

## REVIEWS

### Independent comment on audio-visual and print materials

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**THE ART OF USING AND LOSING CONTROL: ADJUSTING THE THERAPEUTIC STANCE.** Richard G. Whiteside, NY, Brunner/Mazel, 1998, Hardcover, 212 pp, RRP \$29.95, ISBN 0-87630-863-9.

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**THE ART OF USING AND LOSING CONTROL. [Video].** Richard G. Whiteside, 124 mins, Piha Healing Arts Centre, 1997. NZ \$100 inc. GST plus postage and packing. Available from 123 Piha Road Piha Auckland +64 9 812 8295.

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Family therapy has seen the development of many divergent approaches with each claiming to be the new pioneer of family therapy. Some, like Byng-Hall (1998) comment on how old ideas are discarded and contributions from other disciplines ignored to our peril. I have highlighted my concerns that we are in danger of making the client fit the therapy rather than the other way round (Hart, 1996). There have been various attempts to integrate different approaches to avoid these difficulties (Pinsof, 1995; Breunlin, Schwartz and Kune-Karrer, 1992; Nichols, 1996). Richard Whiteside's book approaches this debate from a different and interesting angle. It is a timely and valuable contribution.

Whiteside trained under Jay Haley and Chloe Madanes in the USA and then worked in their institute for a further ten years. The inspiration for his book came from watching how these master therapists, despite their own theories, were able to shift their therapeutic position to meet the needs of different types of clients. It was this unarticulated aspect of their approaches that he integrated in his theory of 'transpositional therapy'. Rather than inventing a new type of family therapy (don't we have enough?) he creates a basis for bringing together the many existing styles of therapy within a practical framework for assessing client types and then adjusting the therapeutic stance.

Whiteside highlights the fact that the issue of control is an unpopular topic in therapy. Therapists and clients alike, he proposes, use different types of control over each other in the therapy as part of a two way process. Four control types are highlighted that both will use: total control, partial control, no control and illusion of control. With each he identifies the type of overt and covert goals that clients present with. He examines how an effective fit and match between the therapist and client style is critical for the success of the therapy. Directive and authoritarian approaches are contrasted with yielding or re-directive ones. Ric Whiteside evaluates what type of therapy is suited to what type of client. For example, he discusses when a collaborative approach is preferred over more directive therapies or strategic ones. Unless therapists are able to adjust their stance, they will end up blaming the client for

treatment failures, rather than examining the issues in their own style of work.

Whiteside has produced a video to accompany the book, which can be used for training purposes. This is introduced by Frances Steinberg's interview with Whiteside which highlights the main concepts and is followed by role played case examples illustrating the four control types discussed in the book. Professional actors have been used to enact real case scenarios, which enables Whiteside to sidestep the problems of film quality and confidentiality that plague many professional family therapy training videos. While the video production is relatively simple, the overall quality is high in both sound and picture quality. The role-plays are realistic and lively, making them excellent teaching resources. As one trainee commented 'I did not know the actors had such real problems!'

Richard Whiteside uses many examples of interesting and 'off beat' interventions (personal communication). Experienced clinicians would find these inspirational, and I have been able to use some of them in my practice. His aim and gift (consistent with his style of therapy) is to inspire and provoke thought. Overall the book is written in an easy to read style without heavy jargon and illustrated by case examples that will appeal to the reader at all levels. The latter part of the book seems to add little to the original thesis but adds further case examples, which can get repetitive and tiresome to the reader. Less focus on these and further development of the core ideas would have enhanced the book. Research based on this model would enable us to further understand what type of therapy is needed for which clients and would provide a means of assessing this.

The danger would be that a beginning therapist might use Whiteside's case examples as prescriptions for 'how to do therapy', which might backfire to a family's detriment. The painstaking background work Whiteside has done with these case examples is not highlighted in the book or the accompanying video. This is not unique to this book, but has been a hallmark of certain areas of family therapy literature, especially the strategic school. The failed sessions, in one example, seem to have enabled the family to feel that Whiteside had experienced their failure and gave him permission to use his more bizarre interventions most successfully. This issue has been foregrounded by Brian Cade in a review of his strategic work twenty years earlier:

... if I had known then what I know now there still might have been many similarities in the overall approach I have taken ... but the case would have been written about in a very different way (1998: 152).

Much of Whiteside's model is really a practical application of the various aspects of transference and counter-transference. Essentially it is creating a discussion about the nature of the therapeutic relationship in strategic rather than psychodynamic language. This is not an area ad-

ressed by the author and goes beyond the scope of this book, though linking the two domains of thought would create a very useful debate for the field.

Whiteside's core concepts are critical ones and should be taught to all therapists, particularly those in advanced level training programs. The ability to change therapeutic positions to meet the needs of different clients is not one that is well articulated in the literature and needs further development. This book is a most valuable contribution in this area. Given my caveats above about the potential problems of some of the family therapy literature about 'magical' interventions, particularly paradoxical ones, I think this book would most valuable to experienced practitioners looking for new inspiration in their work to help them to 'unstuck their stuck cases'.

### References

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### BREAKING THE PATTERNS OF DEPRESSION.

Michael Yapko. NY, Doubleday, 1997. \$11.95 US, ISBN 0-385-48370-8. Michael Yapko Workshop presented in Sydney Australia, at the Garvan Institute, 'Breaking the Patterns of Depression: Fundamentals of Brief Therapy Approaches to Treatment', 6-7 November 1998. The workshop was sponsored by The Written Word Bookshop, PO Box 372 Milsons Point NSW Australia 2061.

This review is about a two day presentation and accompanying book and from the outset some differences between the two modes must be acknowledged. Yapko's excellent workshop targeted therapists, and his book, whilst very useful to the same audience is a self help title aimed at the general community.

In his workshop, Yapko scored full marks for knowledge base, skill level, humour, and capacity to generate interest from his audience and deal with controversy and conflict. No therapist present at the workshop, nor any reader of his book, could say they know less than they knew before the workshop about what the latest research about depression is saying. Saying that female psychotherapists were particularly at risk for depression because of what he termed their 'ruminatory style', created a great deal of hubbub in the audience.

He attempted to foster the development of skills in his audience. Using lucid examples, he constantly referred to

the practical implications for therapy. Some of the techniques he recommended were: conducting a sleep assessment; mind clearing methodologies, including hypnosis and relaxation; encouraging clients to take up aerobic exercise; gather and weigh information and assess all the variables and identify those which are controllable; and develop an unstable attributional style (depressed individuals are inclined to interpret their world in consistently negative ways and in this sense their way of attributing meaning is stable).

Yapko clearly has been influenced a lot by Erickson and Haley. The latter has written the foreword to Yapko's next book on families and depression. The scientific basis for this book is a huge study conducted by the Agency for Health Care Policy and Research (AHCPR) in the US<sup>1</sup>. In 1989 the US Federal Government passed a law mandating the development of guidelines for the optimum care standard in the management and treatment of depression. AHCPR established a multidisciplinary panel who first reviewed over 100,000 studies published between 1975 and 1990. These were culled to 3500 studies which gave indications of efficacious practice. Guidelines were developed from these in 1993 and they were released for review to 73 professional organisations and three consumer groups. Psychotherapy and pharmacotherapy were found to be effective at treating depression. The panel specifically recommended cognitive, behavioural and interpersonal psychotherapies as the most efficient forms of treatment and it specifically made a point of identifying brief psychodynamic therapy as the 'weakest approach' (Yapko, 1997: 44).

Perhaps the debate about brief vs long term, psychodynamic vs CBT, and psychodynamic vs systemic therapy is really indicative of the state of knowledge at this stage of human history rather than the 'rightness' of any one mode of intervention. Yapko's clear passion and skill for creative brief forms of therapy is an absolute delight. He presents a cogent and powerful future-focused approach and he clearly demonstrates the evidence based outcomes supporting his claims. My concern though (and it is slight), is that if we embrace too much one particular mode of work, or of constructing social problems, there is the risk that this mode becomes overly prescriptive and devoid of critical reflection. Every clinician who has worked for a large public mental health service would be aware of a minority of clients who continually 'rebound' even when offered competent care. This group, I would argue (perhaps by default) is given long term care. Maybe this means that with some client groups, longer term work is necessary. These comments are directed less at Yapko himself, but more at those who may embrace his approach exclusively and uncritically. Those people might support the maxim that 'outcome must determine practice'—a strong feature of the debate about managed care. This attitude today is widely influential in organised services and it is important that all therapists meta-communicate about it. It would be wise to use Yapko's work to guide and inform practice while retaining an open mind about its conclusiveness.

*Breaking the Pattern of Depression* is well written, user friendly, full of useful case examples and challenges. He presents 73 brief 'Learn by Doing' exercises which would be of use to both clients and therapists. There are many

other 'Pause and Reflect' questions which are well highlighted and often include further homework tasks or important issues worth considering. His chapter on 'Navigating the Therapy World' provides excellent suggestions to assist clients to select a competent therapist. Some of his suggestions though, would have to be adapted to the Australian context. Almost every chapter contains excellent summary points. They are sufficiently brief and well written to entice even the least literary oriented client. His constant use, however, of the pronoun 'he' in generic form will deter Australian feminist readers.

It was an honour to witness a presentation from a gifted therapist who has mastered the art of his work and married it to a scientific basis. I recommend his book and any future workshops. In the year 2000 he is planning a further series of presentations on hypnosis. Don't miss them.

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<sup>1</sup>Summarised in Chapter 2 Yapko, 1997.

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**FEDERALLY-FUNDED FAMILY MEDIATION IN MELBOURNE: OUTCOME, COSTS AND CLIENT SATISFACTION.** A. Love, L. Moloney, T. Fisher, La Trobe University, National Centre of Socio-Legal Studies, Australian Government Printing Service, 1995. 108 pp. plus appendices. ISBN 0 642 20829 8.

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**FEDERALLY-FUNDED FAMILY MEDIATION IN SYDNEY—OUTCOME, COSTS AND CLIENT SATISFACTION.** L. Moloney, T. Fisher, A. Love, S. Ferguson, La Trobe University, National Centre of Socio-Legal Studies, AGPS, 1996, 250 pp. plus appendices. ISBN 0 642 20864 6.

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**FEDERALLY-FUNDED FAMILY MEDIATION IN SYDNEY—OUTCOME, COSTS AND CLIENT SATISFACTION—SYNOPSIS, KEY FINDINGS AND RECOMMENDATIONS.** L. Moloney, T. Fisher, A. Love, S. Ferguson, La Trobe University, National Centre of Socio-Legal Studies, AGPS, 1996, 42 pp. ISBN 0 642 20866 6.

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These three books comprise the reports of the evaluation of Mediation Services in Melbourne (1993) and in Sydney (1994) sponsored by the Office of Legal Aid and Family Services of the Federal Attorney General's Department from the Alternative Dispute Resolution Group of the National Centre for Socio-Legal Studies at La Trobe University. Though there are differences between the reports in each city, the core of each evaluation regarding agency description of policy, practice and cost, pre-, post- and follow-up client evaluation justify a joint review. They provide a thorough, factual, and procedural account of the complexity of the systems involved in the delivery of such service to the community and the issues involved in assessing their efficacy.

The terms of reference included the examination of the fairness of the mediation process, the equality of involvement, the congruence between the practice of mediation and the theory behind it, a comparison of the agencies involved (in the Sydney study, the comparison of co-mediation and the use of sessional mediators), its cost effectiveness compared in particular with the costs associated with those of litigation in the Family Court. These evaluations make use of both qualitative and quantitative methodologies.

The presentation is extensive, clear, and greatly enhanced by tables comparing the agencies within each city. In each report, the appendices provide copies of all the evaluation instruments (client information, consent forms and questionnaires). In the Sydney report they also include the agencies' policy and practice documents, financial reports, and client intake forms. Information material on Mediation and resource handouts given to clients are also included.

The seven agencies which were evaluated are 1) in Melbourne, The Family Court of Australia Mediation Service, Marriage Guidance of Victoria and the Family Mediation Centre, 2) in Sydney, the Centacare Family Mediation Program, the Family Court of Australia (Sydney Registry) Mediation Section, Relationships Australia (NSW) Couple and Family Mediation Service (RA) and the Unifam Family Mediation Centre.

The description of the agencies covers their organisational framework, the development of the service, the selection and training of mediators, their mission and goals, guiding theories and approaches, publicity, referral sources, client intake procedures, screening for unsuitability for mediation, mediation process, definitions of agreement and success, funding sources, costs and special features. The evaluation of the services from their clients' perspective included satisfaction with both the process (mediator skill, impartiality, effect on relationship with partner, information provided about mediation, co-mediation) and the outcomes of mediation (agreements and outcomes regarding children and finances). Male and female responses were analysed separately.

In the Melbourne study there was a review of 'Client Personal Experience of Mediation: Narratives from a Sub Sample' and in Sydney a special chapter on 'Mediation and Violence: Literature Search and Agency Policies' The first offers a deeper view of the process of mediation from clients' perspective and the second, an analysis of the crucial aspect of ensuring clients' physical safety.

These two weighty tomes will be of most use to specialists: programme evaluators and process researchers, administrators considering establishing a mediation service and professionals involved in the training and practice of mediation. The third book is a synopsis of the Sydney findings covering those that a committee member of a community agency or governmental policy maker might need as a summary of the voluminous content, findings and recommendations of the second project.

The findings are positive on the whole, with 55%–60% of clients reporting satisfaction with process and outcome of mediation, though the outcome for children is lower, 35–40%. Only 10% went on to register a dispute in the Family Court and only 2.5% went on to some contested

hearing. There were greater levels of satisfaction among women than among men and there was under-representation in the sample of people from non-English speaking backgrounds.

These research findings on gender differences in expectations and satisfaction link with other findings relevant to wider issues of the differences between men and women's expectations and experience of helping processes. Women report appreciation for the communication and personal fairness aspects of mediation which left them feeling more empowered and men report appreciation for the clarity of process and outcome. Terry McCormack (1998) found similar differences with couples in therapy. Women more often wanted to be heard, feel valued and understood by their partners. Men wanted to be told what to do in order to reach solutions. As a rule women were more comfortable with process and men with content. I suppose it is not surprising that these nodal differences between men and women show up repeatedly and that they deserve further attention in the provision of human services.

### Reference

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**CLINICIAN'S GUIDE TO CHILD CUSTODY EVALUATION.** Marc J. Ackerman, NY, Wiley, 1996. Hard cover. 315 pp. RRP \$100. ISBN: 0 471 05252 3.

It seems ironic to be reviewing this text at a time when the Federal Government is discussing the downgrading of services in the Family Court and inviting discussion about the privatising of some of the central dispute resolution services of the court. Is this an omen?

This is an interesting but ultimately disappointing book. It is a highly researched and scholarly text that does well to cover the range of issues that surround this difficult topic, but at times it reads like an elaborate advertisement for ASPECT, the Ackerman-Schoendorf Scale for Parent Evaluation of Custody, which was co-developed by the author. The need for such a text is increasing as the Courts and solicitors ask for relevant and accurate information to assist in the management of their cases.

What intrigues are the various topics that impinge on custody evaluation, including chapters on 'How divorce affects families' and 'Abuse allegations'. Within these and other chapters are to be found little gems on such topics as 'parent alienation syndrome'. The final chapters look at conveying information that is of interest to anyone who has been involved in these processes: preparation for and appearing in court. About sixty pages are devoted to appendices, including a glossary of legal terms and various principles and guidelines laid down by the various professional bodies in the US which deal with this area.

This is clearly a book written for psychologists and within the cultural milieu of the United States, and is devoted

to an exploration of the issues within that context. Hence the emphasis on testing may not be useful to many potential readers. Similarly, research quoted does not seem to cover the useful and extensive material to be found outside the United States.

The laws within the United States are not uniform, and they are certainly not the same as those that exist in Australia. The title, with its reference to 'custody' reflects that difference, now that Australia has adopted a new series of terms (such as 'residence' and 'contact') in the hope of changed perspectives, such as an increased awareness of 'parental responsibilities'. This book tries to be comprehensive, but in failing to be so, highlights the complexity and sensitivity of the area under discussion.

**STEPHEN PINKUS**

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**CHILD CUSTODY: LEGAL DECISIONS AND FAMILY OUTCOMES.** Craig A. Everett (Ed.) NY, Haworth, 1998. Hardback, 234 pp. \$48.00. ISBN 0 7890 0387 2.

In an area that often attracts negative publicity, ideological debate and public lobbying in the mass media and political arenas, Everett has collected thirteen research chapters which are concerned with custody and access issues (in Australia, these terms roughly equate to 'residence' and 'contact'). The strength of this publication is its range of topics, which include both political and judicial decision making, legislative change and adjustment of the family post-separation. The breadth of the area covered promotes a systemic analysis of the interaction between political, social, family and individual factors that may play a part in a family's experience of separation. This is a valuable contribution for the family therapist working with families with unresolved family law issues. There is, however, one chapter by Fox Fields, Mussetter and Powers that appears to be out of step with the tone and standard of the publication ('Children Denied Two Parents: An Analysis of Access Denial'). This chapter is coloured by its adversarial position and partisan analysis. The researchers used data collected from an advocacy group, did not interview the other party in the ongoing access dispute, and failed to consider the possibility of child abuse or domestic violence as a factor in the denial of access.

The book is divided into two sections, the first with a legal and political focus and the second with a clinical focus on families post-separation. There is a particular emphasis on longitudinal research and the inclusion of non-traditional family groupings.

Krissman, in an impressive chapter, reviews trends in research in the area of non-custodial fatherhood. Krissman notes the shift in research from an interpersonal problem focus in relation to continued father contact to the inclusion of a range of structural factors such as the effect of paternal unemployment and extended family supports. Krissman uses family systems theory to elucidate the social, economic and extrafamilial context in which separating families do cope.

The case for redefining 'family' more inclusively evolves from the later chapters. Perhaps most pertinent to the family therapist is the exploration of the interplay between the social definition of family, and the family's own way of coping with nonconformity to socially defined roles. This is most poignantly demonstrated by Babcock in her chapter 'Stigma, Identity, Dissonance, and the Nonresidential Mother'. She writes that nonresidential mothers cope with the dissonance they experience between their socially defined role of 'mother' and their actual role, by developing strategies to redefine their role to fit their circumstances. Other areas of particular relevance to family therapy are: long term adjustment of children in lesbian families, the adjustment of mothers post-divorce and the evolution of residence two years after a 'joint custody' judicial decision (that is, the custody was no longer 'joint' two years on).

*Child Custody Legal Decisions* will be of interest to practitioners wanting to sample some of the key issues in the area where family therapy and family law converge and who are working with family constellations outside the traditional nuclear family. It challenges them to develop an awareness of the political and cultural factors which influence outcomes for families; in particular, the potency of social norms in role definitions for 'father', 'mother', and 'non-residential mother'.

**WENDY FOOTE**

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**WHO'D BE A PARENT? THE MANUAL THAT SHOULD HAVE COME WITH THE KIDS!**

John Irvine. Sydney, Macmillan, 1998. Paperback, 376 pp. \$19.95. ISBN 0 7329 0929 5.

This publication is the manual it claims to be, with chapters on attention, sleep, eating, communication, relationships, aggression, cooperation and emotional problems. Dr Irvine covers all the difficulties that parents typically encounter raising children. Page after page presents sound practical advice pitched at a general readership. The problem solving approach and accessible format are likely to appeal to struggling parents. The relaxed conversational tone and the myriad case examples both address and normalise parents' fears. As Irvine points out, 'Seeing what others go through can be therapeutic for all of us'. The format is user-friendly and the book lends itself to use as a reference to be dipped into as specific concerns arise.

The section headings ('Symptom Checks', 'Dos and Don'ts', 'Bush Remedies'), and the anecdotes from both famous and unsung parents capture a realistic appreciation of how hard individual parenting struggles can be, and model a sensible acceptance of what can and can't be done. Throughout, Irvine's tone is light and humorous without minimising the pain parents and children experience. The pragmatic style emphasises 'playfare' as opposed to 'warfare', common sense over theoretical precision and honesty rather than political correctness (e.g. 'I'm not proud of this, but ...')

The role of parents in exacerbating (or even generating) problems through over-reaction is handled matter-of-factly. Over- and underinvolved parents are not likely to feel patronised. The author advises: 'Set an unfussy example—especially Dad, as apparently most kids copy Dad's likes and dislikes'. The reader is referred to health professionals where indications suggest this is wise and the text comes with an appropriate disclaimer against using it for medical advice or prescription.

I recommend this book as a handy, non-technical guide valuable in orienting any concerned parent and liable to be very helpful in conveying and reinforcing the models of respectful parenting that underlie professional interventions. The range of practical gambits and ideas which have been incorporated may also be useful to professionals.

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**THE GROWTH OF THE MIND AND THE ENDANGERED ORIGINS OF INTELLIGENCE.**

Stanley Greenspan with Beryl Lief Benderly. Reading, MA, Addison Wesley, 1997. Hardback. 364 pp. ISBN 0 201 48302 5. \$29.95.

Get a big-name psychoanalytic developmentalist, get a journalist to translate his technical stuff into readable, human-interest prose, and you've got a winner. Right? Wrong. *The Growth of the Mind* is frustrating and disappointing, largely due to the partnership between Stanley Greenspan and the journalist Benderly—and the total failure of their editor. Within a page, the book lurches from formal writing to magazine-style journalism ('nine year old Carla scowls warily, hunched in her seat ...'). Benderly has repeated many of Greenspan's points in simpler language, with no special gain in lucidity or depth. At times she does not even seem to understand what he is getting at.

*The Growth of the Mind* aims to illuminate the interrelationship between the affective and the cognitive in child development. I found this a persuasive stance, but the resulting account is frustratingly short of a chronology: often the reader cannot be sure what age child is being talked about. Sentences are top-heavy with content, covering too many bases. In the book's second half, Greenspan tackles 'big' subjects of less specialised interest, and the two conflicting styles are less in evidence. Greenspan has a great deal to offer, as any reader of his previous work would be aware. He sees the entity called 'self' gradually 'coalescing' out of previously discrete 'droplets' of intent-affect. His assumption that all arrest of normal development stems from parental inability to respond appropriately to the child is one that many might question, but it still needs to be taken seriously. Unfortunately, this book is not the forum within which most readers will be able to engage with Greenspan's seminal ideas.

**HUGH CRAGO**

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**TRUST AND BETRAYAL IN THE TREATMENT OF CHILD ABUSE.** L. MacKinnon. NY, Guilford Press, 1998. 260 pp. ISBN 1-57230-298-4. \$43.95.

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The book has been written in plain English, making it very easy reading, although I don't feel the content is written for general child protection workers. The Australian flavour is refreshing since literature in this genre is generally American. Most of the references used are dated in the 1980s. (The research project was carried out some time ago, from 1985 to 1991.) I had difficulty believing that there wasn't more current literature suitable to use as references. There were some cases used twice word for word, at the beginning of the book and at the end. The cases were not abbreviated nor was the reader asked to refer to the family illustrated earlier. It made the reading boring.

Most child protection workers would agree with the difficulties MacKinnon describes. Reading Chapter One ('Why are Child at Risk Cases so Difficult?') encourages the reader to challenge theories that pathologise child abuse and other efforts to isolate cause. It would be generally understood that trust between workers and parents is important if any gains are to be made.

The major difficulty that I had with Chapter Two was with the notion that Department of Community Service notifications were referred to therapists. My experience over five years has been that no notifications are referred to therapists and my inquiries of workers who had been in the industry for over twenty years verified this perception. Most would agree that self-referrals would have better outcomes than those coerced into therapy.

Some of the third chapter ('Becoming A Client Of The Welfare') would be useful for workers who are new in the industry. The description of the department's process with notifications is dated. There have been quite a lot of changes recently and there hopefully will be more positive changes. The chapter does not give a very positive view of the Department and makes some large generalisations about the way notifications and court proceedings are handled.

The discussion of 'working class life and the family ideal' made me angry, because it contained gross generalisations about child abuse, working class behaviour, gender issues, and the 'poor working class father' notion. By now, in Chapter Four, I was having difficulties reading this book. It would appear that the author's personal views have clouded her views on child abuse. My experience of working in a middle class suburb with women and children who come from all over the state is that child abuse crosses all classes.

The chapter on the 'genealogy of relationships' is very useful in looking at how one gets an understanding of the dynamics of families when attempting to establish trust and a working relationship. I'm sure this would be very useful in therapy, as I have seen this approach used in general counselling.

Most of Part Two is difficult to read. In Chapter Six, the therapist appears to have power over making decisions

about whether child abuse and sexual abuse of children should be reported to Child Protection Authorities and the Police. MacKinnon writes as if the therapist is able to engage difficult clients easily and to have positive outcomes quickly. I do agree however, if trust can be gained early, more positive outcomes are likely. There is always a level of mistrust with authorities that have the power to remove children. Third parties can often do better, as they can be an advocate for the family.

I felt that if I were a worker for the Department of Community Services I would be insulted by Chapter Seven ('Working with the Welfare in Child at Risk Cases'). The author appears to have little regard for CP Workers as she calls them. CP Workers or District Officers as they are called in NSW are capable of writing reports that are supportive to clients just as much as a therapist is. The amount of work that the therapist MacKinnon describes puts into her clients is an advantage and a privilege that DOs don't have, and I would dispute that a therapist would do all the follow up that the author suggests. We appear in this chapter to have moved from working class families into middle class or higher income earners. This part of the book simplifies a very difficult task, making therapists look like they have a magic wand. And importantly, the question about who is funding this keeps coming up in my mind.

In Chapter Eight, MacKinnon turns her attention to the parents' motivation. A therapist who chooses not to report child abuse and especially child sexual assault will no doubt be able to gain a great deal of trust with the perpetrator. The case histories and the therapist's handling of the cases reported here are misleading to child protection workers. We do not have the power to make such decisions. I feel the author has not read *The NSW Child Protection Interagency Guidelines*, which is a 'must read' for all workers. The family MacKinnon describes where the child in a sexual assault matter was shipped off to boarding school because the father refused to leave was upsetting, to say the least.

Chapter Nine follows the format of many family therapy books. It walks the reader through family behaviours and interactions and leaves him/her hanging. MacKinnon doesn't isolate how change occurs and I was unsure about the relevance of the words in the title, 'trust and betrayal'. I felt that if a therapist were able to establish trust then the outcomes would be positive and that MacKinnon believes that the Department betrays all its families.

There is no doubt that children would find it positive to be given the luxury of developing a positive relationship with parents who abuse them. This is addressed in Chapter Ten. Crucial questions remain unanswered by this book: who will have access to therapy; how much therapy will the families get; will the children get therapy separate from the family and who will fund it and for how long? The reality is that more and more families will not get therapeutic support in such cases. The diagrams throughout the book are easy to read and useful.

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