

schizophrenia, dementia, and alcohol and drug abuse.

The fifth and final section provides helpers with information regarding consultation and stress management. Chapter 17 provides information on the very important topic of taking care of yourself as the helper, including details on making referrals, and a good exercise for assessment of healthy behaviors.

Throughout each section, illustrations, exercises, and questions prompt thought. In particular, the "Think About It" exercises throughout pose relevant, important, and contemplative questions to the reader, providing the opportunity for self-reflection.

Essential Skills for Human Services is well organized and insightful. It guides the reader into important areas for reflection and introduces the reader to topics especially relevant in today's society. I was especially impressed by its coverage of current topics such as helping people with HIV, as well as the book's emphasis on empowerment, advocacy and other "post modern" ideals.

One area that could have been addressed more completely is the issue of reluctant or resistant clients. While the book mentions this topic briefly it doesn't provide the helper with the tools to work through issues specific to these individuals. The involvement of the client's family is another area that could have been expanded in order to provide helpers with another approach to problem management.

This book would make an excellent introductory textbook for courses about Human Services, Interviewing, or Counselling Skills. It would also be valuable for professional facilitators who are teaching groups of paid or volunteer helpers. As well, it is organized in such a way that it can be used as a self-help guide for beginning helpers who wish to be better prepared to work with others.

---

Cormier, S. and Cormier, B. (1998) *Interviewing strategies for helpers: Fundamental skills and cognitive behavioral interventions, 4th Edition*. Pacific Grove, Brooks/Cole Publishing Company.

---

Reviewed by: Sharon Ashton, B.A.

*Interviewing Strategies for Helpers: Fundamental Skills and Cognitive Behavioral Interventions* is a comprehensive teaching text, written with clarity and an engaging style. The first half of the book discusses therapeutic conditions and the counselling skills that are essential to practitioners from any theoretical base. These include the development of facilitative relationship conditions, the ability to listen responsively to verbal and nonverbal communication, and interaction skills that encourage the client to move toward self-exploration, understanding and action. This section also directs the counsellor to deeper self-awareness regarding issues that may impact the therapeutic relationship. The authors then provide clear and specific suggestions on how to work collaboratively with a client to identify the significant presenting issues, define the problem(s), set treatment goals, design a treatment plan, and evaluate progress.

The second half of the text is devoted to teaching strategies primarily associated with a cognitive behavioral framework. These include guided imagery, cognitive restructuring, stress inoculation, modeling procedures, muscle relaxation, and systematic desensitization. Treatment strategies from affective and systemic domains are suggested as valid options for specific client problems; however, Cormier and Cormier do not teach these techniques. Instead, they broaden the scope of this text by extending their discussion to include a number of less well-known Eastern psychology interventions. These strategies include Hatha Yoga, mindfulness meditation and breath control. The rationale provided for using each of these strategies is concise; a sample explanatory statement that might be used with a client is also suggested. Each strategy is explained in easy to follow, step-by-step directions.

Throughout this text, the authors intersperse their discussion with learning activities that provide the reader with ample opportunity to experiment with the strategies first hand. In many instances, these exercises are designed for use by groups of two or three; however, the authors also include instructions for activities that will engage the individual learner. Since the dyadic and triadic activities provide rich opportunities for skill development, the reader will gain the most advantage from this text by using it in a classroom setting or in a small study group.

A post-evaluation exercise at the end of each chapter encourages the reader to regularly self-examine their grasp of the material. The authors include checklists that summarize the essential skills for each particular strategy that has been taught. These checklists provide a useful analysis tool for critique of the session "live" by a fellow student or for later analysis of a video-taped session by the learners themselves.

Multicultural issues and applications are given special consideration within each topic area throughout the text. Cormier and Cormier suggest adaptations that will enhance work with clients from specific diverse populations. This is an outstanding contribution to this text. Overall, this text is another helpful addition to the introductory counselling literature by two experienced authors. The breadth of material covered in *Interviewing Strategies for Helpers: Fundamental Skills and Cognitive Behavioral Interventions* makes it an attractive reference resource for beginning counsellors. It also provides useful information for more experienced cognitive behavioral practitioners searching for multiculturally sensitive adaptations to their current practice.