

adequate treatment of only some of these. Cottraux has chosen, felicitously, to devote that space to systematic desensitization, assertiveness training, and a discussion of flooding and implosion techniques. He demonstrates his familiarity with the research literature, and his indications and contradictions to the applicability of those procedures will be useful to the French reader. His pages on the verbal and non-verbal components of appropriate assertiveness are particularly instructive and thorough. (It is interesting to note here that the French expression for assertiveness suggests a more accurate and explanatory reference to the concept than our English word; "affirmation de soi" translates as "self-affirmation".)

An excellent account of thought-stopping is found under the sub-heading, Cognitive Modification. Also appearing in this section are references to the covert procedures of Cautela and the cognitive procedures of Ellis and others. This chapter could have been much improved by more careful organization and more accurate categorization of methodology. Virtually no aspect of behavioral clinical practice is left untouched—albeit lightly. This will no doubt prove frustrating to the practitioner in search of a source of detailed instructive techniques. The extensive bibliography, however, provides useful titles to guide such a reader who wishes to pursue additional references.

The book is a commendable effort to bring the French therapist up to date on the developments and trends within the field of behavior therapy. It also serves the author's expressed purpose to introduce psychotherapists of all persuasions to "new approaches—more scientific, and more conducive to effecting change".

Despite its limitations and in view of the paucity of literature available in French, this small volume should be a valued addition to the French behavior therapist's library.

#### REFERENCES

- Wolpe J. (1976a) Behavior therapy and its malcontents: I. Negation of its bases and psychodynamic fusionism. *J. Behav. Ther. & Exp. Psychiat.* 7, 1-5.
- Wolpe J. (1976b) Behavior therapy and its malcontents: II. Multimodal eclecticism, cognitive exclusivism and "exposure" empiricism. *J. Behav. & Exp. Psychiat.* 7, 109-116.

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### *Behavior Therapy: Principles and Applications*

Edited by R. LADOUCEUR, M. A. BOUCHARD and L. GRANGER

Edisem Inc., St. Hyacinthe, Quebec, 1977, Maloine S. A., Paris

The appearance in French of a work on behavior therapy still constitutes a notable event. In French speaking countries very few works deal comprehensively with the principles and applications of behavior therapy. They are still, for the most part, translations, like that of Wolpe's *Practice of Behavior Therapy*. This state of affairs alone is an immediate reason to welcome this book.

Its appearance is well timed to respond to the many questions that therapists are presently asking concerning the impressive evolution of behavioral therapies. Coherently to present the state of findings in this field is not an easy task. We thank the authors for having attempted it.

One of the most delicate issues concerns the interaction between therapeutic techniques drawn from radical behaviorism and those more recent techniques which favour a mediational conception of human behavior. It is evident that behavior therapy is currently dominated by the issue of integrating cognitive approaches with a more traditional behaviorist approach. Opinions on this subject diverge significantly.

The authors of the present textbook clearly state their position in the first chapter. They consider the interactionist perspective (Endler and Magnuson, 1976) to be more adequate than the personologist model (Murray, 1962) or the situational model (Skinner, 1953; Ullmann and

Krasner, 1975). They adopt the theoretical constructs of the interactional approach which, as they point out, are of a mediational and cognitive nature. Nevertheless, it is surprising that no chapter is dedicated to an exposition of the principal cognitive strategies of authors such as Ellis, Meichenbaum, Mahoney. It is only briefly, in comments on a particular theoretical position or in the inventory of the techniques available, that the cognitive dimension is referred to or integrated into the interpretation of facts.

As E. G. Poser points out in his excellent preface, the authors have judiciously avoided devoting a chapter to the results of behavior therapy. Considering that the evaluation of results creates problems that cannot always be resolved satisfactorily, it is usually a vain enterprise to regroup the results of a technique applied to a given symptom, when the need to diversify the therapeutic approaches as a function of each particular case has cogently been argued.

The outline of the work remains in effect classical. Seven chapters provide an account of the major therapeutic approaches, their theoretical foundations and their procedures of application. We find, in the following order: systematic desensitization, implosion and flooding, aversive methods, operant conditioning, covert conditioning, assertion, social skills, and biofeedback. The next eight chapters discuss ways of approaching, on an analytical and treat-

ment level, the major clinical areas, including phobias, obsessive-compulsive behaviors, sexual dysfunctions, problems of sexual orientation, marital problems, depression, psychotic behaviors, and psychophysiological disorders.

We can discuss at length the merits of a given manner of presentation. It must at last be recognized that none is perfect. The method chosen by Ladouceur, Bouchard and Granger classifies various therapeutic techniques according to the psychological processes underlying them, and presents them in relation to their primary clinical applications. To this reviewer this method seems particularly appropriate.

Although the book represents the collective work of seventeen specialists, unity emerges from the organization of the chapters. The authors are to be congratulated for their methodological rigor, since it facilitates the usage of the book as a textbook for students and practitioners alike. The unity does not, however, lead to monotony. The reader soon discovers, within the structures of editing, a variety of styles and opinions among the authors.

Although the term does not appear in the title of the book, I have repeatedly referred to the book as a textbook. It is clearly a didactic work with an expressly practical intent. By its qualities of conciseness, clarity of exposition and logic of presentation, it wholly attains its goal. For anyone who has completed serious studies in psychiatry or clinical psychology it is the ideal work to recommend as a practical approach to behavioral psychology. With their abundant documentation and their constant regard for objectivity, the authors have accomplished the remarkable feat of providing in a small space a panoramic view of contemporary behavior therapy. It goes far beyond the scope of a simple textbook and inscribes itself in the literature as one of the best comprehensive accounts of behavior therapy, bearing witness to the great vitality of the Canadian French language behaviorist school.

Brest, France

JACQUES ROGNANT

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## BOOKS RECEIVED

*Advances in Clinical Child Psychology*, Volume 2, edited by Benjamin B. Lahey and Alan E. Kazdin. Plenum New York, N.Y.

*The Handbook of Private Practice in Psychology* by Edmund Shimberg. Brunner/Mazel, New York, N.Y., \$10.00.

*Great Cases in Psychotherapy* edited by Dan Wedding and Raymond J. Corsini. Peacock, Itasca, Ill., \$8.50.

*Gender and Disordered Behavior: Sex Difference in Psychopathology* edited by Edith S. Gomberg and Violet Franks. Brunner/Mazel, New York, N.Y., \$22.50.

*Behavioral Systems for the Developmentally Disabled: I. School and Family Environments* edited by L. A.

Hamerlynck. Brunner/Mazel, New York, N.Y.

*Behavioral Systems for the Developmentally Disabled: II. Institutional, Clinic, and Community Environments* edited by L. A. Hamerlynck. Brunner/Mazel, New York, N.Y.

*Biofeedback—Principles and Practice for Clinicians* edited by John V. Basmajian. Williams & Wilkins, Baltimore, Md., \$31.95.

*The Kinetics of Psychiatric Drugs* edited by Joseph C. Schoolar and James L. Claghorn. Brunner/Mazel, New York, N.Y., \$19.50.

*The Shaping of a Behaviorist* by B. F. Skinner. Alfred A. Knopf, New York, N.Y., \$12.95.