

Childhood maltreatment. Advances in psychotherapy

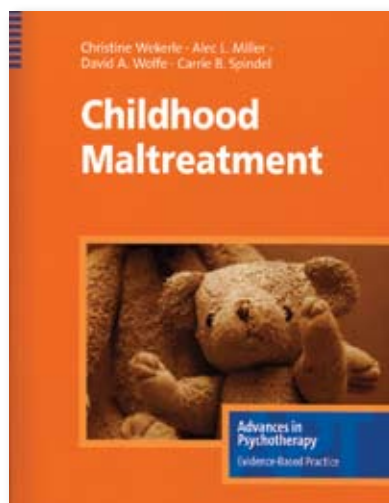
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PUBLISHED 2005/79 pp/\$37.45



maltreatment, including the importance of not involving perpetrators in the process owing to risk of coercion and increased abuse. The information is relevant and up-to-date, and includes a review of the literature demonstrating cognitive behavioural therapy as perhaps the most effective therapy available for victims.

A few shortcomings to point out: Childhood abuse is a complex life experience, but the text considers primarily the *Diagnostic and Statistical Manual of Mental Disorders*, 4th edition, diagnoses. Another omission of particular importance to family physicians is the increasing evidence of the roles that childhood education and home visitation play in the prevention of abuse.

—Marjolaine Limbos PhD CPsych

OVERALL RATING Excellent

STRENGTHS Relevant case vignettes; important points highlighted in margins

WEAKNESSES None

AUDIENCE All family physicians, particularly those who conduct psychotherapy

Childhood *Maltreatment* is a brief, evidence-based review of the epidemiology, assessment, and treatment of individuals who have been mistreated in childhood. The focus is on psychotherapy, and the authors succeed in providing an excellent, easy-to-read review of the topic. The use of case vignettes throughout the text, including a detailed account of the process of psychotherapy in an abused individual, bring the concepts to life and leave the reader with a true understanding of psychotherapeutic modalities.

The book begins by describing the framework of how abuse results in psychopathology, showing how common developmental goals are disrupted by early abuse. The association between abuse and a multitude of psychological disturbances is outlined. This information serves to increase awareness among family physicians and should prompt screening for abuse in patients who present with the correlated disorders described. The idea of preventing psychopathology through early identification and treatment is introduced.

The topic of maltreatment is vast and the book is all-encompassing, including not only sexual abuse, but also neglect and physical and emotional abuse. The authors use bolded highlights in the margins for easy reference and to emphasize key concepts. All family physicians will benefit from the tips given for reporting

Ecoholic. Your guide to the most environmentally friendly information, products and services in Canada

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PUBLISHER Vintage Canada, 1 Toronto St, Unit 300, Toronto, ON M5C 2V6;

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PUBLISHED 2007/352 pp/\$24.95

OVERALL RATING Very good

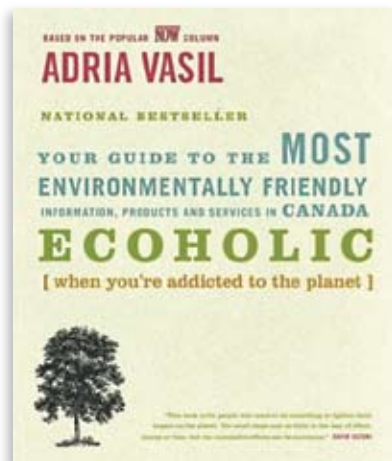
STRENGTHS Broad topic coverage; extensive list of resources

WEAKNESSES Less critical assessment of health and nutrition alternatives and regular updates needed

AUDIENCE General

The environment has gone mainstream. Politicians are forced to defend their environmental records. Cities vie for the title of Best Recycler. Corporations are eager to paint themselves green. Consumer choice in environmental products and services has mushroomed.

While increased choice is a boon for consumers, navigating through the various options now available can be a daunting task. *Ecoholic. Your Guide to the Most*



Environmentally Friendly Information, Products and Services in Canada is, as the title indicates, an attempt to help consumers choose among the sometimes bewildering array of options available to them in "green" products, services, and sources of information.

The book is organized by broad thematic areas, ranging from beauty treatments to home products to money and work. Within each area there is a thoughtful discussion of the key environmental dimensions of consumer choice and of the alternatives available to consumers. So, for example, the section on photography weighs the relative merits of digital and traditional cameras, the issue of chemicals used in processing and printing, and the battery efficiency of different brands of cameras.

The book's strength is its coverage of a range of topics where eco-conscious consumers might want to weigh their options. There are often surprising trade-offs to be considered when choosing among options, and the book's willingness to look at the many ecological implications of a product purchase brings these to the forefront. The conclusion of the photography section, for example, endorses single-use cameras owing to their high recyclability.

Perhaps the weakest areas of the book are those that treat issues of health and nutrition. Despite the thought-provoking address of the ecological effects of food production and pharmaceutical use and disposal, the discussion of the health effects of natural remedies and organic food lacks the rigour of the rest of the book. As with any sourcebook, this volume will also need regular updating to remain current.

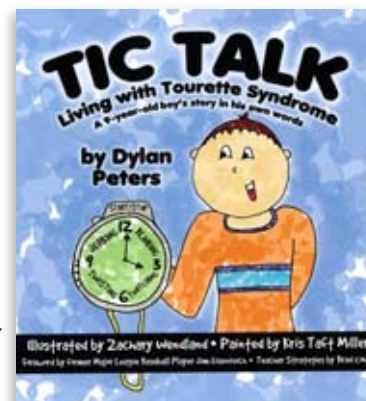
All in all, the book delivers on its title's promise and is a useful tool for any consumer looking to make environmentally friendly choices.

—Carsten Hennings MSc MBA MDiv

Mr Hennings is an Assistant Professor of Business Administration at Tyndale University College in Toronto, Ont.

Tic talk. Living with Tourette syndrome. A 9-year-old boy's story in his own words

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WEBSITE www.fivestarpublications.com
PUBLISHED 2006/50 pp/
 \$14.95 (US)



OVERALL RATING Very good

STRENGTHS First-person account; description of "real-life" scenarios; excellent resource for children with Tourette syndrome and their parents, teachers, and friends

WEAKNESSES Little clinical description of disease

AUDIENCE General

Through simple, straightforward writing and child-oriented illustrations by buddy Zachary Wendland, Dylan Peters has created an appealing "storybook" resource for other kids. The title of the book pretty much explains what the book is about. The book is a useful tool for elementary-level students and their parents and teachers.

Dylan, a 9-year-old with Tourette syndrome (TS), discusses his own reactions to being diagnosed at age 4 and describes what it's like living with the symptoms of tics and vocalizations. He explains the illness in a child-friendly way, even breaking down the pronunciation of complicated words. He describes the emotions experienced by the lack of control he had over his body and its involuntary movements and sounds. He goes on to explain the effects his anger and embarrassment had on him, and the syndrome's effect on his classmates as he got older. Dylan presents a clear link between the stress of worrying about others' reactions and the subsequent worsening of his tics. In his own words, he teaches the reader that open discussions help to lower the stress this illness brings—that was his reason for writing the book.