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## Erratum

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Book reviews of “The Process of Counseling and Psychotherapy: Matters of Skill” and “The Path of Psychotherapy: Matters of the Heart” were previously published in error in this journal. Printed below are the correct versions of the book reviews.

A review of: Welch, I. D. (1998). *The Path of Psychotherapy: Matters of the Heart*. Pacific Grove, CA: Brooks/Cole, 178 pp.

Welch’s book, *The Path of Psychotherapy: Matters of the Heart*, is a poetic, and, at times, humorous tribute to psychotherapy. It is a book dedicated to what counseling *should or can be*, and not to what it theoretically is meant to be. Welch, a seasoned humanistic therapist, writes about what psychotherapy *is* from a clinician’s point of view. The questions, struggles, losses, and triumphs that are part of life are examined, and therapeutic approaches to address them are described.

Psychotherapy, ala Welch, aims not at *curing* but at *healing*, while addressing the whole person. Counseling, then, helps the client to be aware of and understand needs, make appropriate choices, free self from a past which may be restricting growth, and free self from fears and environmental circumstances which may limit or block spiritual enlightenment. The book is sprinkled with Welch’s personal insights, his own trials and tribulations, and his belief that hope is available to all of us, young and old, clients and therapists.

Among the more notable issues which the book addresses are ethical questions and how to examine them and the therapist’s behaviors and values. The book also focuses on (a) the essence of psychotherapy and what it is not; (b) personal change from a struggle for survival to one of living; (c) caring and its central place in psychotherapy and healing; (d) being close to, understanding of, and being there for the client while maintaining boundaries; (e) the wonders of the mind and its (almost) infinite ability to understand and change; (f) the power of imbalance in psychotherapy and its pitfalls; and (g) psychotherapy as a science and a fertile ground for intuition, creativity, and sensitive caring. Welch writes so sensitively not only about the therapist’s role in helping clients but also about the wounded healer and the dictum which we must all abide by—“heal thyself,” an issue which is seldom addressed by other writers.

I have been using Welch’s book, as a textbook, in my “Psychology of Counseling” class for the past five years. I have heard nothing from my students about the book except for comments of praise and deep feelings of gratitude,

from students who are usually quick to criticize. Welch's book could be helpful not only in illustrating to graduate and undergraduate students what psychotherapy is, but it can also help experienced therapists benefit as well by having many of their professional experiences, doubts, struggles, and triumphs validated. I consider Welch's book to be an absolutely necessary component of counseling and psychotherapy courses, practicums, and internships, and to be one of the best gifts that practicing therapists can give to themselves.

A review of: Welch, I. D., & Gonzalez, D. M. (1999). *The Process of Counseling and Psychotherapy: Matters of Skill*. Pacific Grove, CA: Brooks/Cole, 342 pp.

*The Process of Counseling and Psychotherapy: Matters of Skill* begins by presenting a tri-phasic and easy-to-follow model of psychotherapy. The therapeutic relationship is described, and its importance to both the counselor and the client is highlighted. The book offers an excellent "layout" of what counseling is, its goals, and the outcomes which good psychotherapy may bring about. Moreover, it describes specific skills, which a counselor needs to acquire in order to be effective. Among these are listening to and understanding of the client and learning how to identify potential problems; developing empathy and learning how to express it; understanding and communicating with the client by using non-verbal skills; facilitating vs. blocking the client's resolution and personal growth; and avoiding a variety of "traps" which are inherent in being a counselor. Other counseling skills presented in the book include:

- Describing the initial interview and how to conduct it
- Engaging in actual treatment
- Terminating therapy

The "Engaging in actual treatment" section focuses on developing a treatment plan and then carrying it out. The authors highlight the importance of flexibility, adaptability, and tentativeness in planning psychotherapy. Such a plan includes identifying the client's presenting symptoms, issues, or problems; choosing the appropriate treatment modality; conducting individual/marital/family therapy; establishing the frequency of the meetings and length of treatment; and clarifying the treatment outcomes which are expected by the client and by the counselor. Goals, which are attainable and realistic and how to reach them are outlined, and it is noted that short-term goals need to be differentiated from long-term ones. It is also noted that the client's strengths and life circumstances can be used in a manner which will enhance achieving treatment goals.

In discussing how to terminate counseling, the authors highlight the basic principle of psychotherapy as being "a process devoted to its own dissolution" and thus requiring careful planning. Welch and Gonzalez provide an ethical "road

map” for terminating therapy *only* when the time is right and when it is done for the benefit of the client. They enumerate practical considerations such as checking whether and how therapy was helpful to the client, and they distinguish between mutually agreed upon and appropriate termination (“Natural”), a “Spontaneous” one (where the client wishes to terminate), or an “Arbitrary” termination—when a client simply stops coming. The text discusses the meaning of ending therapy and outlines several steps a counselor needs to take in order to achieve a successful termination of psychotherapy.

This book, about the nature of psychotherapy, is written in a clear and easy-to-understand manner. It takes a generic approach to counseling and psychotherapy that transcends the specific schools of thought in counseling. For the North American and European readers, it may be important to review the different schools of counseling, i.e., insight-oriented, behavioral, and existential. Consequently, the text is applicable cross-culturally since it focuses on what counseling is and is not versus discussing only how to do it. The book includes a number of values and issues on multiculturalism as consistent with viewpoints of ACA, APA and similar professional associations.

The initial interview describes how the first contact with the client occurs and how a therapist can come across on the telephone in a warm, empathic, concise, and concrete manner, as well as responding promptly to clients’ calls and helping the clients to make a “firm” appointment. The text further describes, in a detailed manner, the initial meeting and points out how the therapist can help the client relax and feel comfortable, how to conduct the intake interview while establishing a good client-counselor rapport, and the use of the initial meeting as a vehicle for collecting information about the client’s background and presenting problem.

The book includes many exercises, activities, and summary tables which make it very useful, practical, and a quick reference. I found Appendix 2, “Counseling Techniques,” to be particularly helpful, concrete, straightforward, and very appropriate for beginning therapists.

*The Process of Counseling and Psychotherapy: Matters of Skill* fills a niche which is commonly left empty by other authors. While many counseling books provide a relatively short introduction into what therapy is all about, and then describe the various theoretical approaches and ways of “doing” therapy, Welch and Gonzalez focus on what students usually pay little attention to in their rush to learn, e.g., namely what *is* actually the process of psychotherapy, how do the two participants effect it and are alternatively affected by it, and what are the prerequisites for doing counseling or therapy.

Ami Rokach, Ph.D., Director  
*The Institute for the Study and Treatment of Psychosocial Stress*  
104 Combe Ave. Toronto, Ont. Canada M3H 4J9  
E-mail: arokach@yorku.ca