

Who cares for the carers?

Supervision in the Helping Professions (2nd edition)

PETER HAWKINS AND ROBIN SHOHET

BUCKINGHAM: OPEN UNIVERSITY PRESS; 2000; Pb: £16.99 (ISBN 0 335 20117 2)

REVIEWED BY **Simon Gibbs**

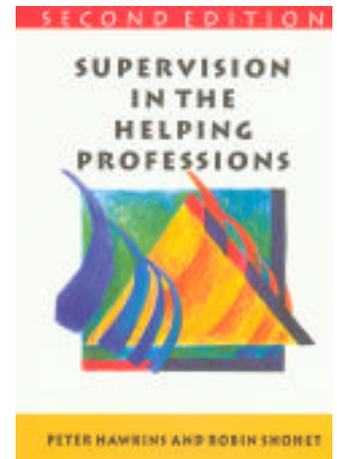
EARLIER in my career I was grateful to have been guided to the first edition of this book. That helped me understand my own supervision and now, when providing supervision, helps me in turn to help others.

The second edition does not disappoint. It is well and simply written for an audience that encompasses, among others, workers in probation, the prison services, psychotherapy, nursing and

psychology. It retains the freshness of its predecessor but is even clearer (both in terms of layout and content) and more expansive. There is also an important new chapter that considers the effects of 'difference' particularly that due to race, class or gender. Throughout, the authors emphasise their belief in remaining open and creative in inquiry and resistant to a formulaic approach. Early on they also stress the need to be

aware of the lure of power and the fear of powerlessness. The book thus has the potential to help us look deeply at our own motivations and needs as supervisees and supervisors. Certainly in the latter role we need to be aware of the former; but, in Hawkins and Shohet's view it is clear how helpful it is for supervisees to be aware of the ways supervision may be given.

I had forgotten the chapters that describe the organisational



context. To rediscover these (which have in turn been refurbished) was a great pleasure. There are no overtly

Keep your readers in mind

Guide to Publishing in Psychology Journals

ROBERT J. STERNBERG (Ed)

CAMBRIDGE: CAMBRIDGE UNIVERSITY PRESS; 2000; Pb £11.95 (ISBN 0 521 59460 X)

REVIEWED BY **David Nias**

THIS book has 14 chapters written by editors and associate editors of mainly American Psychological Association journals. In covering both empirical and literature review articles it goes beyond mere formal requirements. A major theme is that psychology articles can be a joy to read as well as informative. It is estimated that APA journals accept less than a fifth of papers submitted, and virtually all are subject to at least one rewrite. Several of the authors make the point that first impressions often depend on the quality of presentation or writing style in what is an increasingly competitive situation. This can make all the difference to whether referees take a paper seriously.

Commonsense advice is offered such as (a) ask a colleague to read your article

much as a referee might, and (b) run a final spell and grammar check before posting it. The book is full of concrete examples of positive things to aim for, such as conciseness, and negative things to avoid, such as citing your own research instead of others' – this could be a tactical error if the person refereeing your paper has been left out! The importance of the title in attracting the attention of readers in the first place is stressed by Sternberg, who edits *Contemporary Psychology*. Miller's 'The magical number seven, plus or minus two' provides an example of a relevant but memorable title. Remember also that it is the title and abstract that are archived in databases such as PsychLit.

Journal editors as well as potential authors will benefit from this book. Nancy

Eisenberg, editor of the prestigious review journal *Psychological Bulletin*, explains why she asks her referees to rate manuscripts according to 13 criteria. These include the significance of the topic, how interesting it is to readers, and balanced coverage of alternative views.

Other chapters are concerned with more specific aspects. These include one by Philip Kendall and colleagues from the *Journal of Consulting and Clinical Psychology*. They stress the importance of starting your introduction so as to interest the reader. There are even chapters on how to deal with referees, such as in accepting rejection gracefully (Melissa Warren). Richard Wagner graphically illustrates the point that there are plenty of other journals that may appreciate your paper,

especially if it has benefited from the comments of previous referees.

Sternberg's final chapter summarises 50 selected tips. Examples include: decide what is worth emphasising, justify your choice of statistical tests, avoid secondary sources, and write with your readers in mind. The 50th tip is to avoid stating the obvious, such as 'further research is needed'. I could not find any comments on how to write a book review so will risk concluding with: essential reading for all but a tiny minority of those who aspire to make a useful contribution to learned journals.

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deep or difficult delvings into the nature of organisations here, but helpful images and case studies. These should enable anyone venturing into this territory to become more sensitive about ways of getting the feel of the 'culture' and gauging the potential for change.

The book opens by referring to Winnicott, develops the concept of 'good enough' supervision and invites us to explore our own intentions. The authors warn us that the more we construe ourselves as 'therapists' the more others

become 'patients'. In the closing pages there is a final reminder of the need to be able to forgive ourselves and others. The authors are unable not to offer us therapy. Forgive me, I would declare this to be an essential read for anyone and everyone in the helping professions – however defined.

■ *Dr Simon Gibbs is a senior educational psychologist in North Yorkshire, and Professional and Academic Tutor on the Doctorate in Educational Psychology at the University of Newcastle.*

BAD HABITS

Overcoming Your Addictions

W. DRYDEN AND W. MATWEYCHUK

LONDON: SHELDON PRESS, 2000; Pb £6.99 (ISBN 0 859 69845 9)

REVIEWED BY **Dani Schulze**

OVERCOMING *Your Addictions* is a self-help book that provides a step-by-step guide to battling addiction. According to the authors, identifying irrational beliefs associated with high-risk situations is the key to changing behaviour patterns.

Dryden and Matweychuk argue that irrational beliefs lead to uncomfortable feelings, which in addicts are usually alleviated by drug consumption. The book takes the reader through many examples of common irrational beliefs (e.g. 'I must have a drink to make me feel less depressed') and disputes their logic. In a reassuring manner the reader is constantly encouraged to break the automated chain of behaviours by using the principles and practices of rational emotive behaviour therapy.

The book is written in an easy-to-read manner and offers plenty of practical advice, while constantly encouraging persistence and commitment. However, it is not an academic textbook on addictions and therefore offers little or no information on scientific theories, although the advice given is based on various contemporary theories of addictive behaviours.

Towards the end of the book the information and advice given appears repetitive, and 32 examples of how to overcome boredom, including 'Reread this fine book', left me questioning the individuality and intelligence of the average self-help-book reader.

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