

# Books and Materials

Jon Carlson, Column Editor

The purpose of this column is to bring to your attention books and materials that might be useful to you in your work or personal growth. If you know of any item that would be of interest to our readers or wish to have materials reviewed in this column, please write to Jon Carlson, Route 4 Box 492, Lake Geneva, WI 53147.

- Adelson, J. (Ed.) *Handbook of adolescent psychology*. New York: Wiley Interscience 1980. A major information source written by leading authorities. Includes personality dynamics, delinquency and psychopathology, thinking, sexuality, social development and political attitudes.
- Bandler, R., Grinder, J., & Satir, V. *Changing with families: A book about further education for being human*. Palo Alto: Science and Behavior Books, 1976. This approach focuses on the effective use of the communication process. An important book for practicing family counselors irregardless of theoretical persuasion.
- Barbe, W.B. & Swasing, R.H. *The Zaner-Bloser modality kit*. Zaner-Bloser Inc., 612 N. Park Street, Columbus, OH 43215, 1979. A comprehensive kit that identifies and teaches to the child's strongest sense—visual, auditory, or kinesthetic. The teaching style of the future.
- Bargo, M. Jr. *Choices and decisions: A guidebook for constructing values*. San Diego: University Associates, 1980. This book provides a systematic approach for the construction of values. Readers are exposed to lists of values, value issues, games, role-playing activities, and group interaction.
- Bemporad, J.R. (Ed.) *Child development in normality and psychopathology*. New York: Brunner/Mazel, 1980. An extensive volume that covers the various theories of child development; stages of child development; conditions which alter the course of development; and assessment of moral and pathological development. A valuable resource with a surprising amount of practical information and case examples.
- Brubakken, D.M., Derouin, J.A., & Morrison. H.L. *Treatment of psychotic and neurologically impaired children: A systems approach*. New York: Van Nostrand Reinhold, 1980. Presents some helpful ideas on how to keep children who have severe psychological disorders within the mainstream of community life. The systems approach integrates the family, schools, mental health boards, developmental disabilities boards, and social service agencies.
- Buntman, P.H. & Saris, E.M. *How to live with your teenager: A survivor's handbook for parents*. Pasadena, CA: Birch Tree Press, 1979. A lot of helpful ideas for those who want to improve their relationships with teenagers.
- Corsini, R.J. *Readings in current personality theories*. Itasca, IL: F.E. Peacock, 1978. This book contains twenty-eight selections concerning twenty-four theories of personality. Each selection is written by an originator or major spokesman of a theory.
- Dayton, B. *The swami and sam: A yoga book*. Flenview, IL: Himalayan Institute, 1976. An easy to follow yoga book for children. A good introductory story and clear illustrations.

- Dinkmeyer, D. & Losoncy, L.E. *The encouragement book: Becoming a positive person*. Englewood Cliffs: Spectrum Books, 1980. An important book that shows how to provide emotional support for others. A clear theory as well as a series of simple, easy-to-do exercises to become a more encouraging person.
- Dinkmeyer, D.C. & Muro, J.J. *Group counseling: Theory and practice*. (2nd Ed.) Itasca, IL: F.E. Peacock, 1980. A book that will aid in understanding group process and developing group leadership competencies. Well worth reading.
- El-Shamy, S. *28 ways to vent your anger: A book of anger exercises*. Crescent Publications, 4201 East Third Street, Bloomington, IN 47401, 1979. This children's book (all ages can benefit from it) provides 28 different ways of "burning off" excess anger until it reaches a manageable size.
- Gray, H.D. & Tindall, J.A. *Peer counseling: An in-depth look at training peer helpers*. Muncie, IN: Accelerated Development Inc., 1978. This book and accompanying exercises entitled *Peer Power* form a complete peer counseling program. I would urge anyone to read this material before establishing a peer counseling program.
- Hollander, A. *How to help your child have a spiritual life: A parent's guide to inner development*. New York: A and W Publishers, 1980. An important book that focuses on helping children give meaning to their life. Many parents feel baffled about this area and have relinquished the job to the culture (i.e. television and mass advertising).
- Howell, M.C. *Helping ourselves: Families and the human network*. Boston: Beacon Press, 1975. An exciting book that shows how families can help each other more and depend on professionals less. The author clarifies the limitations and uses of education and medicine.
- Jurovic, M. & Clark-Stedman, M. *Developmental play groups: A humanistic approach to elementary counseling*. M.M. Publications, 3105 Atwood Ave., Madison, WI 53704, 1980. A worthwhile addition to the counselor's library. The developmental play group is clearly explained. Useful and practical.
- Kirby, J. *Second marriage*. Muncie, IN: Accelerated Development Inc., 1979. An important book about a little discussed topic. For professionals and lay people.
- Levinson, D.J. *The seasons of a man's life*. New York: Ballantine, 1978. The groundbreaking ten year study that was the basis for the best selling book *Passages*. Explores and explains the specific periods of personal development through which all human beings must pass.
- Lonetto, R. *Children's conceptions of death*. New York: Springer, 1980. This well done book contains a thorough review of the research on children's conception of death; drawings of death by children three to twelve years old; information on the fatally ill child and childhood bereavement; and a set of guidelines for explaining death to a child.
- Lupin, M. *Peace, harmony, awareness: A relaxation program for children*. Hingham, MA: Teaching Resources, 1977. This 12-part audio program teaches relaxation and helps increase self-confidences, self-control and helps improve relationships. The program can be used with individuals or groups. Two segments are directed toward adults and ten for children.
- Magid, K. & Schreibman, W. *Divorce is ... a kids' coloring book*. Evergreen Consultants Press, Box 14, Evergreen, CO 80439. Twenty-five issues common to divorce and separation paired with twenty-five resolutions to help children adjust more effectively. A meaningful way to help children learn about a difficult area.
- Myrick, R.D. & Erney, T. *Caring and sharing: Becoming a peer facilitator*. Minneapolis, MN: Educational Media Corporation, 1978. A systematic approach for

- learning helping skills is presented in a form that allows students to both learn the concepts and to apply the strategies in working with others. A leader's manual (*Youth Helping Youth*) and a 16MM sound/color film (*Peer Facilitators*) are also available. The program has worked effectively in many communities.
- O'Connell, W.E. *Action therapy and Adlerian theory*. Chicago: Alfred Adler Institute, 1975. This book contains selected papers of the creative work of Walter E. "Buzz" O'Connell. His positive approach to helping has value to all human service workers.
- O'Connell, W.E. *Super natural highs*. Chicago: North American Graphics, 1979. This clever collection of aphorisms (actually Buzz-isms) provides the reader with insight into life and people.
- Olson, H.A. *Early recollections: Their use in diagnosis and therapy*. Springfield, IL: Charles C. Thomas, 1979. This book provides good coverage of the literature and an up-to-date manual for the use of early recollections in diagnosis and psychotherapy. The topics covered include background theory; the use of early recollections in testing, diagnosis, and therapy; interpretation techniques; and case material. The special practice section is most helpful.
- Pantell, R.H., Fries, J.F., & Vickery, D.M. *Taking care of your child: A parent's guide to medical care*. Reading, MA: Addison-Wesley, 1977. A concise guide to the pains, scrapes, and red spots of childhood. It is one of the most invaluable health care books for parents and teachers. Provides over 90 unique decision charts to help handle the common medical problems of childhood.
- Pappas, M.G. *Prime time for families*. Minneapolis, MN: Winston Press, 1980. A family fun book for people who want to improve communication, build individual and group self-esteem, get to know themselves better. Over 50 activities, games, and exercises. A good investment for both the counselor and the client.
- Pearce, J.C. *Magical child: Rediscovering nature's plan for our children*. New York: E.P. Dutton, 1977. A well written book with a message powerful enough to blow holes in our contemporary approaches to childbirth, childrearing, and education. The author feels that we are currently crippling an astonishing creative intelligence that nature has built into our children. An alternative system is provided. Well worth reading.
- Perez, J.F. *Family counseling: Theory and practice*. New York: D. Van Nostrand and Reinhold, 1979. This book presents a good overview of the various theories of family counseling. The author highlights a modified systems approach with extensive case material.
- Scholz, N.T., Prince, J.S., & Miller, G.P. *How to decide: A workbook for women*. New York: Avon, 1975. A practical guidebook that is particularly useful to the married woman who wants to return to school or work, the young single woman just starting out, and the mature woman who wants to experience a more active life. A series of step-by-step exercises are used to help develop decision-making techniques.
- Shapiro, J.E. *Methods of group psychotherapy and encounter: A tradition of innovation*. Itasca, IL: F.E. Peacock, 1975. A thorough resource for the student and practitioner of group counseling. The book contains an in-depth view of group process; the roles, standards, ethics, and problems of group leaders, and a detailed description of techniques used by group leaders.
- Shaw, M.E., Corsini, R.J., Blake, R.B., & Mouten, J.S. *Role playing: A practical manual for group facilitators*. San Diego: University Associates, 1980. This update of *Roleplaying in Business and Industry* serves as a good introduction to role playing. The Appendix and Annotated Bibliography provide good suggestions for reading and further application.

- Simon, S.B. & Olds, S.W. *Helping your child learn right from wrong*. New York: Simon and Schuster, 1976. A practical book that shows how to use values clarification with families.
- Simons, G.F. *Keeping your personal journal*. New York: Paulist Press, 1978. A helpful book on a very valuable therapeutic technique. Journal keeping is a vehicle for personal and social growth.
- Superka, D.P., Ahrens, C., Hedstrom, J.E., Ford, L.J., & Johnson, P.L. *Values education sourcebook: Conceptual approaches, material analyses, and an annotated bibliography*. Boulder: Social Science Education Consortium and ERIC Clearinghouse for Social Studies and Social Science Education, 1976. A useful reference to ways in which values education may be used as well as a guide to the references in this growing field.
- Sweeney, T.J. *Adlerian counseling*. Muncie, IN: Accelerated Development, 1975. A well written monograph on Individual Psychology.
- Taylor, J.F. *The hyperactive child and the family*. New York: Everest House, 1980. Many useful suggestions for coping effectively with the hyperactive child.
- Thie, J.F. *Touch for health*. Touch for Health, 1174 North Lake Avenue, Pasadena, CA 91104, 1979. A practical guide to natural health using acupuncture, touch, and massage to improve postural balance and reduce physical and mental pain and tension.
- Virshup, E. *Right brain people in a left brain world*. Los Angeles: The Guild of Tutors Press, 1978. An interesting book that shows how art can be used as therapy. Beautiful illustrations.
- Wallerstein, J.S. & Kelly, J.B. *Surviving the breakup: How children and parents cope with divorce*. New York: Basic Books, 1980. This book is based upon a study of sixty families over the first five years post-divorce. The authors present some information that directly relates to the questions troubling divorcing parents: How should they tell the children? What reactions should they expect? How can they tell if the children need professional help? Will the divorce leave their children with scars that never heal? Some of the findings in *Surviving the Breakup* are that the adjustment of the child depends more on what happens after the divorce than on the conditions in the predivorce family; that the relation to the father does not diminish in importance, regardless of how infrequent the contact with him is; that the child's anger and yearnings have an extraordinary staying power over the years; and that the chief hazard to the child's health and development is the diminished capacity to parent of the mother or father in the wake of marital rupture. Must reading for every counselor as this topic affects everyone.
- Wedding, D. & Corsini, R.J. *Great cases in psychotherapy*. Itasca, IL: F.E. Peacock, 1979. This collection of 21 case histories is an excellent cross-section of contemporary psychotherapy. As Samuel Johnson is quoted at the beginning of the text "example is always more efficacious than precept."
- Woolley, P. *The custody handbook*. New York: Summit Books, 1979. A comprehensive survey of the current child-custody arrangements and a handbook on how to design your own system. Counselors need to be aware of this book and have it available for parents' use.