

process. The clerics participating in AA efforts seem to see the intensification of spirituality, as obtained, for instance, at retreats given for alcoholics, as a danger, for it is perceived to bypass or downplay religiosity. Subtly, then, Church-specific religiosity and AA-specific spirituality appear as competing forms of emotional and moral support.

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Michael J. Lambert, *The Effects of Psychotherapy*, Volume II, New York: Human Sciences Press, Inc., 1982. 288 pp. \$19.95 (cloth).

Attention has been given to problem behaviors ranging from the sometimes fatal anorexia nervosa to the less lethal, but equally severe, test anxiety. Although generally simple to determine that such behaviors need to be changed, it is often impossible to decide the best form of treatment. Often, widely accepted treatment programs, fail due to individual circumstances. Therefore, a vast array of alternative therapies are needed. With the tremendous increase in psychotherapeutic techniques it is hard to stay abreast of the variety of strategies, and the effectiveness of a technique on a particular behavior is hard to gauge without looking at several applications. Michael J. Lambert's *The Effects of Psychotherapy* (vol. 2), is an excellent resource manual for assessing the effectiveness of numerous behavior modification techniques on a wide range of problem behaviors. This book, the second of its kind, summarizes research done in the last five years (see volume I for research before 1979).

The Effects of Psychotherapy examines almost 700 studies and organizes them into categories providing both general and individual results of different therapeutic techniques for each problem category. His efforts were painstaking, and even though the book tends to read like the abstracts at times, the general sections and summaries are useful.

The specific disorders that Lambert deals with are grouped into five headings: (1) miscellaneous neurotic disorders (i.e., anorexia nervosa, phobic and obsessive-compulsive disorders), (2) depression, (3) psychophysical disorders (i.e., migranes, ulcers), (4) sexual dysfunctions and deviations (i.e., impotency, exhibitionism), and (5) habit disorders (i.e., smoking, obesity, substance abuse). He examines several techniques of therapy (i.e., aversion conditioning, biofeedback, behavior modification schedules and reports general results along with specific procedures. Unfortunately, Lambert's inquiry does not produce any novel conclusions.

Lambert's (79) summary of treatments for phobic disorders is representative of the "unmotivatingness" of research in the last five years:

The results of current research support the conclusions of past research. Phobias are treated most effectively with procedures that involve direct exposure to the fear evoking stimuli.

This confirms Lambert's assertion that "more research needs to be done." Perhaps exploration of alternative therapies needs to be more thorough (can we really assume that we have the best possible solution to phobic disorders?).

Treatment for depression problems merited Lambert's cautious applause. He states that current research:

favors the view that psychotherapy can have impressive impact on the symptomology and interpersonal aspects of depression. In some studies, the results of psychotherapy appear more pronounced than antidepressant medications. Unfortunately, there has been a tendency in some studies to use patients whose depression may fall short of clinical significance (129).

Psychophysical disorders have been most frequently treated with "relaxation, systematic desensitization, biofeedback, hypnosis and cognitive restructuring techniques" (148). Lambert resorts to his pat conclusion, "more research is needed," and is cautious about oversimplifying the connection between mental and physical health.

Lambert takes an even more cautious position in summarizing the research on sexual dysfunctions and deviations. Since research has tended to focus on "single symptom" treatment, in the summary, Lambert pleads for broader based examination of sexual problems:

A treatment approach that deals with many areas of functioning rather than a single symptom is required for maintenance of treatment gains. Even this conclusion is in need of further testing because it is unclear how much separate components really add to an overall treatment program. Different patients within the same global classification (e.g., exhibitionism) may have major differences in the psychological and situational variables that cause or are related to the deviant behavior (165).

As with the other categories of problem behaviors, Lambert has no astounding advice for the treatment of habit disorders. His comment that "alcoholism and drug addictions continue to provide difficult treatment problems" (204) was as expected as it was disappointing.

In addition to the specific problems examined, Lambert also discusses the "professional-paraprofessional" debate. His conclusion is that the use of paraprofessionals is as effective as rigorously trained

professionals in short-term therapy for specific problems such as academic counseling, and teaching adaptive social skills. The research done in this area should not pose a threat to professionals, however, because he suggests that the optimal working situation is the use of paraprofessionals with professionals serving in supervisory positions.

Lambert is also critical of the methodology employed in research on the effectiveness of psychotherapy. Some of the problems he identifies are: selection of a theoretically irrelevant issue; use of a sample which is too small or unrepresentative; absence of random assignment; inadequate standardization; and conclusions not warranted by the experimental procedures (16). Perhaps Lambert is too harsh in his criticism since researchers would use more rigorous standards were the ideal populations and conditions available for study.

The Effects of Psychotherapy also, deals with current attempts to match patient characteristics with specific therapists. There are mixed results in this area, and Lambert concludes that because variables of patient characteristics (i.e., severity of maladjustment, motivation, personality traits such as locus of control) as well as therapist characteristics (i.e., training, technique, utilization) play such an important role in the effectiveness of treatment, more research needs to be done before definite advantages or disadvantages can be seen.

Overall, *The Effects of Psychotherapy* is a welcome resource manual for therapists interested in research. Although Lambert provides no advice about the best technique to treat a particular behavioral problem and his standard answer that "more research needs to be done" becomes tiring, anyone doing research on the effectiveness of a behavioral technique will find this book an excellent survey of previous literature.

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