

BOOK REVIEWS

Creating Contact, Choosing Relationship: The Dynamics of Unstructured Group Therapy.
Richard C. Page & Daniel N. Berkow. (1994).
San Francisco: Jossey-Bass Publishers.
311 pages. ISBN 1-55542-654-9.

This book should prove to be useful for practitioners and students of group psychotherapy and group counseling with a therapeutic approach that show how development can occur through unstructured groups. The book takes the practitioners concerned with achieving therapeutic objectives, foster human growth, and create meaningful relationships on a journey with authors Richard C. Page and Daniel N. Berkow, who introduce readers to a framework for enhancing the benefit participants can gain from engaging in interactions that are not structured according to predetermined patterns. The authors address the two essential goals of the therapeutic process: working on personal problems and learning how to develop mutually satisfying relationships.

In the introduction, the authors discuss the rationale for a theory of unstructured group therapy and introduce readers to central concepts and topics. The succeeding chapters offer insights into incorporating both therapists' and group members' inherent capacity for creativity and self-direction into group interaction. Other chapters introduce different ways of enhancing authenticity, and offer insights for overcoming the problems created by denial in group settings. They discuss an innovative, ethically oriented therapeutic approach that can be applied to different settings by practitioners in the field. Practitioners and educators will be able to use the book's information to improve their recognition of themes such as love, power, and self-actualization in others.

Each chapter is written clearly and practitioners will find it easy to access the particular information they need without searching through the entire book. The reference section at the end of the book is extensive and helpful.

This book is recommended for educators, professionals, clinicians, therapists, counselors and students who are interested in group work.

Reviewed by:
Kan V. Chandras

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