

flict current today between proabortionists and antiabortionists as well as a redeeming option to parents considering abortion.

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HANDBOOK OF SHORT-TERM THERAPY GROUPS. Max Rosenbaum, PhD, Editor. *New York: McGraw-Hill, 1983, XI + 427 pp., hard cover \$34.95.*

Max Rosenbaum is a gifted writer and a dedicated psychoanalytic group therapist who has put together a valuable collection of articles on short-term group psychotherapy. In a time when third party payments are becoming scarce and individual long-term psychotherapy a luxury few can afford, short-term group therapy is becoming an effective and efficient treatment modality.

The eight comprehensive chapters are arranged in a logical order covering a wide range of clinical populations and settings. The emphasis is on Hans Strupp's model of the effectiveness of psychotherapy and its discriminant placing of patients in a variety of appropriate psychotherapeutic modalities for problem resolution in a cost effective manner.

The first chapter deals with parent groups and their difficulties with their children, and three articles are presented which specifically discuss autistic children, emotionally disturbed children, and pre-school parent-training groups. The second chapter focuses on children and adolescent groups, and sexually abused adolescent females. The following chapter deals with depressed, battered, and low income Hispanic women. The next two chapters focus on couples and geriatric groups. The subsequent chapter has three articles on adolescent, adult and newly blind men in hospital settings. A chapter on crisis groups looks closely at relatives on an acute-care unit and suicidal patients, while the last chapter addresses itself to groups with felons and alcoholics.

In summary, these eight chapters offer the clinician many illustrative cases on how short-term groups can be seen, and provide various patient populations access to the mental health services they need. The separate articles each review the literature of their unique short-term group and provide the model for other therapists. These new perspectives and settings provide the clinician with new methods and techniques which can be

in matters of adoption, secrecy was of paramount importance. . . For many years there were valid sociological reasons for this rigid standard; in recent years, however, it has become apparent that the traditional closed system of adoption is fraught with dangers of its own." (p.1-2). Until five years ago these authors working with the San Antonio Lutheran Social Service of Texas, followed standard adoption procedures in processing adoptions. However over the past five years the authors realized that adoptive parents were in constant fear that the birth parents would descend upon them one day to snatch away their child even as they noticed that birth parents suffered unabating guilt at giving away their child. To cope with these psychological traumas the authors helped found the Adoption Awareness Center for the community of San Antonio to provide training and support for all individuals who find themselves touched by the post-placement phase of adoption.

As they worked with these parents in the post-placement phase of adoption they realized that the closed adoption standards stemmed from a series of stereotypical misconceptions that have historically surrounded adoption. They call these stereotypes the four myths of adoption. These four myths of adoption include:

1. The birth mother obviously doesn't care about her child or she wouldn't have given him away.
2. Secrecy in every phase of the adoption process is necessary to protect all parties.
3. Both the birth mother and birth father will forget about their unwanted child.
4. If the adoptee really loved his adoptive family he would not have to search for his birth parents.

Although the authors have not conducted controlled longitudinal studies of the psychologically health inducing impact of their new open adoption process, they present convincing clinical evidence of the salutary effect of this new process in adoption on all parties to the adoption. This open system is based upon a new definition of adoption, namely, Adoption is the process of accepting the responsibility of raising an individual who has two sets of parents. This definition is supported by the truism that: Individuals handle their lives and their destinies best, addressed with trust and honesty instead of protective secrecy and half truths.

This little book is must reading for all mental health professionals as well as for prospective adoptive parents, unmarried and even married birth parents who give their children for adoption, as well as for proabortionists and antiabortionists. In fact it offers a solution to the raging con-

expanded or incorporated to fit one's own practice. It is a useful book for all trained professionals either in private practice or inpatient settings, and can also serve as an excellent additional text for seminars in group psychotherapy which would complement a major text such as Mullan and Rosenbaum's *Group Psychotherapy: Theory and Practice*. The comprehensive collection of articles on short-term groups is a contribution to the growing area of group therapy and short-term treatment with various patients and settings.

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