

# Book Notes

CAROLE JEAN  
AIFS Librarian

The following books on family-related topics are recent additions to the Institute's Family Information Centre. They are available through Libraries, through the Family Information Centre via the Inter Library Loan system, or for purchase from good book shops. Prices are given as and when supplied.

**Family Caregivers: Disability, Illness and Ageing**, edited by Hilary Schofield with Sidney Bloch, Helen Herrman, Barbara Murphy, Julie Nankervis and Bruce Singh, Allen and Unwin, St Leonards, 1998. Price: \$35.00

This book is the result of the Victorian Carers Program, a large scale longitudinal study which aimed to investigate the effects of caregiving over time. Three separate interviews were carried out with over 1,000 carers (over a three-year period) as well as interviews with organisations within the health and disability sectors, and interviews of a comparison group of non-carer households. The study examined the following major questions: what are the effects of caring on the carer's wellbeing; how do characteristics of the caregivers and care recipients, and their social environment, influence these effects; to what extent do caregivers use available support services; what interventions are most likely to improve the wellbeing of caregivers; and what are the implications of the findings for services and funding of services at federal, state and local level? While the results of the study found that four out of five carers were happy with their life as a whole (including emotional, financial and personal aspects), it was also found that as a group, the carers reported poorer health, more anxiety, depression and isolation than people who had usual family responsibilities. It was also found that only a minority of carers were receiving regular support from any one community service. A substantial bibliography and appendices accompany the text. The book is suitable for professionals and tertiary students.

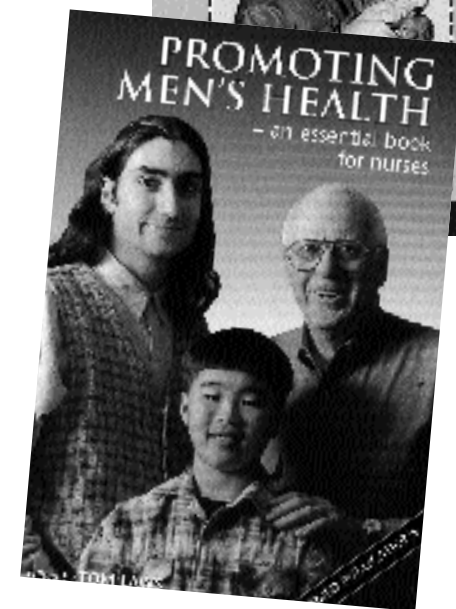
**From Surviving to Thriving: Promoting Mental Health in Young People**, by Andrew Fuller, Australian Council for Educational Research, Camberwell, 1998. Price: \$26.95.

Written by a clinical psychologist, this book aims to give readers a practical approach to working with adolescents who are at risk of anti-social behaviours. The first chapter gives an overview of issues facing young people today, while chapter two gives a broad outline of how the world facing teenagers has changed over the decades, and how professionals

working with young people need to recognise the societal changes that have occurred since they, themselves, were adolescents. The difficulty of 'engaging' young people in the therapeutic process is outlined in chapter three with suggestions for how this can be achieved. Further chapters look at the use of language in the therapeutic process; defining problems; ways of modifying problem behaviour; and working with the families and parents of young people. How to promote resilience in high risk adolescents is the focus of chapter eight. The rest of the book is devoted to suggesting approaches to specific issues, including anger; bullying; suicide prevention; intervening with suicidal young people; self harm; drug use; and school refusal. References are included, and although the book is intended primarily for school counsellors it would be suitable for all professionals who come into contact with young people.

**Masculinity Goes to School**, by Rob Gilbert and Pam Gilbert, Allen and Unwin, St Leonards, 1998. Price: \$29.95.

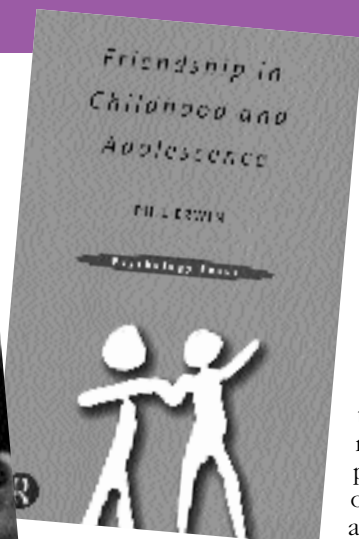
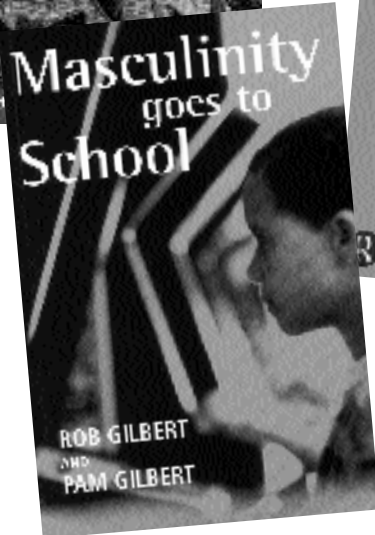
In this text the authors discuss the issues surrounding boys and education. Part One examines the current debates about boys and schooling, examining popular media reports which often sensationalise how badly boys are faring at school compared to girls. The often simplistic nature of these media reports are analysed by the authors who argue that boys cannot be seen as a single group, rather that the diversity and difference between groups of boys must be acknowledged. He cites research which shows that boys from certain backgrounds (for example non-English-speaking, boys living in poverty or from rural areas) are likely to be faring poorly in the education system, but that boys from other backgrounds are not. Theories on the construct of masculinity are discussed in chapter two. Part Two, Boys and Contemporary Culture, looks at how masculinity is portrayed through the sport and leisure activities of boys, and how this enforces certain types of behaviours. The family relationships of boys, their social world and relations are also discussed. Part Three, Boys and Schooling, looks at a variety of issues, including the school as forming part of the social context for the



development of masculine identity in boys, boys exhibiting disruptive behaviour and violence, and the problems boys have with literacy. Finally, Part Four examines five strategies which can be used to reform the anti-social and anti-educational aspects of dominant masculinities within schools. Extensive notes accompany each chapter, and a bibliography is included. This book would make important reading for teachers and other school staff, parents and students.

**Promoting Men's Health: An Essential Book for Nurses**, edited by Tom Laws, Ausmed Publications, Melbourne, 1998. Price: \$34.95.

While primarily written for nurses, this textbook will be of interest to anyone with an interest in men's health. From being an almost unknown subject a few years ago, the issue of men's health is now the subject of a growing amount of literature. The book is divided into four sections. The first, The Australian Male in Focus, examines what it is like to be a man in Australia, with chapters on socialisation and the health of Australian men; 'machismo' as a barrier to health promotion; and men in the Northern Territory. Section two, Men's Health on the Move, looks at masculinity and self care; alcohol and drug issues; the role that nurses can play in men's health promotion; and healthy ageing. The role of men within the family is discussed in Section Three, including chapters on men's contribution to the health care of the family; healthy fatherhood; men's transitions to fatherhood; postnatal depression and men; and male sterilisation. The final section uses



and discuss the roles of child rearing books, popular magazines, personal letters, and parent education organisations of the time, both government and private, to trace the changes in the role of fathers and popular concepts of fatherhood. The author found that both child rearing

manuals and magazine articles became more father-inclusive in the period prior to World War II. Child rearing philosophies current at the time, such as behaviourism, are also discussed with respect to their influence on men taking a greater role in child care and child rearing. Letters sent by fathers to magazines, and government agencies such as the Children's Bureau, were also scrutinised to see what types of advice they were requesting and to ascertain what roles men were playing in the upbringing of their children. Detailed notes for each chapter are included. Written in an approachable style, this book has much to offer tertiary students studying in the area of child and family studies, and also the general reader.

**Counselling Children: A Practical Introduction**, by Kathryn Geldard and David Geldard, Sage, London, 1998.

This practical book is an introductory guide for both students of counselling, and practising counsellors who work with children. Part One introduces the reader to the general goals of counselling children, the child-counsellor relationship, and the necessary attributes a counsellor needs in order to work successfully with children. The theoretical basis underlying counselling children, the major theorists, the child's internal processes of therapeutic change are all discussed in Part Two. The skills necessary to counsel children are the focus of Part Three – these include observational skills; active listening; helping the child tell their story; dealing with the child's behaviour; facilitating change in the child; and ending the counselling process. The use of play therapy is covered in Part Four. Part Five looks at the use of worksheets for children in counselling, and gives examples of worksheets which can be used with children in different situations. A bibliography is included.

**Successful Ageing: Perspectives on Health and Social Construction**, Celia Bevan and Basseer Jeeawody, Mosby, Sydney, 1998. Price: \$49.95

This Australian textbook seeks to challenge the reader's assumptions about older people and services for the aged. It takes a wholistic approach to aged care, and argues that aged carers must be part of a multidisciplinary team. The first section examines the biological and social processes of ageing; ageing in a community context; care and housing for older people; and quality of life issues. The second section covers aged care policies, examining the history of aged care in Australia and the roles played by government and non-government organisations. It also looks at the diversity of individuals, and the need for aged care providers to take into account cultural issues such as race, gender, class and ethnicity when planning services. This is followed by criticisms of current health care policies which are being driven by economic rationalism, which, the author asserts, rely on quantitative rather than qualitative outcomes for the aged. The third section looks at some of the major challenges to aged care professionals, including depression in elderly people, older people with disabilities; dementia; and the legal and ethical problems surrounding responsibility and duty of care. The final section looks at challenges to the aged care sector, such as the role of advocacy groups; how to empower older people; social capital; the overlap of formal and informal care; and the ideologies of culture in gerontology. Each chapter includes a list of key points to be covered and a list of terminology used. Bibliographies accompany each chapter. The book is written in a clear style making it useful for students and practitioners in all fields of aged care.

**The Caregiving Years**, by Cynthia L. Schultz and Noel C. Schultz, Australian Council for Educational Research, Camberwell, 1998. Price: \$24.95.

Written in the same approachable style as their earlier book, *Care for caring Parents* (see review in *Family Matters*, no. 47, Winter, 1997), this book aims to give practical advice and support to carers in the challenges they face both as caregiver to another person, and in their personal lives. The authors discuss the personal impact of caregiving; empowerment of the carer; the carer's family; communication; confident caregiving; stress management for carers; loss and grief; and dealing with suffering. Quotes from the personal stories of both family carers and professionals working in caring-related fields are interwoven throughout the text to highlight the issues and problems that carers contend with.

the personal stories of men directly affected by a life threatening illness to reflect upon their health, the care they received by health care professionals, and the options they faced for treatment.

**Friendship in Childhood and Adolescence**, by Phil Erwin, Routledge, London, 1998.

This introductory text aims to provide students with an overview of children's peer relations and friendships. The relationships which children have with their peers can be broadly characterised as being between equals, whilst the relationships with their siblings, parents and others involve differing levels of power and inequality. Individual chapters cover the following topics: attachment and later relationships; social cognitive bases and children's peer relationships; patterns of social interaction; adolescence; relationships in context; relationship problems; and improving peer relationships. Written in a clear and accessible style, each chapter is followed by a summary and a short list of selected readings.

**The Modernization of Fatherhood: A Social and Political History**, by Ralph LaRossa, University of Chicago Press, Chicago, 1998.

In this book, the author gives a historical analysis of fatherhood in America. He argues that the concept of 'new fatherhood', which became current in the 1970s, had its origins in the 1920s and 1930s when fatherhood was reshaped and modernised. The chapters of the book analyse