

## BOOK REVIEW

### ***Basics of Clinical Practice: A Guidebook for Trainees in the Helping Professions***

*Martin, D.G., and Moore, A. D.*

Prospect Heights, IL: Waveland Press (1998)

(Re-issue from *First Steps in the Art of Intervention*, 1995).

497 pages 1-57766-005-6

This gifted edited volume suspended my attention at once. I had settled upon Cairns and Gilman's descriptive text on counseling through sexual abuse issues. It highlighted critical issues and understandable events associated with the developmental and idiosyncratic context of molestation experiences and their therapeutic resolutions.

This presentation of the sexual abuse counseling process very much paralleled my experiences with sexually abused adults in a largely person-centered theoretical and philosophical practice. I remember one of my post-doctoral training supervisors remarking upon his surprise with the difference between my taped recording of counseling work with a sexually abused client versus how he'd somehow expected the session to be different. I recall that I'd seemed more directive than he'd imagined I might given my commitment to a person-centered stance. I believe this points to a common misconception of person-centered practice being primarily attentive to rather surface affective levels. Given the orientation differences between the two of us, it also supported Fred Fiedler's (1950) conclusions identifying *similarity* in practice between more experienced practitioners of varied orientations.

A conclusion I bring here is that Martin and Moore's text would appeal to trainers associating with person-centered as well as various other preferences. This, along with the texts' presentation of a wide range of counseling and counselor issues makes it a useful compendium for supervision during either or both master's and doctoral practicum and internship training. Students will appreciate its descriptive process and concept presentations.

In further exploring Martin and Moore's edited volume on the *Basics of clinical practice*, I was impressed with its content across the spectrum of development. It covered several major life themes as well as primary therapist roles-- including relationship issues, issues of termination, assessments, and difficult issues for new therapists. The authors' stance is non specific to one theoretical model. It can be readily categorized as compatible with core relationship tenets as expressed in person-centered philosophy. This made the book of great interest to me. It is a process oriented view of work with clients and with systems and with self.

The book is useful in that individual chapters could be borrowed for supplemental reading in specific courses (i.e., the school clinician; family therapy; group therapy; legal and ethical guidelines; and cross cultural counseling). Its inclusion of therapist considerations associated with surviving clinical training, using supervision, paperwork and report writing, the therapist as a person, and a personal search for models make this an especially relevant practicum/internship companion. It does not include forms; nor does it index various ethical standards as do some internship guides. *Basics of clinical practice* is rounded off with an appendix indexing a brief guide to psychoactive drugs.

I am pleased to have found this text and intend to adopt it for next Fall's internship group. I may require that students select a chapter on which to facilitate discussion. Many chapters would parallel topics that the students choose to present upon, so that incorporating this will come easy. This 1998 re-issue came to me as a much desired and sought after resource guide for "The Art of Intervention." Few revisions will be necessary for taking this issue to its second edition in the 21<sup>st</sup> century. Reproducing a sampling of research and assessment tools; and inclusion of various ethical guidelines could serve as useful appendices.

Fiedler, F. (1950) *The concept of an ideal therapeutic relationship*. *Journal of Consulting and Clinical Psychology*, 14, 239-245.

*Reviewed by:*

*Jo Cohen Hamilton, Ph.D.*

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