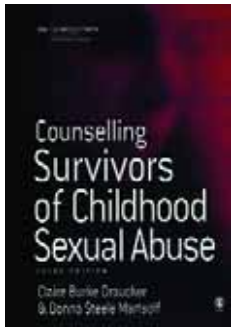


## BOOK REVIEWS

If you would like to review a book for *The Psychologist*, contact Mike Thompson on [mictho@bps.org.uk](mailto:mictho@bps.org.uk). Publishers should send advance title information and books for possible review to *The Psychologist* at the Leicester address.



### *Counselling Survivors of Childhood Sexual Abuse*

CLARE DRAUCKER & DONNA MARTSOLF  
LONDON: SAGE; 2006  
Pb £18.99 (ISBN 1 4129 2239 9)

REVIEWED BY **Rebecca Williams**

**O**UTCOME research; the differences and similarities between male and female survivors of sexual abuse; recovered memories; cultural perspectives; practical, illustrated 'how to' advice; all are clearly explained within the third edition of this text.

I was particularly impressed with the emphasis from the outset on recognising the potential differences in outcomes for men and women, given the differences in role socialisation and coping styles, and how this might influence the techniques and directions of therapy. The importance of considering differing perspectives rather than a 'one size fits all' approach is re-emphasised at the end of the book through reference to multicultural counselling.

Refreshingly, the main text synthesises research into a practical accessible format. Techniques such as preparing for exploration of abuse, managing symptomatology, retrieving repressed memories, restructuring, challenging and confronting, are all clearly explained and often illustrated with session transcript examples. The authors also explore what attitudes or styles the counsellor brings which may influence the therapeutic relationship.

In summary, this is a thorough manual that deserves to be called a handbook; it is well referenced, well thought out, and well illustrated with case examples, and will go a long way towards increasing readers confidence in counselling survivors of childhood sexual abuse.

■ *Dr Rebecca Williams works for the Arfon Learning Disabilities Team, North Wales.*

# Emphasising strength



### *Risk and Resilience: Adaptations in Changing Times*

INGRID SCHOON  
CAMBRIDGE: CAMBRIDGE UNIVERSITY PRESS; 2006  
Pb £49.00 (ISBN 0 521 54156 5)

REVIEWED BY **John Toland**

**R**ESILIENCE is the phenomenon whereby individuals show positive adaptation despite significant life adversities. As an educational psychologist I am very interested in this concept with its emphasis on strengths, and how it can be applied with clients. The fundamental question is: What are the best ways of taking the findings gained from studying naturally occurring resilience and applying these to change the course of development in children who have little chance of resilience without intervention?

Much previous work on resilience has been American; it was therefore with great interest that I read this important book based on work done in Britain. It is large-scale, and its conclusions are authoritative and robust. It draws on data collected from the 1958 National Child Development

Study which together comprise a sample of 30,000 individuals. The size of the sample and the time periods involved mean that very significant conclusions can be drawn about the nature of resilience. These are then used to inform and guide the development of effective interventions for different at-risk populations of young people. I will find this extremely useful in my own ongoing work to try to promote resilience in looked after and accommodated young people.

This book goes a long way towards answering the fundamental question posed above and I think it is required reading for all psychologists working with children.

■ *John Toland is a Chartered Educational Psychologist with South Lanarkshire Psychological Services.*

# More than medication

**I**F YOU wish to read a book that gives a comprehensive history of the growth of the critical psychiatry movement combined with present day critiques of the mental health system, then this is an excellent text. Some of the most



### *Critical Psychiatry: The Limits of Madness*

DUNCAN DOUBLE  
BASINGSTOKE: PALGRAVE MACMILLAN; 2006;  
Hb £50.00 (ISBN 10 2300012 89)

REVIEWED BY **Amy McKee**

prominent and influential authors in the field have contributed chapters for example, Lucy Johnstone and Terry Lynch, so there is plenty of thought-provoking, easily accessible reading exploring the ways in which mental illness is constructed in society through the process of diagnosis.

As a whole the book seeks to encourage the reader to think about people's distress within the psycho-social context of an individual's experience. It comprehensively challenges the view of mental illness as something solely connected with brain pathology, that can be treated with

medication. It promotes a collaborative approach to mental health problems, with practitioners working in alliance with those who present with distress.

This is an essential text for all who practice within mental health settings and an interesting read for all who have questioned why medication has historically been seen as a solution to individual distress.

■ *Amy McKee is a trainee clinical psychologist on the Staffordshire & Shropshire course.*