxiety reduction. Only future research will test this prediction, but the

author has provided a rationale and a direction.

The fourth section on achievement, includes a chapter by Becker who studied the pre-examination behavior of success-oriented and failure-oriented students. In parallel with earlier research on pre-jump behavior of parachutists, failure-oriented students experienced a steady increase of fear from low levels to excessive levels as the exam nears. Success-oriented students experience more anxiety earlier than the poorer students, and their anxiety peaks before the critical event, leaving them better prepared to focus on the task at hand. Becker illuminates several other components of pre-exam behavior, and shares a rationale for evaluating the adaptive function of appropriate levels of fear as an early-warning factor.

The last chapter of this volume is authored by Hodapp who presents a splendid chapter detailing alternative statistical procedures (in the main path analysis) for arriving at causal inferences. His alternate analyses of previous data provoke an interesting discussion of the worry versus emotionality theses as they compete to explain low levels of task performance.

In conclusion, this reviewer cheerfully recommends this text for the new student of anxiety research because of its theoretical guidelines and for the experienced researcher as an up-to-date statement of the art and science of a particular body of research.

Freeman, D.R. *Marital Crisis and Short-term Counseling*. New York: Free Press, 1982.

Reviewed by:

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This is a very practical, concrete book which would be of great interest to student marital counsellors. After a brief introduction a total of 13 case histories are presented. Cases are separated into those that are appropriate for short-term marital therapy and those that require some other type of intervention. The author uses the interesting format of providing a running summary of the highlights of each session including a fair amount of verbatim on the right side of the page. On the left side, a wealth of practical clinical comments as to: diagnostic conclusions of the clinician; problem solving on what intervention tactics are available to the counsellor, and justification for choosing one tactic over another.

The material presented by the author reflects an eclectic here-and-now approach

which draws from a variety of schools such as short-term dynamic, short-term systemic, learning theory, role theory, and client centered. The transcripts testify to a very skillful clinician, capable of carrying out: a rapid multilevelled diagnosis; setting meaningful objectives that will satisfy both spouses; implementing rapidly moving intervention that can jump back and forth between feelings, interaction, past history as related to present conflict and confrontation, and throughout communicating a respectful and supportive attitude towards both spouses. The beginning clinician will particularly benefit from this experienced counsellor's decision making rules as to what to ignore and what to attempt to modify. In many ways Freeman through her clinical wisdom portrays an excellent model of the type of eclectic marital counsellor that more and more students wish to emulate.

The author presents some convincing arguments in favor of the efficacy of the short-term model such as: couple malleability during crisis, higher motivation during crisis, many couples are ready to invest a maximum of 6 to 8 meetings and the short-term model does not require the couple to see themselves as sick. As well in the majority of cases presented by Freeman, the impressive gains are reported in relatively few sessions with assurances that improvement were either maintained or augmented during follow-up.

The major drawbacks of this book are all related to problems of representativity. For example, the author presents not actual transcripts but her recall of events post session. There is a considerable risk with this approach that both the couple and the counsellor emitted behaviors of central importance that are unreported and are not consistent with the position presented by the author. The book provides no data or opinion on how representative the presented material is of her own practice. Also no details are furnished as to the type of overt or covert selection procedures operating in her own institution or practice. The counsellor interested in this model requires estimates of the proportion of couples who can benefit. Admittedly Freeman, in chapter 8 enumerates a variety of selection criteria that have guided her over 20 years of practice. However the interested counsellor needs to know: are these procedures pertinent for 20 or 80% of couples seeking counselling?

Not unlike the practice of many marital consultants no objective data is gathered from couples either during assessment, at treatment termination or follow-up. Again, how representative are the author's claims of